

THE
AWAKENING
OF AN ANGEL

VOL 2

PART 2

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..

(28)

HEALING CLASS 9/2/88

LYDIA.

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.”

I feel that my Guides knew who was going to attend this class night, but as I only type up what anyone has spoken, I don't remember if Brian came with Lydia.

I always ask if my Guides want me to channel, so I wasn't surprised when I was told I wouldn't be needed to channel on this night.

LYDIA'S MEDITATION EXPERIENCE

(Lydia) “I saw the thatched houses and poor people, and went past the Cathedral, and then I went into the castle. I can't say that I really liked being in the Castle, I just felt that I wanted to get out, where everything is natural; I wanted to get back to nature.

So I left the castle and got on a horse, and rode off into the country. And I found myself at her cottage in the woods, built out of logs, and so I lived there, but felt more like at home.

The contrast between what I felt I was, and the environment in the Castle, compared to the environment in the log cabin. It felt as though that's where I should be, and then you brought us back.

It felt almost as though it belonged to me, as though that was a home, maybe in a past life, I don't know.”

LYDIA AS THE CHANNEL

“Good evening, I am here tonight to give you a help and healing, and the messages we had to give, it is good to listen. And more talk of beautiful places that you can go to, in the spirit world.

If you wish to, you can create beautiful places with your own creative imagination. You are not bound by limitations experienced in the world you live in.

In the world of spirit, you can experience colours, and feelings with more clarity of thinking. The experience can be exquisite, taking you to the heights beyond the... Thank you for listening, goodnight.”

(29)**HEALING CLASS 15/2/88****VICTOR.****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.”

VICTOR'S MEDITATION EXPERIENCE

(Victor) “First I got the impulse to follow the man that was showing the chakras. Then I was distracted by this Roman dressed in a Roman costume, and I went in the room, and he didn't teach me anything. He got on a white horse, and rode this horse to some place and got off this horse, and with his sword made a hole in the ground, and then an earthquake started and there were stones coming everywhere.

Then I saw starving people die, like in India, he was sitting there, and he was making fire.

Then I got the vision of a river going down, and a column of people along the river banks. Then I saw soldiers or guerrillas, and I saw stairs in the mountain, something like a ladder going down, and people going down through the places. It was dark, and then I was told to come back.”

RAYMOND AS THE CHANNEL

“Greetings my friend, you have been shown tonight many visions of your past, to help you become aware of the diversity of

your experiences, which allows you to learn that you can see many things with your developing.

Your vision is like switching channels on television, to see all the different programs. You will gain more concentration, when you are further developed, to be able to concentrate on one place, without your mind and vision wandering to see other scenes.

When you look at things in this world, you point your eyes and see what you point your eyes at. But when you look at things in the spirit realm, you bring what you want to see in front of your eyes, and not the other way round. Does that make sense?

We don't mean you see with your eyes, but we are trying to explain with an analogy, which is very hard to explain. But you bring the vision to you, and you will learn to control this ability.

Remember, your eagerness to develop and learn is like trying to run somewhere to get there, but you can get their standing still, everything will come to you. But if you run around, you will run past, what you want to learn. Do you understand what we are talking about?"

(Victor) "Yes."

"You may sit patiently in development, but your mind races, you know that don't you?"

(Victor) "Yes."

"But you will get there. We know that you will develop, even when you go overseas, for you will become more relaxed about all this the more you read and understand. And you will learn that your development will go hand-in-hand, with what you learn from the books.

As when you help other people, the knowledge that you have learnt will be brought to the surface, and you will tell them the required information, or knowledge, and this will help them.

And you will perceive spirit more and more as you develop, as your other bodies start connecting to your physical, so that you can sense other things.

We wish to speak to Raymond. He is just now going to start developing his clairvoyance properly, and we will help him to use it wisely, as he now needs to see more with his work.

We thank you for listening tonight, God bless you all.

(30)**HEALING CLASS 16/2/88****JOHN, BETTY, JOAN, AND SARAH.****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.”

JOHN'S MEDITATION EXPERIENCE

(John) “I see a lush valley, and a stream runs through the middle of it, like a canyon. There are caves under one wall of the canyon. I see a pool of water, someone swimming in the water, a girl. I'm on the side of the

pool.

I have the feeling that there is some danger, but I don't know what it is. The girl is now talking to me while she dries herself. I have this feeling that there is not really anything to fear, it's just my fear of something, and that is all that's there."

"Ask your higher-self what is the fear of?"

(John) "The fear of something terrible happening, almost as if it's too good to be true, so there is got to be something terrible that's going to happen."

"I want you to ask your higher-self, what's the purpose of finding out about this fear."

(John) "I have to accept the good without feeling that there must be bad attached to it."

"I want you to ask your higher-self, if you have to release this fear."

(John) "Yes."

"Ask your higher-self, if you have to say it out loud."

(John) "Yes. I release is this fear of there being something bad with every good thing that comes my way."

"Does your higher-self want you to become aware of anything else?"

(John) "No."

BETTY'S MEDITATION EXPERIENCE

(Betty) "I saw an old stone house in Scotland. This is the house I lived in when I was a doctor and a scholar named William McCann, in about the 16th century. I see that I am divining for water, and some of the people in the villages had seen me move objects without touching them.

They denounce me as a wizard, and they are saying that I am in league with the devil. They say I have a little dog that is my familiar. I can see my trial. I tried to explain that these things are only natural forces, but they won't listen to me. So I am condemned to be burnt. And there's poor old Molly McKay, she's as blind as a bat and as deaf as a stone and never harmed anyone in her life. Someone said she must be a witch and she's being burned too. And they burn my little dog with me.

"Are you feeling the pain, or just seeing the event?"

(Betty) "I'm just seeing it."

"Are you seeing what happens after you die?" (Betty) "No."

"I want you to ask your higher-self, 'what was the purpose of seeing this past-life.'"

(Betty) "It said the purpose is to show me that I have a fear of developing psychic powers again."

"Does your higher-self want you to release this fear?"

(Betty) "Yes."

"Will you speak it out?"

(Betty) "I release the fear of developing psychic powers, caused by being burned as a witch."

"Does your higher-self say, 'this will help you to overcome this fear?'" (Betty) "Yes."

"Does your higher-self want to show you anymore?"

(Betty) "No."

Before I give you Joan's meditation experience, I need to explain a lot more about Joan, as the first few weeks of Joan's attendance are very confusing, and even I was lost in trying to figure out all of it. So as I figured out what it was all about later, I will explain every cryptic experience and channelling, as we come to them, but first, how I met Joan.

On Friday night I attend one of the spiritualist church services, and after the service I met Joan. She told me that she had received spiritual healing after the service, from one of the healers, and she asked me if the healers always healed in silence, and I said 'No, usually they would pass on some advice to the patient.'

I didn't tell her that one of the reasons could be that they maybe a beginner. I told her that I ran classes, and that I had written a textbook, and gave her one of my pamphlets.

On Saturday, I had invited Betty over to visit that night, to have a channelling session, but in the afternoon Joan phoned me, and asked if she could come over for some healing the following week.

I received the message from my Guides that spirit wanted her to come over that night, so that Betty and I could see what spirit wanted. So I told her what my previous arrangements had been, and invited her over to

receive some healing, and see what spirit had to say, so she came over.

While I was channelling the healing energies to her, I was relaying to her, what my Guides were telling me, of all contributing factors to her problems. Betty channelled and filled out the picture that I had sketched out, about her problems.

Joan was so impressed that she decided to combine healing sessions with attending the class to see what she could overcome. What she overcame, will be revealed in the following chapters. This Is Joan's first class night.

JOAN'S MEDITATION EXPERIENCE

(Joan) "My arm is very strange. It's like lead in my physical body. I'm trying to touch someone. It's all black. I want to touch, but I can't move my arm. They say, *'I can,' but I won't.*"

"I want you to ask your higher-self, if you have a fear there, of moving your arms."

(Joan) "Yes."

"I want you to ask your higher-self, if you have to release this fear."

(Joan) "Yes."

"I want you to say out loud, 'I release this fear...'"

(Joan) "I release this fear."

"...of not being able to move my arms...."

(Joan) "Of not being able to move my arms."

"...from this memory that I am perceiving."

(Joan) "That I am perceiving."

"I want you to ask your higher-self, if this is helping."

(Joan) "Yes."

"Are you feeling any better?"

(Joan) "A little, they're saying, they won't let go.

'We won't let go of you.'"

"Your Guides are?"

(Joan) "Yes, just reaching they won't let go.

'It's no good worrying, we won't let go.' I can't get there, it's too far away. I know it's safe and, that's why I have to get there. I had no hands. I just didn't want to be let go of. My higher-self said,

'Keep going, don't to let go.'"

JOHN AS THE CHANNEL

“Hello, everyone. It is good energy, it's a good class. Sarah doesn't have to worry she'll get there eventually. Don't worry too much about it, just let it come. He says he doesn't have any words of wisdom. He is very jocular, his name is Harry.” **“Is he a Guide?”**

“He's a spirit, he says, that he's come to tell us not to be too serious about it. It's good fun as well as being words of wisdom.”

“Ask him if there is anyone else who wants to speak through you.”

“No, there is no one else.”

“Thank you for coming, my friend.”

SARAH AS THE CHANNEL

“Just be patient. There's always light at the end of the tunnel.”

(When Joan first came as a patient she was in a very distressed state of mind and emotion, which was affecting her physical and other bodies to such an extent, that she didn't feel connected, or all that here in this world. She didn't have much will to live, caused by depression and feelings of guilt.

I can't remember her physical problems, but headaches were one of them. After many months when I came to write the second volume, I interviewed her while she was channelling, and her Guide restated what over the months we found out. But when she first arrived most of this didn't come out. I have encapsulated what her Guide told me, so here it is.

“Joan didn't want to be here on the Earth-plane. She was very fragile. Her astral body was very damaged. She was preyed upon for a long time, by both incarnate and discarnate spirits. They prey on the weak. She didn't have a chance, from conception it started. It is connected to previous life-times.”

In this next channelling, her Guides were reassuring her.)

JOAN AS THE CHANNEL

"It won't be long." "Good."

"It will happen. You've been told you've forced issues before."
"Who?" (Joan) "Me."

"You have to accept. You must accept. This isn't your last time to live, and you won't run out of time, always afraid of running out of time. But if it doesn't get done this time, it'll get done next time. There's plenty of time. I know you want to stay next time with us; I don't know if you can, it's too early to say. Just accept, there's plenty of time."

BETTY AS THE CHANNEL

"Greetings, my friends, we are pleased to see you all here tonight, and we are particularly pleased that our newcomers have made such progress already. It is most important when one is beginning to channel, to relax and not be afraid of making mistakes or of sounding silly. The more you practice channelling, the more easily your words will flow, and the more accustomed you become to the idea, the easier it is for us to make our messages known.

Tonight your higher-selves took you into some of your past-lives, to help you to release some of your fears. Even if you think that this meditation did not benefit you tonight, what you learn will continue to work in your subconscious, so that the benefit may appear at a much later date.

Try not to have too fixed an idea about what you should be learning or what you should be channelling. But if you find that much of your own belief systems come through, do not worry about this too much for this is natural when you begin. The more you relax and open up to spirit, the more you'll begin to understand that sometimes there is not just one right point of view.

The universe around you is not only much stranger than you think, but perhaps more stranger than you can imagine, as one of your scientists has been alleged to have said.

We do not want you to worry too much about the spectacle of

some channels who put on outrageous acts, or who channel what appears to be scare-mongering material. Sometimes these channels are fakes, although they may indeed believe themselves to be genuine.

The well of self-deception is indeed bottomless. And sometimes these channels are simply a genuine secondary personality of the channeller; others are just in it for the money or the attention.

Some people are the innocent dupes of others who manipulate them, and we do not necessarily mean others in spirit.

Some are channelling rather immature entities who are bored where they are, and simply want some attention or something to do. You see even they become bored even though they are in spirit, if they are on a low enough level.

Remember that those who have unusual powers, which you call spiritual or psychic powers, are not always highly developed people.

It is only necessary to consider the history of parapsychology, to realise that some quite effective mediums and other types of psychic talents, are not necessarily extremely mature or developed personalities. Some are quite childish and indeed, the strengths of the powers of some of these people are their personalities.

We say this to you, just to warn you not to have too many preconceived ideas about people who appear to be channelling a lot of power, but at the same time, do not judge them unnecessarily. Those who appear to be on quite a low level, or even fraudulent, may quite unwittingly even channel generally useful material. You must use your judgement and your awareness.

Remember at all times, that you must remain aware of what you're doing. There is no excuse once you've taken the first hesitating steps towards development, for stumbling around blindly saying, 'I did not know what I was doing', or, 'my mother made me do it', or, 'it was my husband's idea.'

One of the first requirements of spiritual development is simply to become more aware. The more you become aware of everything around you and within you, the more compassion you will have for the foolishness of others, and for the foolishness of yourself, that

even the most developed entities still have something to learn. And that is one of the reasons why we are here with you, because we too need to learn.

We thank you for coming here tonight, and we thank you for working so hard. Be happy, be well and our blessings on you. Goodnight.”

RAYMOND AS THE CHANNEL

“Good evening my children. You will find that we bring to you many experiences or phenomena as you are developing, even outside classes. Your own Guides will be with you all the time as you are developing, and when you feel, sense, or see with the psychic senses you are protected and safe. Even though you may not know what you are perceiving. Your conscious awareness will start to increase as your extra sensory perception are tried out, practiced, worked on, and you may feel frightened or shocked by what you feel, sense or perceived.

But do not be afraid, you are being watched over, and these experiences are all part of your development, to get you used to the presence of the spirit entities, energies and the like. You may also have some strange dreams and these will help you to overcome your conditioning and fears.

You're not in a normal classroom where teachers teach you from books, and give you set work every week. You will develop when your higher-self and your Guides feel that you can learn from certain experiences when you are ready. But until you are ready, they will wait, and do other things with your development.

Remember, that your conscious mind is only a very small fraction of your total development, and that in the beginning your conscious mind will not perceive too much data or understand much of what is happening. But the more advanced and developed you become, this fraction will increase, and you will perceive and understand more with the conscious mind.

As there are such things as beliefs in your consciousness, and when you have other beliefs that conflict with the first beliefs. They

can very often wage a war within your consciousness, and the side effects of this war can affect your health and emotions until the beliefs are resolved, or not as the case may be. These problems mankind label as neuroses psychoses and a lot of oases, and they call them mental problems. We have to keep a fine line, and keep you balanced, and not let you get too unbalanced, while you develop.

Some students come to classes and we would call them unbalanced, but they do not know that they are unbalanced, and think they are balanced, but they change as they develop slowly, and become more balanced.

Even this one in his past was very unbalanced, but has become more balanced now, more relaxed, more peaceful. So have patience and realise that students are also patients being healed of their problems, not necessarily physical, while they are developing. We thank you all for listening tonight. God bless you, good night.”

BETTY AS THE CHANNEL WHILE PERFORMING HEALING ON JOAN

“We feel that the entity needs a spinal manipulation, and we advise her to find a reliable chiropractor. Strange sensations in the body are common when an individual begins to meditate. We feel that there is an energy blockage in the arms. We think that the entity has healing energy in the hands, and she might be advised to learn some form of therapy. Which involves the laying of the hands on those in need of healing?”

We also find that she should write. Whether she writes poetry, or whether she writes letters. She will find that this will be beneficial. There is a metabolic imbalance, (allergies) and if this were attended to it would be very helpful.”

(31)**HEALING CLASS 22/2/88****JOHN, JOAN, STANLEY, AND SARAH.****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. Its midday, the sun is directly overhead. As we walk down the corridors, we can see the priests and priestesses ministering to visitors of the temple.

There are rooms off the corridors, with couches in them, we look in through the doorways, and we see that they are each illuminated by a different colour, because there are coloured crystals embedded in the ceilings, with each room having a different coloured crystal, one 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) “My higher-self was waiting for me outside, and I went into the temple. And I saw all the different colours, the rooms with the colours. Basically my higher-self taught me things, rather than anyone in the rooms teaching me things. He was the Guide to the temple, and he showed me things. Basically he was teaching me how to get energy from different things.

The first room I went into was the colour brown, and that was the brown of the earth. And he taught me a technique for getting energy from the Earth. First of all I went into the brown room and laid down, and then he just showed me some newly dug ground, and there was just rich brown soil. He asked me to put my hand in it, so I put my hand in it and felt it.

And I could see the grass growing from it, touched it and felt it, moist but not wet. And then he showed me a technique where you dig a trench, and you just lie in it with your head on a pillow of dirt, then cover yourself up with the dirt, up to your neck. Or you can actually bury your head with a tube going out of the Earth. If you don't want to do that you can bury yourself up to your neck and just lie in that. And get the energy

from the Earth, from mother Earth.

Then he took me to another room. This room was yellow and he showed me a technique of capturing the energy of the yellow, or the energy of the sun. And he said the best time to catch the energy of the sun, is the moment it strikes you from when it is rising.

He said the energy from the sun is too harsh to harness at any other time, and the best time to get it, is in the morning, and the very best time is a when it first comes above, whatever happens to be the horizon. Basically just facing the rising Sun as a bathes your body. Greeting the rising Sun, basically.”

(Joan, as we found out later on, is an old soul, who chose as one of her missions while on the Earth at this time, to help show the world the many connections between spirit and our consciousness.

As these chapters are unfolding, I will be inserting the private recorded sessions in between the class nights, but as I didn't record the dates of these, I will do my best with my Guides help to put them in the correct sequence.

Joan's healing and development speciality is one of the stand outs of these books, and is all on this disc, for the dedicated researcher or student, as you have already read in the beginning of this disc, the listing of every chapter that Joan is in, is in the student index, but remember read the book first, because the more aware researcher will recognise the secondary healing and influence from the class Guides in the choice of meditations for the other class nights that Joan did not attend, running at the same time, and the psychological effect of what was channelled.

Or the tailor-made meditation designed to affect absent students who are in the other class. This is why all my students read the class transcripts about the other classes, happening in each week.

My Guides are saying that every students experience recorded on these discs will help more reader-students relate and learn than if I only gave you the interesting students or cases. Anyway the cases that will make you think, will give you time to digest and understand the complexity and wisdom, before you come to read another interesting experience.)

JOAN'S MEDITATION EXPERIENCE

(Joan) "I went into the temple, and there were a lot of people waiting for me, about half a dozen Guides. I looked down the corridor, and went into the blue room. As I laid down all the different shades sort of merged into one, but they were still sort of separate. You could see the different shades, but they were all merging into one.

Then I was dancing in the room, just twirling all around, and then I laid down again and then all I could see was the sea, like the sea was blue. So that's why the sea came to me, because I loved the sea. And it was just like I was floating through the water, on top of the water, and around the water. But I didn't really learn anything, I wasn't told anything. I was just going with the flow of the current waves in the water. That's all."

"I feel that there was a lot of healing in this colour for you."

STAN'S MEDITATION EXPERIENCE

(Stan) "I visualised the pyramid as being rose quartz, a very glossy colour, I went up the stairs and somehow I felt goldness, what was I meant to do now? So I took a left into the gold room, and laid down on the couch, I think I saw a light from the windows shining through. Then later on I saw a pyramid open at the top like a courtyard. Maybe it wasn't open but just a glass structure above, with just sandstone around.

Then I felt like I was in Palestine, in some ruin there, and there was a black person in front of me, and that's all I got."

JOAN AS THE CHANNEL

"You can't keep away from me can you?"

"Who are we speaking to, my friend?"

"Her friend, just a friend."

"A Guide?"

"Yes."

"Do you have anything to tell us?"

"She calls me her comic. Been having jokes, all week."

"She needs to lighten up a bit, doesn't she?"

"Yes, she takes things too seriously. She tries not to, she just gets

bogged down. She lets too many others bog her down. She always comes back here.”

“Where is here?”

“Her little cove. She's determined to live there one day. We always know where she is, when we can't find her.”

“Is this cove in spirit?”

“Yes. She's thought it up all by herself. Everything is in the right place. It's always the same when she goes there. She says, when I cannot be found, that's where I'll be. They'll never understand.”

“Who'll never understand?”

“Those one's who keep pulling her back.”

“Who are the ones who keep pulling her back?”

“Her family, her people, she knows.”

“Pulling her back from where?”

“From what she is.”

“And what is she?”

“She knows more than what she lets on. When she tries to speak they just, they don't want to know.”

“They don't sound like very friendly people, are they?”

“They try to control.”

“Is Joan happy with you telling us these things?”

“She shouldn't, she's cranky, she's angry.”

“Why is she angry?”

“Because, they do it to her.”

“Who are they, her relatives?”

“Mmm, not just relatives, everyone there.”

“What in spirit, or in the physical?”

“In the physical, everyone she meets.”

“Is it because part of her believes that she has to have this happened to her, or because she wants this to happen to her?”

“She doesn't want it. She tries to fight it, but she thinks they are stronger than she is.”

“Ah ha, because if you believe that, they will always be stronger than her, won't they?”

“But she doesn't want battles; she wants to do it with peace. But she is always led into the battle, so she lets them fight on, and she will walk away from that, and then she just can't be bothered with them.”

“Is Joan’s higher-self here? Can we speak to Joan’s higher-self?”

“She's not ready for that yet.”

Is she learning with these battles with the relatives, and other people? Is she learning to strengthen a weakness within Joan?”

“Yes, but it's slow.”

“Sometimes experience it is the only way though, isn't it?”

“They have their grip. She can be tough at times, but then she can be so fragile.”

“She sounds like the crab, tough skin on the outside, but soft on the inside.”

“She's got two on her beach, little ones. She just wants to be left to do whatever she wants to do. That's all she ever wanted.”

“Do you know what Joan is developing, with these classes?”

“We have to relax her, but she has to learn to relax all the time.”

“Are the fears causing her to not be relaxed?”

“Yes.”

“And is it the fears that have to be overcome, for it to relax more?”

“People threaten her.”

“Is this karmic, these people that threaten her? Has she chosen to have this happen to her, because of what she may have done in past-lives?”

“She doesn't really know. She thinks it's unfair.”

“Is Joan’s conscious mind aware of you?”

“Yes.”

(A Teacher sometimes asks questions that he knows the answer to, but he knows the answer is for the benefit of the beginners, who in the beginning need more reassurance from spirit. Hence, this question.)

“Are you a good influence to help Joan in her life?”

“Yes, but she has to believe that I'm stronger than they are. She knows that the physical fights back harder, she doesn't know my strength. She doesn't have to let them win.

She wants to run away, and I'd like to take her, but I know it's

not right. So I had to make her stay. I don't like making your stay, but I have to. She's got to battle one person, and her time is running out.”

“Why is her time running out?”

“Because this person’s life is running out.”

“How can she battle them?”

“She has to win.”

“Stand up for herself, you mean?”

“Yes, but she thinks that it's too late. She’s thinking next time, she doesn't want to have to put up with that next time, because she has to win now, but the time’s not there, so she thinks.”

“Can you suggest any books that will help her change and grow in strength, or do you want me to choose some books for her?”

“She’s read many things; she knows what she has to do. She knows she has to do this herself.”

“Has the spiritual healing been helping her?”

“Yes, she's been in a lot of pain this week.”

“What's the pain from?”

“In her head.”

“What causes her pains?”

“She won't admit it; she's got to admit it, not me. What the pains are caused from.”

“Is Joan allergic to some food that causes her headaches?”

“No, could be, but not all.”

“Or what is causing the headaches, if it's not just the foods?”

“It's them.”

“How can they cause her headaches?”

“They won’t leave her alone.”

“You mean her relatives and friends?”

“They're judging all the time, judge, judge, judge.”

“We don't judge her.”

“She knows that.”

“I hope she finds some peace here in these classes, or gains some strength. Do her Guides want to speak to us?”

“We won't drain her anymore.”

“You can come back now, Joan.”

As you can see Joan is getting quite good at channelling. My Guides want me to make the next chapter

one of Joan's private therapy sessions.

It's not exactly the next chronological therapy session, but it helped Joan cope with a lot that you have become aware of, in this last channelling of Joan's.

JOHN AS THE CHANNEL

"Greeting's, my friends. John's path now leads highest, from a gathering of power. He has been weak for a long time. Momentum is gathering, going to need to his personal power, for what's coming up.

That is why we showed him some ways to get power. John should channel more on his own as well. He did very well this morning; this is another way of gaining power.

"Who was channelling this morning?"

"His higher-self was channelling this morning. He was giving him advice which he has now forgotten, but it was good practising. Practice is the main thing, rather than the advice."

"That's right, get used to talking."

"And, getting used to being in contact. Joan needs to become aware of her potential. She can do magnificent things if she wanted, the more she is aware. She's getting stronger, too. Her capacity is great.

Joan should go for what she feels will help her, whatever that may be. If that is her interest, then she should follow it. She should follow the path she feels is appropriate, one that has her interest.

John should practice the chakra meditation as well at home?"

"At home?"

"Yes, the heart chakra has a block. It needs to be got rid of before the full potential can show. Practice seeing the colour green. We will help him, but he must also do it himself. We are only allowed to help so much. Things that come too easily, aren't worth much. It's through the struggle that the great victories are won. This is for Sarah to know, too."

"Are you referring to her psychic spiritual development?"

“To her development, yes. It is a struggle for her to learn. It’ll be worth it in the end. We have been working on John tonight. He’s getting much better.”

“Everyone gets worked on.”

“It is time for us to go, goodbye.”

SARAH AS THE CHANNEL

“Just saying, if I can don’t get more sleep, I won’t progress at all.”

RAYMOND AS THE CHANNEL

“Greetings, my children. You see we know what each of you, have fears about, and we are trying to help you overcome these fears, usually by the back-door method, which is to give you the experience, then tell you what you have been doing. Instead of telling you what you were going to do, and have you fear the experience, and prevent the experience from happening.

So we understand, Stanley, that you do have many questions, but you will have to have patience. Even your own reactions to the answers could be detrimental to your own development. We are not saying that all of your questions, but some of them. As Raymond says, it's not fare if everybody asks questions, and we spend the time that we speak answering some of them.

(Stan) *“Can you give us some keys, then?”* *“We you do not use keys.”*

(Stan) *“Do you know what I mean?”* *“Explain?”*

(Stan) *“Well may be something to inspire us, to help us to move ahead.”*
“That was the purpose of the book. The experiences of the other students, that have developed, or what they have channelled. Raymond has compiled the book with that aim. Do you understand what alternative realities and imagination can do? He has not put in the book mostly poor experiences, but mostly excellent ones, to help you believe. Your questions tonight will take up time that we wish to tell you things. We will see.

Your problem, Joan, is only a temporary one. We will be helping you to gain in strength, and become more secure. And feel the love

from your Guides, and you can know that they love you, and do not judge. And they will give you strength, and help you stand up to these others. But be careful, the strength may get out of hand and you may start judging them. But remember what they have done to you.

We do not normally give advice to an individual in the class, but as you know, some of you come here as patients more than students, but when you leave you can become Teachers and free, and never feel lonely again. There is nothing wrong with relationships, but some relationships you can still feel alone and lonely. But we will not ramble on about all the different types of relationships. We are here to help you grow and develop, not only the abilities to heal others, but the ability to heal yourself. And you will grow in your personality, your consciousness, and become more peaceful and understanding of others.

We feel that you would be better asking questions of your higher self, to receive the answers from your own higher-self. When your link gets stronger, your questions that will surface in your minds, do not always come from your minds, but come from your Guides, to help you receive the answers from, to help you grow, understand? And if you keep asking questions for other people to receive the answer, we do not develop your link with your own godhead, Guides or higher-self, to receive your answers. It is sometimes very good to be frustrated. You may make a breakthrough, and get your answers, from your own higher-self. We are helping you develop, even though we do not answer your questions, you know that.

We try to explain the reasons for many things; otherwise it would be like punishing a child without telling him the reason for being punished, if you can understand the analogy. But we don't mean we punish you, we just try to explain how your development works, in common-sense language.

We do not like to channel so much information through this channel, because we wish you all to develop and start channelling material such as this. And you need to practice, this one doesn't. We thank you for listening tonight, God bless you all.”

(‘We push you to develop channelling, so that your higher-self or Guides can explain in fine detail with less distortion reasons and purpose of your past, “unknown to you”, experiences. Like, after you have just seen a past-life, or early childhood experience, or trauma, this knowledge will accelerate your releasing, of said trauma or conditioning.

When you know you are not a victim, you can more easily let go of an attached secondary emotional reaction, like anger from the experience. You see the anger strengthens the body-memory of the original trauma.

You see the Guides know the ego factors very strongly into the way past-life therapy is structured, we know that all releasing of fears and conditioning, is a threat to the power base of the ego.’

Another purpose of reading volume one is to condition your mind to accept that Guides have more wisdom than a mere human being, running a development class, so you will more accept the truth coming from your Guides, which takes away any excuse the ego may try to subvert what your Guides are explaining to you.

Or to put it my way, who would you rather believe, me telling you, or your Guides or higher-self?)

(2011 INSERT. It was only in the end of volume four that I mentioned any cost for private past-life therapy sessions, for my patients. My Guides want it inserted here to put you in the picture early on about my fees

Well there wasn’t any, all the patients had to do, was give me permission to use all the recordings of the sessions for my text books, and change their names, of course, and then they can also have a copy when I had the time to catch up typing them.

I only charge the students on the class nights, mostly for the time it took to type the student’s class transcripts, to keep out the riff-raff, but only about the same as it would cost them to go to the cinema, not like some classes that charge an arm and a leg, and have large numbers of students in their classes.)

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JOAN'S PAST LIFE RE-CALL EXPERIENCE

(Joan) "There is this savage dog. He's standing in front of this forest. I walk straight past him, I walk through this forest, it's very dark. I see all this light between the trees, when I reach it, it's not there, it's just dark. I can't go back, because there's nothing there. I'm being told, to keep going."

"Are you in spirit?" (Joan) "Yes, I can't see myself."

"Who told you to keep going?" (Joan) "A voice, 'Keep going.' I feel female but I don't look... I follow this light, and then I come out of this forest. I keep walking, it's all open, it's all clear ground, I can't go any further, it's a cliff, there's a house, but I just walk through the house, as if it's not there."

"Where is this cliff?"

(Joan) "The house is right on the edge. I'm looking at a body."

"Where is the body?" (Joan) "At the bottom of the cliff."

"Whose is the body?" (Joan) "It's mine."

"Ask your higher-self why you being shown this body?"

(Joan) "My neck is broken; I want to go to it, the body."

"Go to it, then." (Joan) "I'll fall, I'll fall again."

"No, you won't." (Joan) "This pain, I feel pain in my neck."

"I want you to go back, to when you were alive in the body. What is happening now?"

(Joan) "I'm working, I'm fetching water, and there is that dog again. He's not doing anything, he's just standing, but I know he's savage. There is a man beside him. I talked to him; I asked him who he is. He's smiling at me, but it's not a friendly smile. He doesn't say anything, he keeps smiling. He's got this blue and brown checked shirt on. As he was walks, the dog walks with him. I dropped the water."

"Why did you drop the water?"

(Joan) "He grabs my wrist, he won't let go of my wrist, now the dogs snarling." (Joan started getting distressed)

“You will experience without feeling the pain, just watch what happens. What's happening now?”

(Joan) “He’s holding my wrist up near my mouth, I bit his hand to make him let go, and I run back to the house, but I can’t get in the door, it's locked, I can’t get in. He doesn't run after me, he just keeps walking, but he’s getting closer. I run around to the back of the house, there's nowhere to go.

The house, it’s not near the cliff, there is distance, there are ledges on the cliff, I can get down, I can climb down, I have to, I can't go anywhere else, I'm running but he’s just walking, he’s getting closer, I'm trying to climb down.

He realises what I am doing, the dog starts growling, it's so cold, the dog is growling. He’s at the edge, he’s got his foot on my hand, I'm trying to get down, he’s laughing, he’s laughing all the time. I have to let go, I have to let go.”

“What's happening now?” (Joan) “I died, I fell, I had to let go.”

“Where are you now, after you died?”

(Joan) “He’s walking away; the dog is just standing there.”

“When you stop seeing things, let me know.”

(Joan) “He just disappears into the forest, the dark. The dog is just standing there, just as he was, when I went into the forest, he’s grey, a deep grey.”

“What are you doing now?”

(Joan) “Just looking at the body. I'm down there; I want to pick it up. The body is just face down. Can I pick it up?”

“You can try.”

(Joan) “No one is going to find it, there is no else around.”

“I want you to ask your higher-self to show you who the man is, relating to this life, if there is a relationship in this life?”

(Joan) “It's Robert, (Ex-husband) but it changed, there’s two, they are both smiling. There is Robert, and there’s mum, but her eyes are gleaming, like Robert’s. They keep changing, I don't know which one. They keep changing.”

“I want you to ask your higher-self, how is your mother and Robert, at the same time, this person in that life?”

“The silence of the man is Roberts way, the savageness and the action of the dog, is mum's way. The two ways of attack has been shown.”

“Is this a past life of Joan’s, where she died, or is this just a symbolic picture?”

“It is both.”

“Both a past life and a symbolic picture? Higher self, are you going to channel now, and explain all this to us?”

“The fact that the death occurred this way, can be visibly, and psychologically accepted. The symbolism that the two figures represented, must be digested by the entity, to prepare for the truth in the meaning.”

This will be continued, when the visualisation of the symbols are absorbed. A slow process, a preparation to soften, to prevent repetition of the trauma, which now continues.”

“Do you understand that?” (Joan) “Not really.”

“What do you think the trauma continues, means?”

(Joan) “I've got a sore neck.”

“Well, having a broken neck, it would get sore.”

(Joan) “I guess I'm still trapped.”

“Why are you trapped?”

(Joan) “Between those two, I guess, I don't know. You know when I was in there, really at rock bottom, where I was ready to take a handful of pills you know. I wanted to get out of it, but it was also a kind of revenge, a kind of revenge on all around me.”

“This past life, must have affected you so strongly, that the trauma caused you to draw to you a similar situation, and your Guides want to soften that trauma, by showing you that you are programmed by that past life, so that you can let go of the situation, of that kind of people, pressing your buttons. Do you know what I mean?”

(Joan) “It must be to get away from them, I feel I have to ... you know something drastic, I don't know.”

“It's no good running away; you have to overcome with your mind. You know, the conditioning that causes these things to

occur again, because if you run away from them, you'll meet someone else just like them, unless you overcome the conditioning, does that makes sense?

And your higher-self and Guides are starting to do that, break the conditioning, aren't they? I was told that the man was Robert, when I was asking, but So your mother's a dog?

(Joan laughing)

You have to laugh. It was very hard to figure it out; I just let spirit explain it all. Obviously, they didn't want you to go through the shock of what happened? They wanted you to do it in reverse first, so the shock of your death would be overcome, maybe by going to the body first, seeing the final out-come, and then going through the experience of what happened, to come to that, and then it wasn't such a shock, because you knew what was coming.

Shock is when you don't know it's coming, like a big bang, makes you jump. So they went and took you to see the dead body first, then you knew that's, what's going to happen, it would be less of a shock.

They must be doing something like deprogramming you, in a way aren't they, on a subconscious level? Maybe you attract to you what you fear, maybe that type of person, or maybe your higher-self chose your mother with the same personality as the dog, to help you overcome the trauma, because she would be safer than a stranger, because there would be love there.

You have to remember, the trauma is triggering off secondary fears and beliefs of feeling helpless, with that kind of person, because in the memory of the past life, you couldn't get in the house, you couldn't get away, and you were trapped, and this is the feeling you are getting in this life, when you come across a similar person.

So when you come across a person displaying the same personality as that guy at the cliff, then you felt trapped and you couldn't get out of that, you believe. Because you had the

memory in your emotional body of being trapped, and your mother barking and growling, you'd identify with your mother as the dog. So this is all part of breaking the conditioning, to becoming aware of your conditioning. A way of understanding it, and try to work it all out. You think that's true?"

(Joan) "Yes, sounds reasonable."

[You have to remember, I still hadn't learnt how to get the higher-self to put on the spirit blackboard, the words for the student to speak out, like, "I release the fear of being helpless, when I come across aggressive people," which deprograms the emotional and mental bodies.]

"This often happens with students, when they find out what's causing the conditioning. Which may mean if you have a weakness then that kind of personality will cause you to be stuck in a conditioned loop, which you can't break out of.

Then some time in your lives, you're going to come across that type of person, you've got to remember that mankind is very apt to find that when they have control over someone, when they recognise a weakness, consciously or subconsciously, they will use it.

So weaknesses have to be overcome, true, and one of the ways to overcome a weakness is going through the experience to bring the weakness to the surface. You become aware of the weakness. But, if you don't overcome that weakness, by avoiding those situations, by running away, it doesn't cure the weakness. So when you are born into another lifetime, without the memory of your weakness, how will you know that you have to avoid certain types of people? And eventually you will probably come across them.

But when you have become aware, of the cause from your Guides and past re-call, you have the opportunity to break out of the loop.

But of course you chose this life, and these experiences to bring you to this realisation."

“There are many things planned. Not everything will be concrete. Yet we understand their dilemma?”

“Who's dilemma?”

“The dilemma of this one, through lack of trust.”

“Are you referring to anything in specific?”

“The trust in us, in what is being given. When one has placed so much emphasis on emotion, it is understandable. Her trust comes with much difficulty. When one is in this dilemma, this one should ask, if it is desire or truth, and the answer will be given.”

She knows we are with her, we have told her many times. If there were only a way that she would know.”

“Where does her higher-self want her to stay, live?”

“We want her to stay here, yes, because she must face things as they are.”

“Is her desires for going down south, Kiama, a form of running away from overcoming all this?”

“Yes. It will happen, yet the uphill journey, will have to be travelled first.”

“So, you want her to wait until she is more developed, and more secure in herself?”

“She has many obstacles to overcome.”

“Even overcoming me, and not being too tied to me, isn't that so?”

“Yes. Yet a delicate hand is required to start, and once on her way, she will not follow, she will lead.”

“Lead me?”

“She will lead many. Yet the gentle tone, and the gentle shove, must be administered. So there is no desire to retreat. This one must not retreat back, must always be going forward.”

“But am I qualified to help her? I seem to be standing still, if she's going to surpass me, how can I teach her, if she is going to surpass me? How can I teach any students, if they go beyond my development? Do you understand what I mean?”

“It's when you are teaching, they will learn, and through their learning you will learn.”

“But aren't I supposed to learn through my own way of learning, through my own psychic development, like they are

learning through their own psychic development?”

“Where there are inadequacies in one area, they will be filled by another. There will never be gaps.”

“Yes, but it seems a bit funny, that students who are clairvoyant, clairaudience, can channel, do healing. Where I'm sort of stuck, with just clairaudience and healing, and I don't see clairvoyantly, the meditations that they go on.”

“There are blockages to be overcome by all.”

“It's taking a long time with mine though, can't I work on them. Or have I got to wait until the time is right?”

“There are those brought to you, for you to be shown, as you are brought to them, for them to see.”

“I thought we overcame our own blockages?”

“There is always room for help. There are always times when one needs just that one last shove, or push, so to speak. But eyes must be kept continually open.”

“But I had a bad experience with Julie and Caroline, and I'm still reeling from that. I still don't understand what I'm supposed to have learnt from that properly. I sometimes think that a lot of what happened had a negative effect on my development, more than a positive one. You know what I'm talking about?”

“The negative effect is there, because you place that negativity there.”

“Well, can you tell me what the positives were? because I'm not aware of them, and if I knew the positives, I could forget the negatives a lot easier, if I knew more of the positive effects, of the experience of Julie and Caroline, living here.”

“The greatest positives that come out of the negative, is strength in all aspects.”

“Yes, I understand that.”

“Strengths to be guided, and to trust in oneself, and not fall prey to the ones that we believe, or you believe, who is higher in power, higher in influence, higher in knowledge, not to let others drown you.”

“But what were their motives, Julie and Caroline's?”

“Their motives were such that they swayed from their own

pathways, or fear of threat, fear of their own weaknesses, and to gain their strength as they perceived it, they had to drain you.”

“Are they on the right path, still, or have they gone so far of the path, that they...? I don't know what's happening with them.”

“Do not concern yourself with others. The strength was shown to you, and you did not drown. You realise now the limits that you can go, and be dragged under. And your strength will prevent you descending to that level from now on. But you tend to descend with yourself by not closing the door, to realise that what has happened, and what has been gained, is adequate. And all that is required is to accept, and use that as a lesson in life.”

“I still feel that I don't consult spirit enough, and I feel that some of the decisions I make are not coming from spirit, but maybe coming from my own will, and I fear that I do make the decisions from my own will, when I want them to come from spirit, from God, for the right thing for everyone. I still have that fear in decision making.”

“It is quite common, as in this one, as in you, as in others. Mistakes are not to be feared, mistakes lead to progress, although not presented as such.”

The rest of my questions and answers were about cover design for my books, so I left it out as not important, seeing as the books are going on the web.

At the time of the questions there was no internet.

(33)

HEALING CLASS 23/2/88

BETTY, LYDIA, AND REBECCA.

VICTORIAN ORPHANAGE RESCUE MEDITATION

“I want you to fly across the world back to England. We are going to go back in time as we are flying to the 1800. We are going to a city in the north of England. As we approach the city we can see this building, it is a two story building and we are flying into the upper story of this building.

This building is an orphanage. As we arrive in this large room, on the second floor, we see that there are beds laid out, because it's a dormitory. There are children, both boys and girls asleep in this dormitory. It's night time.

As you look around the room you can see a doorway, and under the door Smoke is coming into the room. The door is locked because the children are locked in at night. Some of the children start to wake up, smelling smoke, and start to panic, because the building is on fire in underneath. The children are running around now panicking, some are trying to get out of the windows.

I will leave you now to see what happens to the children. Remember if you feel you are one of them describe what is happening to you.”

(I forgot to tell the student's that they would be helping the children's spirits, after they died, as they were all locked in, with bars on the windows. The advanced student, Betty, was seeing the event, and figured out that it was a rescue meditation, but the newcomers were imagining how to help the children as if they were there, physically, but as you will read, that worked as well.

My Guides want me to put this meditation in the 'MEDITATIONS AND EXERCISES' chapter, after I add a few more important details. The explanation why will also be there.)

BETTY'S MEDITATION EXPERIENCE

(Betty) "I was floating up in the air watching all the panicking and crying. I could hear shouting outside of people trying to find a ladder and they couldn't find one anywhere, and gradually the room filled with smoke. I think the windows were very high, or something, and none of the children can reach them, to open them, or anything, and gradually most of them I think died of smoke inhalation. And as they started dying off, when they started to leave their bodies, I sort of floated over to them and told them they were safe now."

"They saw you, did they?"

(Betty) "Yes. And that I was going to take them away to a safe place. So most of them followed me and we were just sort of drifting through the walls as if they weren't there. And we were all sitting on a hillside, and very big green sort of place, something like Switzerland or somewhere. Pastures in the distance, and sheep in the early morning. And they said, '*Are we in heaven?*' And I said, 'oh yes.' and that was all really."

LYDIA'S MEDITATION EXPERIENCE

(Lydia) "You didn't mention any bars, or anything like that on the windows. And all I could think of, was how they could get out. So I don't know if I was one of the children, or what, but I decided that that they should get out. And I had them tying the blankets and sheets together, to get out of the windows, which is what they did. As some of the children were difficult, and they froze half way down, so they had to be coaxed. And with one or two, right at the end, the ones who refused, or wouldn't, or were too weak to go, I brought the sheeting back up, and sort of tied them in it, and fed it down. So that's what happened in my meditation, I just concentrated on getting them out."

"I'll just ask a few questions of spirit. (Pause) Yes. I was told that you did well, in that you did help the children escape from that situation, but with one twist, they were all dead and you still rescued them. Because you were taking them from that area, and you got them to believe. Do you understand?"

(Lydia) “Yes.”

“You visualise a way out for them, and it was their spirit bodies, that you helped, and you created the sheets to tie, to help the children to escape, it's another way.

Because, I asked, and you did do that, and they did escape that way. There might be more than one dormitory that went in the fire, more rooms, you know what I mean?” (Lydia) “Yes.”

“I asked if they escaped in their physical bodies, and I got told, ‘No.’ Then I asked if they escaped in their spirit bodies, and I was told,

‘Yes.’ So you helped, that was great.”

(Lydia) “But, you also said, that we could be one of them.”

“That’s if you were one of the children, but the room was full of children. Did you feel that you were one of the children?”

(Lydia) “I don't know.”

“Well, spirit said that you did help them, and they did see you, but they were spirits. Because, when they become spirits, they see you, but when they are still physical, they don't usually see you.”

REBECCA’S MEDITATION EXPERIENCE

(Rebecca) “I was a little confused at first, because I couldn't concentrate, and after I tried to do this, of having to save them. I kept seeing, only two kids. And I did what Lydia had done. I tied the sheets, and they jump through the window and saved themselves. And all these people came to comfort them, and I couldn't see any more.”

“Yes, it's very hard to know what to do, and we often imagine things that we would do in this world. Like, tying sheets together, to help the children, escape.

As you develop your link stronger and stronger with your Guides, you get more intuition, and guidance, from spirit, to do what they want, to help them. As you can see, Betty has been coming a long time, (19 classes) and she knows that spirit can't affect the physical. And the idea was to help them when they had passed over, to help take away the pain, or to take

them away from that area, help them to a better place. Just observing what was happening, was good.”

LYDIA AS THE CHANNEL

“We all want to go from here. You all have ideas of where this can take you. What do you want to achieve?”

“The increase of awareness of the souls on this plane. To help other people to overcome their problems, maybe heal them. And to help develop the students, so that they can contact their higher-selves. Help them become aware of their total reality, of being multi-dimensional.”

“That’s good; you can do all of those things.”

“Well, it's up to the student, whether they develop these things.”

“We are here to help you achieve, what you want for yourselves. To have less fear, with your efforts, and we will help all we can. Thank you, goodnight.”

BETTY AS THE CHANNEL

“Good evening my friends. Tonight we have been asked to channel some information regarding this subject of gurus. Because, we have been asked on occasion, whether it is necessary, to find a Guru, or Master, or Teacher, in order to develop properly. Many of you will have your doubts about such things, because you have heard or read, or seen channels, who have channelled information regarding catastrophes or other things, which seem to relate more to whether the channel happens to run a real-estate business in the Blue Mountains. Rather, than any genuine possibility of a catastrophe.

Now we do not wish to comment on any individual channels or gurus, because it happens that sometimes even genuine channels tap into information that is erroneous.

They may be picking up the thoughts of someone in their audience. They may be channelling some lost spirit, of some

departed Jeremiah, who in invariably saw the future in gloomy terms.

As an aside though, we will warn you that there are many difficulties in the future, on your planet. And certainly some of the prophecies that you have heard will come true. They have covered such a wide range, that it would be difficult for them not to. But we urge you not to be fearful, because all these changes are necessary. And it is an unfortunate feature of your species that it seems to take sledge-hammer methods to get an idea in through your skulls. So the important lessons, of living wisely on your planet, in harmony with nature, and with one another is unfortunately a lesson which you are now learning the hard way.

However, enough of this subject. We wish to answer some general questions which have been unconsciously directed to us concerning Gurus, Masters, Teachers, and lesser gods. We have told you many times before that no spiritual or religious belief system is an excuse for giving up your own awareness, or your responsibility for yourselves. But many yearn for the security of an all-powerful authority figure, who will tell you exactly what to do and how to do it, and will have the additional assurance of some great spiritual mandate from God.

Well, there is nothing intrinsically wrong with this, if you learn some lessons from it. Unfortunately some in your world have again learned this lesson the hard way. At the extreme with the disciples of such people as the Rev Jim Jones, of the followers of Charles Manson. But of course not many come to such an extreme. But all around you, you can see the results of people placing their trust in another human being, and worshipping another human being. Instead of using good judgement, or being aware of their higher-selves.

We caution you to avoid any fanatic cult which substitutes pure and honest spiritual principles for the will of the leader. It is easy enough for anyone with a little spiritual development, if they stop and consider carefully. When a true spiritual path becomes and in an irrational cult, no true teacher will interfere with the free will of

his pupils. No true teacher will use emotional or spiritual blackmail, or even physical blackmail in the case of some of the more extreme cultist gurus. No true teacher will demand all unconditional obedience, and unconditional belief. A good rule perhaps, is simply avoid extremes. You may say,

‘But what if our judgement is faulty?’ Well everyone's judgement is faulty at some time, and we must admit that in your world it seems as though the moment some sound spiritual principle is discovered, it is immediately seized upon by those who wish to be Priests, Masters or petty Gods, and immediately turned into something called a religion. Some of the cynical on your world have said,

‘That religion is the grave of true spiritual knowledge.’ And in many cases they are correct.

Whenever a wise guideline is turned into an inflexible rule with ghastly penalties in this world or in the hereafter for any infringement, then you are justified in being suspicious, that it may simply be a man made method of keeping the followers in order. At all times be aware that it is natural enough other human beings to create God in their own image.

You must also be aware that often when you seek for a master or Guru or teacher, who is in some way much better than you are, you are reinforcing that separateness. Which is one of the great problems of your species, which has caused you so much trouble. It is this sense of always needing to separate yourselves, one from the other, man from woman, adult from child, human from other living species, and human from the whole of creation on your planet, that has caused such disaster.

So when you say, ‘so-and-so is better than I am,’ and, ‘someone else is worse than I am,’ you create barriers between yourself and the truth. You create barriers between yourself and knowledge, awareness and compassion.

When you have compassion for other beings, you will be able to look at the most degraded specimens of humanity, as the most wicked and cruel, and say, ‘there but the grace of God, or there but

for a fortunate accident I might have been like that too,' but you see a great spiritual Teacher or leader whom you would admire, do not be too much in awe, but say, 'I too may be equal to that one day, because I am one with all the universe.'

Therefore, we remind you that when someone sets themselves up as a stern authoritarian figure, then regard them with some caution. You will almost invariably find that those who feel the need to do this, have deep inside them, some deep deficiency, or awareness that they are not indeed fit to rule others.

Of course it is true that sometimes we all need a rap over the knuckles, and is one of the fortunate side effects of increased development that you will reach a stage where you will be able to wrap your own knuckles effectively. You will not need someone else to tell you where you go wrong because you will be aware of it yourself and you will be able to correct yourselves. You will not need a great threatening father figures saying,

'You will all go to hell if you don't stop doing that.' But do not condemn either yourself or others, if you feel a need for this kind of authoritarian religion, they are simply responding to an insecurity in themselves. Almost always they are unable to love and except themselves, perhaps they were rejected by their own parents. But we do not want to indulge in superficial psychological explanations.

Simply remember that the need to impose your will upon another is a sign of great spiritual weakness. Have compassion for those who have a need to do this, but avoid them if you can. We feel that we have covered this subject adequately for the moment. Be well, be happy, and be blessed, goodnight."

RAYMOND AS THE CHANNEL

"Greetings, my children. We hope that you were suitably entertained by our previous speaker. We know that much of what was said, tonight, is known by most of you, but we plan ahead. This classroom is very popular in spirit, even though you think you are the only ones here with your Guides.

We wish to talk about beliefs tonight. Your beliefs will tend to restrict you and we often have to develop you by devious subtle means. You may experience psychic phenomena at home outside these classes, but we can only go so far, until you change certain beliefs about yourself, about spirit, then we can show you more. That is why you sit in a class where all the students have less of a belief system and allow much more to happen with them. That is why we put you together, to stimulate your imagination into releasing the bonds of your beliefs.

We know that you are progressing even though you may not think so. You see your psychic senses are very often imperceptibly increasing so that you do not notice the changes, but if you were to remember back far enough to before you were developing, you would notice the change.

Your development is different. Everyone's development is different, so that you can live your life using what you have developed to achieve what you desire. Whether you desire a car, or power, somebody's health, or creativity, inspiration. You can increase your abilities in all fields of life after you are developing with the psychic, this helps.

We do not judge anyone in what they experience, or develop, or do in these classes, we advertise them as healing development class, is to attract the souls that have the desire to help others. Their development is faster than the souls that wish to help themselves, but we do not judge.

This one will guide you and lead you into many strange meditations and even your conscious mind will not know sometimes what you have learned from these strange meditations. But we know what they are doing and their purpose. They can affect you in many different ways, but they are all meant to help you develop. We thank you for listening tonight, God bless you all.”

BETTY CHANNELLING WHILE HEALING LYDIA

“There is an energy blockage in the entity, and we especially name the heart and the throat chakras. We suggest that the entity visualise the head and shoulder area surrounded by a rich soft yellow colour, rather like a daffodil. We also suggest that she visualise around the heart chakra a deep soft rose-red light, and that she imagine a flower of that colour, like a very large rose, slowly unfolding over the heart chakra.

And we suggest that over the throat chakra should similarly visualise a flower like a large rose or Lotus, this time of a deep yellowish colour with a tinge of orange, making it almost as saffron colour. And here too she should visualise the flower slowly unfolding. We suggest that if she is not doing so already, she should learn some form of therapeutic massage. And she should perhaps consider studying something like aromatherapy. Both for her own benefit, and with a view to treating others with this method.”

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HEALING CLASS 29/2/88
 JOHN, JOAN, STAN, AND CAROL.
 SHANGRI-LA MEDITATION

“Tonight I want you to visualise a large river set in the forest. In the distance is the Himalayan mountain range. On the banks of the River are Indian temples and ashrams. We are now travelling towards the mountains, leaving the river behind. As we climb into the mountains we put on warm ski clothing. We are now approaching a narrow pass, high in the mountains. There are ropes fastened on to the walls of the pass, as it is very windy up here. As we walk around the bend in the pass, it widens into a beautiful green valley where pink cherry blossom trees are scattered across the rich green grass.

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

We climb the steps up through the hanging gardens and through the gates into the temple, where we see rows of seats facing a stage. Find a seat and sit down. On the stage a bright light is going to appear, and as your eyes get accustomed to it, a Master is appearing in it.

He's going to speak to us individually about the changes in the future for ourselves and the world. We will leave you in silence so you can hear what he says to you.”

(Approximately ten to fifteen minutes silence)

“I 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.”

JOHN’S MEDITATION EXPERIENCE

(John) “The last time he started talking to me he said, ‘That I was being developed as a leader, and that I’d be leading a group of people, and it would be my job to gather them to me, and lead them, later on.’ And I got the idea that it would be in three years time. Also I got the idea that in three years time there would be a lot of people dying, and I wouldn’t be able to, or be allowed to use my healing skills, at that time, and it was my leadership skills, that I was to exercise, at that time, and not my healing skills.

The healing that I am learning now would come into play after the deaths and after I’d done the leadership, and I was to gather a group of people around me, and lead them into the mountains, and into a valley, and to set up a community where everyone would live.

And once everyone was there, then our job of reconstruction would begin, and then I be allowed to settle down. And the knowledge I have, I would then have to disseminate amongst those who didn’t have the skills, and all my other skills including healing and that was it.”

“It sounds like the healing of the planet Earth, healing of humanity as a whole more than individuals. A leader is a healer of humanity, if you look at it like that.”

(John) “I had the feeling that there was a large group that I was supposed to be leading.”

“As long as you are working with spirit, you will get the guidance to lead them. The main purpose of these classes is to tune the students into their higher-selves, so that they can become more whole, instead of being separated from their higher-self, like the most of mankind is.”

I have high-lighted these passages because a few weeks later Joan would see the past life where her fear of ice came from. So try to remember them.

JOAN'S MEDITATION EXPERIENCE

(Joan) "I started up the mountain, I had a thought that it was so nice, and then all of a sudden I got scared of the ice. So when we got into the valley, and went down to the temple, and were taken inside. And the room was crowded, all the time I was preoccupied with this ice."

Then the Master spoke to me, but the room was crowded, but he was only speaking to me. Then I asked him about my purpose, and he said,

'First you have to know who you are,' and then interrupted me, and said,

'What frightened you about the ice?' 'Why didn't you want to come up the mountain?' And then he went back and said,

'When you know who you are, you'll be led.' Then I asked, 'Well, where to?' And he said,

'Places that you have never even heard of.' And then I asked, 'Why?' And he just said,

'That there's a need.' And then when I was going, I just skipped the mountain."

STANLEY'S MEDITATION EXPERIENCE

(Stan) "I didn't actually see the Master, but I was told that there would be a lot of changes, and that we are protected and guided, and I was told that I am one of the ones who is privileged to use the gilded sword, I don't know exactly what that is. And that was it. But definitely the images are stronger. But now I'm a lot more grounded than last week."

CAROL'S MEDITATION EXPERIENCE, AND THEN CHANNELING

(Carol) "I was getting messages, that I'm very deeply loved. I got information about world changes, very drastic changes, and very strong."

Also the weather getting quite radical, and just that I'm okay, just where I am, and I'll be in the right place, wherever I am."

"You are loved, you are loved. You are here for a higher purpose. You are learning well. You're important to us, things are changing. The higher frequency is happening. All is well. The message is love."

STANLEY AS THE CHANNEL

"There will come a time when there is change, you have faith and are guided, we mean you well. Love is your sword, love will show the way. We are the catalyst of a change for the better. That's all we have to say."

Before Joan channels I will have to explain about David. After a few weeks of class and private sessions, Joan had been contacted at home by the spirit of the son of a close friend. His son, David, had committed suicide, and left a wife and daughter behind.

Joan had never met her friend's son, but nevertheless, had received communication with him, from the other side.

JOAN AS THE CHANNEL

"David will be fine. You see what you can do, no matter how you feel. You're the only one, because you understand what happened. You must do this for him, you must help him. He can't go any further until this weights lifted from him, the pain he has caused, although it was unintentional. He knew they couldn't understand. That's why he kept so quiet."

"How can this weight be lifted?"

"Only Joan can do it."

"Does she know how to do it?"

"She's tried. The door gets open so far, and then closes again. But maybe she'll have more success now, and being detached, as it is."

"Is David wrongfully punishing himself for something?"

"He did all he could, the best that he knew how, at the time. He just... his hurt, that he couldn't make them understand. They're grieving (His parents) for the wrong people. They're grieving for

David, but they're not really, they're grieving for themselves. That's wrong, because David's okay. They're dragging him down though, by this grief, his parents are."

"Who am I speaking to?"

"David's Guide, Joan's already spoken to David. Joan didn't know David, but David knew of Joan. David knew Joan was there. She's the only one that can help."

"Have you told her, how she can help?"

"Just feelings, patience. She's not to think, that she has failed, if it doesn't happen. We know she's tried so far."

"Is this, a personal message, for Joan?"

"She had a personal blockage and now that's gone, we want her to get further. David's fine, but he has to move on, higher up. But he can't, when he's being pulled down, this way. They have to let go. We'll be there to help her, David. She just, has to keep at it. David's with me, in spirit. He has to have special care."

"Did he die?"

"Yes."

"Whose son, was it?"

"A friend. She always knew what it was all about. She never met him, but she understood what it was all about. So she's the only one that can get through. We'll be with her."

"Is Joan doing, 'rescue work?' Rescuing spirits from an Earth-bound place, and helping to move them on?"

"This is her starting point."

JOHN AS THE CHANNEL

"Greetings my friends. Tonight you have all learned a lot. We have given you a glimpse into the future. That is so you can see the path ahead. For in this, way you will be motivated to stay on it. Things will proceed a little quicker in the future, and it is necessary that you know the path. Do not be upset, if you are unsure at the moment. You have been revealed what you need to know, all else will come in time.

There will be big changes ahead, but you can either escape them or benefit by them, so do not worry. Through acceptance, you can do what you have to, much better. You will move ahead strongly with

self-discipline, this is especially for John, it is what he must learn at the moment. The sword is tempered by fire. It is not all bad, it is good. Do not see it, the wrong way. The time ahead is one of great brotherness. The joy will fill your hearts, there will be sadness too. But you will fill that, with what you want to be filled by. Joy is far better.

John's diet is to prepare him for the time ahead, so that the change is not too great. He will have great difficulties coping with his path, through diligence he will succeed, in what he has to do. There are others relying on him. And he will soon see that. Move ahead, for you do well. Goodbye.

RAYMOND AS THE CHANNEL

“Greetings, my children. Tonight you were shown many things for you to be able to ponder about. We are developing you sometimes in ways that you could not comprehend, at this time in your development, and even Raymond doesn't understand. But it doesn't matter, so long as you develop, that's the main thing. Wanting to help others is the main criteria for developing here. Healing is only part of it.

You will find that you can bring many souls to a higher level of awareness when you are more advanced. Both here in the physical, and in spirit you have the capacity to reach into these other dimensions, and help there, as well as here.

Your practice with the helping of others in these other dimensions, will prepare you for helping those in this dimension, on the Earth-plane, in your future. Even though your practice may be unconscious on a higher level, it sifts through to the conscious mind, and when you are helping others, you just know what to say, or do, but you consciously may not know how you acquired this knowledge.

Your abilities will increase the more you accept the unusual, the odd, the fantastic in your experiences, because they are the realities. There is so much for you to learn, and your Earth-type viewpoint, is very limited, to understand many of the concepts in ways that we are

working with you. Some may sound like science fiction, or fairy tales, but they work and are valid. You will become more aware and freer, of your limited beliefs, the more you practice, and learn what others are experiencing, or have experienced.

Time is getting short, and we ask you to keep reading your material, to keep up with your development, in your classes. Because, the more you understand and accept, or acknowledge, of the material, the faster your belief systems can release your mind to experiences in your development.

So we can only help you develop at the speed that you comprehend and understand. But do not worry; we are not pushing you too much. You may not experience everything yourselves, individually, But you should learn from what is happening to the others, which can increase your awareness tenfold, or more, to help you with your development, for you to accept others in their chosen fields, of being different to yours. Trying to avoid separateness and create acceptance while you develop.”

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HEALING CLASS 1/3/88

BETTY, LYDIA, AND REBECCA.
 SLAVE SHIP FROM AFRICA MEDITATION

“As we fly towards Africa, we are going back 200 years in time. We are going to the west coast of Africa. We arrive at this village. There are village huts and Negroes, and we see a stockade with wooden stakes all around. And inside the stockade are some Negroes, natives. We are going to join them in the stockade. We go into the stockade and they're all chained and shackled together. Now somebody has come to the gate of the stockade. It is daylight now and we are all shuffling in single file, out of the village towards the sea. We arrive at the sea and are taken aboard all these boats and rowed out to the ship, waiting at anchor. We climb on board the ship and we are imprisoned in the hold, with our shackles on. Negroes, women, men, and some children. The ship starts to sail across the ocean towards America.

I want you to experience being in this hold. If you feel you are one of these Negroes, you can speak out what is happening to you. If not, just observe what happens. (Pause)

If anyone feels that they are one of these slaves, speak out and we will find out what the effects have been on this life, coming from that one. (Pause)

Now your Guides are meeting you in the ship, and you can ask them what you are being shown, in this meditation.”

BETTY’S MEDITATION EXPERIENCE

(Betty) “I did not see anything at all, I could hear it all. I could hear all the sounds that you would expect. The slaves were singing, some groaning, and some crying, and a clanking of chains, and so on.”

“Did you ask, ‘why you couldn't see them?’”

(Betty) “Yes, and I was told, that it wasn't part of my vision.”

“And what did you learn?”

(Betty) “Nothing that I can see at the moment, maybe all will be revealed at some later date.”

REBECCA’S MEDITATION EXPERIENCE

(Rebecca) “I couldn't see much, it was all these people together, one on top of the other, crying. Some men giving them water and some kind of bread to everybody. I just kept analysing you know, I was thinking, my God what an awful thing to do to people, and I just experienced, around my waist, there's something around my waist, and I feel so upset, you know.”

“You felt that you were one of the persons there?”

(Rebecca) “Oh, maybe, yes. I felt sadness. I didn't see a Guide.”

LYDIA’S MEDITATION EXPERIENCE

(Lydia) “I didn't feel that I was one of the Negroes. I was able to visualise a stockade, and see them all with chains, and go to the ship with them. Of course they were very unhappy and fretting for their loved ones, who they'd left behind, and very distressed too, not knowing what the future held for them.

I noticed that after they had been in the hold for a while, they came sort of dirty and unkempt looking. Around that point, I seem to just about go right out of it, for a while. Then you mentioned the presence of my Guide, I really didn't get anything from that, unfortunately, and that's all I got.”

LYDIA AS THE CHANNEL

“Good evening. There are many ways and many paths you can follow, in order to develop. There are many areas in which you can develop. Each of you following your own paths, which will take you in different directions. But for now you are developing in this group,

abilities which will help you in the future. It is good that you give your time to this development.

REBECCA AS THE CHANNEL

“Thanks that we come to you. Relax, wait and see. We are all of the way.”

BETTY AS THE CHANNEL

“Good evening my children. Tonight we gave you a meditation involving African slaves. You may feel that the meditation was a failure, if none of you seem to experience very much. However, you may learn something, even from the fact that nothing much seemed to happen. We will not give you answers, we wish you to seek answers within yourselves. We suggest that you ask yourselves,

‘Was it so difficult to imagine yourselves as African slaves?’ There may be occasions when you do not seem to get very much from a meditation, when you cannot relate to it, and you do not get any answers, when you ask your Guides. It may be that you are simply not in the right frame of mind, or you lose yourself, or have some unconscious resistance to learning something from that particular meditation. (I feel these high-lighted words are referring to Lydia.)

If this is the case, you need not worry about it, or think that you have failed in some way. If you meditate upon it at a later time, you may find some answers within yourself.”

“Can I ask some questions?”

“Yes.”

(At this stage, I wish to introduce a wild card, involved with rescue work, and also, it will give you a change, in case it gets too boring.

In doing a few of my own rescues, I found out that spirits, who were attracted to my beginner student's, were being transferred to me, so that I would rescue them. So while Betty was channelling, I asked about this.)

“The questions are about rescuing spirits who are attached to people on the Earth. Do you understand how it works?”

“If you ask your questions, we will try to answer them.”

“When beginner, students, come in contact with people with spirits attached to them, do they get transferred to the beginner, to carry them to a more advanced healer, so that the advanced healer can rescue them?”

“It is unusual for such things to happen. It’s more common that a thought-form becomes attached to the healer, if they are inadequately prepared. In other words it is the results of their own thoughts, rather than any real spirit.

However when this does happen, it is not that it is necessary for the more experienced healer to remove the spirit, it is simply that the belief system is there. If the apprentice healer were open enough to be aware of this, they could assist the spirit to continue on its journey without any help from anyone else.”

“This apprentice healer wouldn't have known how to rescue these souls, and what I'm saying is, I find out about it, because these spirits were transferred to me. I asked where they came from, and I just wanted confirmation, and my Guides said,

‘They came from a person, who was drying out from prescribed drugs, who was misdiagnosed as schizophrenia,’ or something like that, and it was karmically, the time for the spirits to be removed, and they were actually transferred to the beginner healers body, like encapsulating, or imprisoned until they met the advanced healer, and then they were transferred to the advanced healer. Then I became aware of them, and did a rescue. I just want to know if this was all true.”

“Yes, this does sometimes happen, but we stress that more often, such spirits are not actually the spirits of departed persons, but are simply thought-creations. For example, from the minds of people who have become deranged by drugs, and have damaged their auras and their several bodies.”

“Why can't these thought-forms die, or disappear, or dissolve, if they are a creation?”

“Because, they are a form of energy, and they therefore cannot be destroyed. They can only be transformed into another form of

energy.”

“So when the advanced healer, does a rescue, and says, go to the light, do they go?”

“Yes, usually they do.”

“Are you familiar with the case? Do you understand who I'm talking about? Who it was, and what happened?”

“Yes, we understand whom you refer.”

“Can you explain what happens, in detail, so I can clear up any fiction?”

“In this case the spirits were thought-forms. It does happen that sometimes they are discarnate spirits involved in such a case, but it is very unusual, as we have said. And sometimes the thought-forms are created by the unconscious mind of the inexperienced healer.

This kind of thing may happen, if the apprentice healer is not yet completely balanced, or does not go through the usual protection, so that they leave themselves open to this.

Normally, if the healer places the normal protection on themselves, they will not attract to themselves a discarnate entity. But should they create a thought-form of their own, through their unconscious beliefs, the thought-form is so to speak already within the protection around them.”

“What protection are you talking about, that the beginner should be observing?”

“I am the referring to the usual white light meditation.”

“But, if they have done that in the classes, how does it happen outside the classes, if the person is not meditating? Or is it happening when they are meditating, that these thought-forms are being created, or thought-form entering....?”

“The thought-forms maybe created at any time, but sometimes they are created while the conscious mind is in sleep.”

“Will they grow out of it with their development?”

“Yes, there is no reason why they should not grow out of this, provided that they keep themselves open to becoming more aware, and they do not become too deeply attached to their belief system, of what should happen.”

“In this case, how did the thought-forms enter the beginner's aura, or was it created from the beginner's mind?”

“In this case it came from the beginner own subconscious, in other cases it may arise from outside, in which case it may attach itself through a gap in your aura.”

“So this person who was in hospital drying out from drugs, hasn't got any thought-forms attached to him?”

“As you know, a person who has been on drugs, they have very severe damage to the aura, and extreme disturbances to all of the seven bodies. So they may produce their own thought-forms, or they may attract thought-forms from other persons, in a similar state of mind.

In this case, we think, that it would have been the person's own creation. But both are possibilities in such cases.”

“What caused the thought-forms is to be transferred to my aura, for me to get rid of them, move them on? Is it arranged with the higher-selves, or the Guides do this?”

“Yes, the higher-self will arrange for the transfer of these thought-forms, so that they can be disbursed appropriately, at a later date.”

“I got that right, anyway. I knew the higher-self was involved in the transfer. Do these thought-forms go into any specific organs in the body, and reside there until they are removed, or do they reside in the aura?”

“No, the thought-forms remain in the aura; they do not actually enter the body.”

“I once met a healer, who was removing entities, or thought-forms, maybe from certain parts of the body, chakras, organs, I don't really know, but the gestures he was making implied that they were coming from those areas.

Was this true or was this fantasy? Do they ever get into the body? In fact I had them supposedly removed from me.”

“We are not prepared to say, that it is absolutely impossible for thought-forms to be in the body, but we would say, it would be extremely unusual.”

“Well, in that case, it wouldn't be true, because everyone, that the person was healing, had these thought-forms, or spirits in different parts of their bodies. But maybe he was removing them from the aura, could that have been true?”

“Yes, that could have been the case.”

“And the beginners, healers, or mediums, would they have attracted these thought-forms, not necessary from their own unconscious, but because they are developing. Is this true?”

“Yes. Whenever a particularly thought-field is set up around the person, because they are beginning to develop, and they are meditating, this will naturally attract to itself, thought-forms of various kinds.”

“And if that person didn't move them on, would they have moved on, on their own, as the person develops? In other words, it's not necessary to seek out someone to remove these thought-forms, is it?”

“In some cases, if the person makes considerable progress, the thought-forms will be transformed by the person's own energies, and removed in the appropriate way.”

“So the ones that aren't progressing, may need someone to remove these thought-forms?”

“Yes, they may need some help in removing them.”

“Do you know anything about my progress? I seem to be making a lot of mistakes, lately. With trying to find out all about this, I got the wrong story as usual.”

“Well, it's not bad to make mistakes, as you know, because it is by mistakes that we progress.”

“Well, it's like stumbling in the dark when you are trying to run classes, and still trying to develop.”

“In some cases an individual may be kept permanently in the dark, they may seem to make a lot of mistakes because we do not want his ego to become too developed.”

“I understand that. You are referring to me, aren't you?”

“Well, you know Raymond what we refer to.”

“But, how long will I be kept in the dark? It's been six years

now.”

“We are sure, Raymond that your own higher-self knows what time it will be appropriate for you to learn more.”

“And that mean’s developing other abilities doesn't it? Like clairvoyance properly?”

“Yes.”

“Is there any need to practice it, or will it just appear when it's ready? When the higher-self thinks it's ready I'll just start seeing things.”

“Clairvoyance, like any other ability, improves, if it is practised upon.”

“Well I try, when I get the meditations, so I must be practising to receive the meditations to give to the class. And if that's not practising, what is? If I could know the problem, why I'm not developing, would it help to know, to overcome it? Do you understand what I'm getting at?”

“No, at this stage, it would not help you to know what the problem was, because you would still be unable to understand how to fix it. Do not be impatient.”

“Well, I don't like going through traumatic experiences. I've been through a hell of a lot of them in this life, as it is. I would like for a change to learn an easier way.”

“All the experiences which you have on this vibratory level, are those which you attract to yourself, because, you are at a certain stage of density. Anything that you are not willing to conceive of, you will become. So, if you are not willing to conceive of yourself as slow to develop, then you will develop slowly.”

“Well, I know I am developing slowly. So that's not me not willing to conceive of me developing slowly, because I know I have been developing slowly. I don't quite understand.”

“We are having difficulty expressing in precise words through this channel. But we assure you, we will send you the appropriate information when you are ready to receive it. We will not channel any further on the subject tonight, because we wish to do some work on this channel while she sleeps. Goodnight, and bless you all.”

RAYMOND AS THE CHANNEL

“Greetings, my children. We have been listening to you tonight, in your questions, Raymond. You have been progressing in areas of humanity, which are not what you would call psychic. But your higher-self wished to protect you from harming yourself with your psychic development.

All the experiences of mediums, psychics, and channellers, which you learn about, will help you to gain the wisdom, to build a secure foundation for your mission here in this life. You know what you are to do, and you are learning much more than psychic development, to achieve the aims of your mission.

You will cause much controversy around the world with your book, much antagonism towards you. But this is only coming from the blind and the deaf of spirit in the world, and you will open much more people’s eyes and ears to the understanding of spiritual, healing, and channelling. And as you know, any publicity is good publicity.

Your personality is changing, and has been changing for some years now, and your higher-self wishes to achieve a personality, that will help the development of humans in the world, and not hinder their development.

You have been programmed with the circumstances for you to believe certain things about yourself, which were tailor-made to change you, to become one with those beliefs that we have arranged.

So that we can keep you on the straight and narrow, as you would say, but instead of you walking the straight and narrow path, we are arranging for you to become the path, if you understand. This will help raise your vibrations, to grow and learn more about all this. We think we have told you enough. Goodnight.”

Most of the dispersing of students thought-forms happens without the conscious mind being aware of it, but in 1991 the students in my class channelled thought-forms for removal, which you will read about near the end of this second disc.

(36)

Before Joan's private session, one night I received a distressing phone call from Joan, telling me that David's father had gone to a well known medium for a reading, (Leader of a Spiritual Church) and Joan had listened to the reading on tape.

Joan said, that the medium described that David was angry at his wife, but Joan said that her contact with David wasn't at all the way the medium said David felt about his wife. And because much of what the medium had said was accurate about David's father, Joan was beset with doubt about her development.

The question that came into my mind, from my Guides, to ask her, was, 'What did David's father believe about this situation, and has he mentioned this belief before to you, before going to the medium.' Joan said,

'He had believed the same as what the medium had said.' I was then told by my Guides, that the medium had picked up the way David felt towards his wife from the father's thought-form of David, which had been programmed with the way David's father believed David felt about his wife.

So I asked Joan, 'Ask your higher-self if the medium received that belief from a thought-form created by the father? And Joan said her higher-self said,

'Yes, yes.' So you see spirit knew weeks in advance that this was going to happen, so the students and I received the new knowledge about thought-forms, to deal with the situation when it occurred.

When Joan was channelling the following night, I asked more questions to clear this up, which I will underline. So, this is the night.

JOAN'S PRIVATE THERAPY SESSION

"You can touch her. David can touch her. Just try. He's watching Patricia play. (David's daughter) He's trying to touch her, he wants to touch her, he can." **"Is he happy, where he is?"**

"He's content."

"How is he, emotionally?"

"He has to feel joy. He's just content. Patricia's crying, she's crying so much."

"Are his Guides with him?"

"Yes, they are standing behind him."

"Does he see them, though?"

"Yes."

"Does Joan still need to help David?"

"He's been made to feel responsible for what he did."

"So, Joan doesn't have to worry about him anymore?"

"He's been made to feel that he shirked his responsibilities."

"The other day, when Joan was watching him, she wasn't watching a thought-form, was she?"

"No, she was watching David. There is a burden in all the guilt, which the ones in the physical have laid on him, through misunderstanding. We can't conceive what he was going through. Joan is relaying to him, and then he comes in."

"What is she relaying to him?"

"Well, he can touch Patricia."

"She's, telling David?"

"Yes."

"Why doesn't he think he can touch Patricia?"

"Because he feels separate, very separate. Shirley (His wife) has to walk on her own, and learn. She was as confused as he was. That's why Shirley could never comprehend what was happening. Shirley has the soul of a little girl, she has yet to grow."

"Didn't Shirley's higher-self know that this was going to happen, before she was born? But was that too predetermined, about David?"

"Yes, she did."

"She knew?"

"She knew. But it was the only way that she could begin to grow. It's too early. She's learnt, but she is not aware of what she has learnt."

"You mean the learning is on a subconscious level?"

"Yes."

"It will change her?"

"It could change her. She may have to learn many things before she becomes consciously aware of the first lesson. She was searching for the same thing that David was searching for. That's why she could not help him."

"Whose Guide are you, David's or Joan's?"

“I'm David's Guide now. The one, who is hanging onto David, is his father. He's clinging, but he's clinging to Patricia too. He must let go of Patricia, no matter how small she is, or he will suffer many disappointments, which will hinder his growth.”

“Well, it's his choice, isn't it? But won't Shirley intervene, and try to set things right with Patricia?”

“Shirley is too confused. Shirley wants to be detached from Patricia. She feels she cannot handle the situation. Shirley will have to grow within herself, to take care of herself before she can take care of another living soul.”

“But there is nothing much that Joan can do though, is there? She can just observe all this all this, what's happening.”

“His father is spiritually aware enough, to take all this in, but whether he can accept it as it is, is his choice. He will not be aware if he can do this, if he is not aware of the picture, so to speak. All Joan can do, is to make him aware, and leave it at that.”

He may not accept this at first, and if he chooses not to, nevertheless the seeds will have been planted. Whether he takes hold of this seed now or later is his choice. But the main purpose, because of his degree of spirituality, he has to at least be shown. He has grown so far, but through David's death he felt too exhausted, and lost the will to grow further. This is what is troubling and hindering David's growth.

So if the picture can be laid out, to be seen as clearly and conceivably as possible, in the physical existence. That is the most that I and David can do.”

“Do you want me to type up this tape recording, so that she can give it to the father later?”

“Yes, that is the purpose. His acceptance has been obscured. As long as he is made aware, that's all that we can do. And then as you know, we do not interfere with the person's free will.”

“When his father has read this recording, will he be wanting to speak to the Guide, while Joan's channelling?”

“Yes. That will remain to be seen, and depends on the reason behind the desire.”

“Do you want to say anything else about David?”

“Not at this time.”

(After this, Joan had a different Guide, who channelled about Joan.)

“This is her starting point.”

“Are you her Guide?”

“Yes. This may be difficult to explain. Lost souls evolve from tormented minds in the physical existence, either through traumatic sources before they die, or traumatic pass-overs. But these traumatic pass-overs are really only continuations from a tormented mind in the physical, subconsciously as such.

Joan has great ability to understand the gradual growth of a tormented mind. She has conceived this ability through her own present existence and past, through experiencing this herself, and observance of others.

(Little did we know, but these would be shown to Joan, in the next few weeks, and there would be a connection with her fear of ice, mentioned on her first meditation experience to Shangri-la. Highlighted in pink)

She must not feel that she has deserted Gordon, (Joan’s ex-husband) as his mind was suffering. She has observed what has happened, but she could do no more on this physical level for him. If she is to help his soul any further, it will be later, when he is in spirit, if this is necessary.

Her main purpose, yet she has many, will be to heal the tormented minds in the physical, but more so in the spiritual, and she can only do so much in the physically limited existence.”

“Will she have to travel in spirit, and do more work there?”

“Most definitely. She has great compassion and understanding for ones who choose to depart of their own accord. This has happened to her in a previous existence, and we almost lost her again this way. It was quite a struggle.”

“Was this recently?”

“It first occurred earlier on, but recently it reached crisis-point.”

“Is that when you guided her to my classes?”

“Yes.”

“She's better now though, isn't she?”

“She is much stronger, but there is still a fine line. So we still have our work cut out, to keep her one step in front. Yet she is growing stronger.”

“Can you reassure her about me?”

“That is another struggle on its own. Her trust, as she began, was very great. You could not have had a more loyal and confident soul. Although we teach to love, and give to the ultimate, there are entities that can become unbalanced to the point that they lose themselves, and because her conditioning, that she was not worth much, she lost herself in the giving of trust. In the physical existence, no matter how much you love, and giving is desired, there is still a need for protection.

But Joan left herself wide open, so to speak. There have been a lot of years that have passed in this way. Whether the trust and faith that is lost, or has been lost, which was first dwindling at birth, or whether that can still be restored in this lifetime, is up to Joan. But the blockage is great.

This in turn has had an advantage in her understanding of a lost mind. For a physical being to even contemplate, let alone carry through the ending of one's life, they have lost all faith and trust in life. So this lack of trust and faith that Joan has become accustomed to, has worked both ways for her, but the negative has to be removed. Yet it would be wrong, or inadvisable to contemplate, that anyone could do this on the physical plane.”

“Do what?”

“To achieve the task of removing this negative within her. That is not to say that help is not needed, but failure is not to be ascertained, by any physical being in this task.”

“Are you talking to me?”

“You, and whoever else may come after you. The blockage is great.”

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When I wrote the first volume, the material I used was what I had learnt and recorded from running my first development classes, and the number of wandering, what we call earth-bound spirits, were not brought to the development circle.

The term used as Earth-bound, is only meant like the saying homeward bound. I know that I might have explained this earlier on in this book, but I will briefly repeat it. When a person dies, if they do not go into the white light, which is the transport corridor to the heavenly planes, away from the Earth-plane, or if the spirit is afraid to, because of fear of going to hell, or feeling that they are free enough where they are, and there could be numerous reasons for why they want to stay, you could say one vibration away, but invisible to most of us.

I feel the Guides, didn't want to frighten students who wanted to develop, but if they had read in the first book about many rescues, it might have put them off coming to the classes. Plus the fact that the amount of material about rescues, which arrived later on, is quite large, and would have either restricted the amount to fit in my first volume, which would have shown a biased view of the subject matter.

Also, if the student's thought that every Tom Dick and Harry would be channelling through them, their imagined fears might also prevent them from coming to the development class. This is why my Guides wanted me to put all the class recordings back in chronological order, because the original timing of the meditations and the discoveries in my first text book, were timed to be the right psychological time for the reader to read about the experiences of the students, who had volunteered before they were born to attend my classes, to have their own experiences which were meant for the later series of documentary text books.

But my Guides knew that the overwhelming amount of experiences of the students and patients in these re-written first three volumes, of over a thousand pages each, would have the desired effect of overwhelming any intelligent persons fears, or biased religious beliefs, to offer any individual

the opportunity to communicate with their own higher-self or Guides, if they want to form their own development circle.

Sorry I wandered again. Anyway, at this time in my classes, it now seemed to be the time for our Guides to bring Earth-bound spirits to my classes and patients. On Joan's next private therapy session, my Guides, or it might have been Joan's higher-self, wanted me to let Joan channel. So here is what was channelled.

"Hello. I've heard about this one."

"Who are you?"

"I just roam around."

"Are you a visitor?"

"Yes."

"What do you do?"

"She's always glowing."

"In the dark, you mean?"

"That's why she's so popular."

"Do I glow?"

"I don't know."

"Can you see me?"

"No. They've all been saved."

"Who have all been saved?"

"They've all been saying, 'go to this one.'"

"Have you been in spirit, long?"

"Not too long."

"Have you met your Guides yet?"

"No, I just roam around."

"On the Earth-plane, you mean?"

"Not always."

"Have you contacted your friends or relatives, on the plane, where you are?"

"No."

"Would you like to meet one of your relatives, or old friends?"

"I haven't seen them for some time."

"Do you remember your uncle?"

"No, I don't remember much."

"Well, maybe you'll recognise him, when you see him. Have you ever seen a white light, coming near you?"

"Yes."

"What do you do, when the light white light comes near you?"

"They don't attract me, that much."

"Okay, there's a white light on the other side of me, here. Can you see it?"

"Yes."

"If you look inside the white light, your uncle's there. Maybe

you'll recognise him. You may feel an attraction towards him. Have a look in the white light. Can you see him?"

"Yes." "Do you remember him now?"

"Yes." "Is he waving to you, and smiling?"

"No, he's not smiling." "Is he waving to you?"

"No, he's just looking at me."

"Why don't you go and have a talk to him?"

"He's too stern." "Oh no, not really."

"That's the way he looks." "No, he's smiling."

"I've never seen him smile."

"Do you see someone else standing next to him?"

"There's a lady." "Do you recognise her?"

"She's my mother." "Is she smiling?"

"I don't remember her, but I know she's my mother."

"Is she smiling to you?"

"Yes."

"Can you feel the love that's coming from her, to you?"

"Yes." "Would you like to go and talk to your mother?"

"I don't know her."

"But you can still find out about her. You can get to know her. And there are other people you've known in the past, you can go and meet with her."

"I don't remember."

"Would you like to go to a nicer place than where you've been roaming? To a beautiful place where your mother lives. Don't you feel the happiness she has within her? For you too can have that happiness."

"I've been accustomed to where I've been."

"Yes, but feel how happy she is. You felt her love first, now feel how happy she is where she lives. Do you feel that happy where you are?"

"I haven't known any difference."

"Can you feel her happiness?"

"Yes."

"Does that feel good?"

"Yes. Can I have that to?"

“Yes. That's what I'm trying to tell you, you can be happy as well, and feel that happiness. Now, have a look at the way your mother is dressed, isn't she dressed in beautiful clothing? Doesn't it glow?”

“It's pink.”

“Doesn't she glow, though?”

“Yes.”

“Well, if you go with your mother you can feel as happy as she is, and she can take you to a beautiful place where you'll be happy.

You like roaming, don't you? Why don't you go roaming with her, and she will show you some new places. Think of it that way. What do you say?”

“I don't know.”

“Well, you can find out. Well you can roam around here, or you can roam with her and find out about all that happiness and love you felt from her. Have you felt that love from anyone else here on Earth, coming towards you?”

“I don't remember.”

“Well you don't have to remember, if it feels good go with it. Isn't that the saying? If it feels good going with your mother, feeling that love and happiness, why not go with her. You can still go wherever you want, but go with her first, and then she can show you.”

“This one's very attractive.”

(Joan.)

“Yes, but she can't have you around her all the time, because you'll interfere with her life. You wouldn't want to do that, would you? But you won't feel as much love from this one, as you would from your mother, and you won't feel as much happiness from this one, as you would from your mother. Compare them, feel the difference.”

“She's a stranger.”

“She's not. This one is a stranger, isn't she? Your mother's not a stranger. Have you heard of Jesus?”

“Yes, but he's not here.”

“Have a look in the white light. Have a look who's standing

next to your mother. Is there another person there?"

"Behind?"

"Yes. And who does it look like?"

"His eyes are sparkling."

"Ask him who he is?"

"He's the one."

"Which one?"

"The one."

"Who, Jesus?"

"He says, 'he's the one.'"

"What does he say to you?"

"His eyes are saying, 'step forward.'"

"Can you feel his love?"

"His trust."

"Will you step forward, and go with your mother and Jesus?"

"I'm almost there."

"Do you want them to come closer to you?"

"Yes."

"They will come closer now. They are coming around me and are now standing in front, to speak to you. Are they happy for you?"

"Yes."

"Have you ever heard of heaven?"

"I've just heard, that's all."

"Well, they live in heaven, and you can go and live in heaven, if you go with Jesus and your mother. Take their hands. They're holding their hands out to you."

"They have their arms around me."

"Do you feel better now? Do you feel as though you're coming home?"

"I'm scared."

"They won't hurt you, they love you. They've put their arms around you."

"I have no memory, my life's unreal."

"They will get your memory back. You have lost your memory. They will return your memory slowly, so that you will know who you are, and where you have been. Do you understand?"

"I'll go."

"That's good, you'll be happy there with them. You can come and visit us when you have been with them for a bit.

He's gone now."

"Yes, he's gone."

"Who am I speaking to now?"

“Joan's higher-self. That one was so lost.”

“Has he been lost for a long time?”

“Not a long time, and not a short time. There has been no time for that one.”

“How did he lose his memory?”

“A fear.”

“The fear of remembering?”

“Yes, through passing over.”

“So he remembered heaven and Jesus?”

“No. He went reluctantly with them.”

“Will they be able to do anything for him?”

“Yes, he just needs reassurance.”

“You mean he needs somebody to talk to him, to tell him about these people?”

“Much, much, convincing.”

“Has he talked to many souls while he has been in spirit?”

“No, he's just roamed around by himself.”

“In other words he can't communicate with people on the Earth-plane, can he? Not unless he meets a medium?”

“He's heard others talking.”

“But no one's ever talked to him directly, have they?”

“No. This one, (Joan) has been staying in spirit.”

“What do you mean, staying in spirit? I don't understand.”

“She carries the white light, most of the time, to deal with the physical. That is why her glow, as that one put it, is her strength.”

“You mean that the higher-self is staying with the physical Joan? The higher-self is creating the glow?”

“She would rather be at, and operate in the glow of the spirit, more than the physical. In this way she feels more secure, her consciousness within.”

“Joan's consciousness?”

“Yes. If some negative occurs in the physical, she immediately turns to the light of the spiritual.”

“You mean Joan's higher-self is with her all the time?”

“Yes. The distractions for the physical are many and great. She feels if this higher-self, or higher consciousness is not with her all the time, she feels insecure.

This glow, the healing light is attracting many lost souls.

Through thought processes the word gets around, so to speak.”

“Does the lost soul come into Joan’s Aura, or does the lost soul just send the thoughts, to answer the questions?”

“That one had not entered the Aura, yet the previous souls in the past few days in your time, entered the Aura, but her Aura is much stronger now.”

“What has strengthened the Aura?”

“She has great faith in the white light, and feels much comfort and serenity. Although she may hold on, as she has been warned, the lost one’s can do her no harm. She really has this strength.”

“I was trying to find out how she picks up the words that the lost soul wants to say to me, when we were having a conversation. Does the higher-self work this mechanism?”

“Joan, in the physical and the spiritual, has great capacity to immerse herself in the feelings of others. She will step into their shoes, so to speak, very easily. To the extent that previously it did cause a degree of trauma, but what she feels now is more compassion than trauma. She feels each one as if she has become them.”

“I hope they're not too distressing, that's all.”

“She has learnt to control this for many years.”

“Is my rescue work affective, as I don't have the same abilities and talents as Joan? But I still have rescues, now and then.”

“You succeed in your rescuing, yet not in the same degree. Each one has a degree of depth in feeling and understanding.”

“I'm not consciously aware of it. I had a rescue this morning.”

“In some ways that detachment is an advantage, but Joan always is apt to be on guard, even though she has learnt to control. It can be like being tempted with a previous addiction, there is always the fear of a slip back.

Do not be concerned that the depths of your rescues are such ... a rescue to us performs and continues ...”

“I was just worried that the lost-soul wouldn't believe me, because I wasn't as sincere in my communication when I mention who to go to in the white light. Whether I succeed or they don't go, my Guides always say that they go, but I don't know whether they go to the white light or not.”

“You will find that the ones you attract for rescue will be the stronger, tougher souls, whereas Joan will attract more delicate, you understand?”

“Yes, but if I can’t convince them, do they get rescued, or do they just go off and stay where they are? I'm worried that I'm not convincing them to go to the white light, that's all.”

“All you can do is make them aware, even the spirit has choice of freedom of will.”

“Yes, but if I knew that I wasn't convincing them I could try harder, and say more things, like tonight I did, only because I was in communication with this lost soul, I could say more to convince them, do you understand what I mean?”

“This one was difficult. Just do what you can with the uppermost sincerity, the best you know how.”

“I wish, I just had more communication from the lost soul, to find out if they are believing me, or if I have to say more things, but I don't have that communication. Why, that's all? It's not a case of impatience. I've been doing this for six years.”

“If you can perceive some degree of the reasoning of the entity, behind where he is, try to imagine that you are in the same position.”

“You mean focus my consciousness into their position, and then go from there, picking up what they are at that stage in spirit?”

“As mentioned before, some can identify with feelings as second-nature, but the capacity is still there to develop.”

“Can my higher-self or my Guides speak through Joan?”

“Your Guide in Joan’s development, is in some degree too strong.”

“What about my higher-self, then?”

“This one, you must remember is only beginning, yet we can try.”

“We don't want to harm Joan. I think my higher-self has talked through Joan before.”

“With some difficulty. The vibrations are higher. She has this fear of not being forgiven.”

“Forgiven by whom?”

“Her children. She had what was necessary to satisfy her need to produce these one’s, yet she produced with certain fears. They will always love her, and they will understand whatever decisions she makes. She will inevitably block out the negative, as has been happening for quite some time. She must not dwell on these decisions, for although she conceives that it is within her hands, it is not.”

“She doesn't have a say in what happens, then?”

“No action will be taken, where there is detrimental to others, or to her children, although it may appear to be so, the outcome and reason behind, will be good for all concerned. She has been bombarded with too many judgements and opinions. She just wants out, to be left alone regarding this confusion and fright. Yet she must continue on blocking out any such judgement, or she will fall prey to the powerful ones, as she did before.”

(After we had a cup of tea, Joan’s Guides wanted to show her a past lifetime, just me being present is enough qualification for her Guides and higher-self to release to Joan the past-life scenes.)

(Joan) “There is a lake, it's frozen. There is this little girl. She's just skating round and around and around, on this lake. She's changed, her clothes are different. She's skating.”

“Is she older?”

(Joan) “No, she's at a different place now. It's in Holland, Amsterdam somewhere like that.”

“Ask your higher-self to show you the reason for seeing the scene.”

(Joan) “There's going to be an accident.”

“What happens to her?”

(Joan) “I don't know, she’s still skating. There's a boy, he’s just watching. I think it's her brother. He’s just standing watching.”

“Are you the brother or the girl? What's your higher-self say?”

(Joan) “I'm the girl.”

“Is the brother anyone reincarnated in this life, who you know?”

(Joan) “It can't be.”

“What do you mean, ‘can't be?’ Say what you get.” (Joan) “You.”

“Me? I'm the brother?”

(Joan) “Yes.”

“Oh, I know that.”

(I picked up that I was the brother about two minutes before, I feel this is so I can help Joan believe that it was my past life as well.)

(Joan) “The ice gives way, going down, I can’t swim. My brother is yelling and he’s screaming. He can’t get to me. It’s so cold. I tried to grab the side, but it gives way all the time. I can’t move, it so cold. No.”

“It’s okay. Have you died yet?”

(Joan) “I keep trying to grab. He’s screaming and yelling. He can’t do anything, he can’t get to me.”

“Where are you, now?”

(Joan) “I’m watching.”

“Have you left the body?”

(Joan) “Yes.”

“From where are you watching?”

(Joan) “Just above, I’m watching my brother. He’s in a heap, and he’s sobbing. He’s just staying there. He keeps looking out for me. He keeps burying his head.”

“What did the brother do?”

(Joan) “He’s just sitting there. We don’t have parents, just grandparents. I go over. I’m next to him. I try to tell him to go, ‘Go and tell someone,’ but he just sits there. It’s night time, he’s still there, and it’s night time. He’s in shock. He doesn’t speak anymore.”

“Is he still by the lake?”

(Joan) “Yes, but I can see what... I can see beyond that, he won’t speak anymore. He hears but he doesn’t hear. They’re all... they’re talking about him.”

“Who is?”

(Joan) “They’re all discussing him.”

“Who, the grandparents?”

(Joan) “Yes, and others. They can’t do anything for him, he just sits there staring. I want to help him, but I can’t. He’s locked himself inside. He’s older. He’s in his early teens, he’s still the same. He just sits in a corner, just staring.”

“Is he punishing himself?”

(Joan) “Yes he is. We were very close. He was younger than I was. When he sleeps, he dreams, he dreams about us together. He dreams, and he wakes up frightened, he wants to scream, but he can’t. What can I do?”

“Can you visit him in a dream?”

(Joan) “It always ends up the same way. He can’t distinguish. They’re

forcing him to go down to the lake now. He's fighting them, he doesn't want to go. The doctors are doing it, they're dragging him. They don't know what they are doing. 'Leave him alone.'" (Joan started crying now.)
"It's okay. It's the best for him."

(Joan) "He won't look up. They pull his head back, to make him look up."
"Look up, to where?"

(Joan) "To where it happened. He's seeing it all again. He's seeing me skating. It's not going to work. It's going to make it worse. He's still watching. They don't have to hold him now, he's smiling."

"Why is he smiling?"

(Joan) "Because he can see me skating. He doesn't want to see anything else. They're asking him,

'What happened, what happened?' now they're all at him,

'What happened?'

"Is he speaking?"

(Joan) "No. He doesn't want to go any further. He doesn't want to see anything. I'm standing looking at him, and we're both smiling at each other."

"Is he still alive?" (Joan) "He's still alive."

"Can he see your spirit-form?"

(Joan) "He's just looking, and he can see it all happening again. But he can see me, just standing, smiling."

"As well?" (Joan) "Yes."

"Well, how did he come to start seeing you? Did God intervene and help him see you?" (Joan) "Yes."

"God showed you, to him?" (Joan) "Yes. He's calling my name."

"He's speaking now? When you are talking to him?"

(Joan) "I've got my hand out to him, and I'm telling him it's all right. It's not his fault. I never left him. I'm telling him to unlock himself. His eyes keep darting back to the accident, but I tell him, 'don't look at that.'"

"Are the doctors, still there?" (Joan) "Yes."

"Do they know what's going on?"

(Joan) "They're just keeping very quiet. He's not aware of them.

'I tried to reach her,' he says, *'I tried.'* He's saying,

'I tried to reach.' 'It's not your fault. You've been locked away for so

long.' He's asking me if I am alright."

"Is he speaking the words out loud, or is he thinking...?"

(Joan) "He's speaking out loud. I'm telling him to go. It's all over.

"Can I come down and see you again?" "Are you asking him?"

(Joan) "He's asking me. I'm telling him, he needs to see me, as I am now. That's all he sees now. He's walking away with them all."

"Do the doctors think he's insane?"

(Joan) "They're not thinking anything, they're just pleased. There are just three of them. There's so much time, too long."

"What's too long?"

(Joan) "He was locked away too long, so much time."

"Does your higher-self say you have got to release anything from that experience, in that life?"

(Joan) "I should have helped him, seeing how I didn't know what to do."

"Does your higher-self say that you are blaming yourself?"

(Joan) "Yes."

"Does your higher-self want you to release that feeling?"

(Joan) "I was as helpless as he was."

"So no one's at fault, are they? There's nobody to blame. Will you release the feelings that you felt from yourself, in association with that life and death experience?" (Joan) "Yes."

"When your higher self is ready, it can speak through you if it wants. Does the higher self want to speak to us?"

"She has felt much blame in this, and the previous life."

"The life ice skating, you mean?"

"Yes. This has continued for some time. It is her desire to help others with psychological illnesses and tormented minds, and through this has carried much guilt. She feels much blame in this life-time. How she has let everyone down, yet feeling helpless, to let it continue on. She keeps looking back to her past with much regret. There are constant reminders to what she has done."

"She hasn't done anything."

"She feels her marriage breakup, for one thing. If she had done more to stop it, yet she was locked in, and felt she had to run. She wants to shut it all way, to not look at the reminders, in a way, to

block it all out. She must realise that it would only be a temporary block, which when removed, there will still be guilt."

"Has this experience tonight helped to release this guilt?"

"She can accept the defaulting in others, yet not herself. This will take time, but she has been made aware at this present time. We're losing touch."

"Why, do you need any more energy?"

"This one is drained. No more now."

I think you are now getting an inkling of Joan's psychological problems. Joan has never told me anything about her personal life, and I was as much in the dark, as you the readers, and I don't think it would be right, if I told you all about her personal life, before you had read any of what Joan experienced in the classes or sessions.

I feel that Joan's higher-self influenced Joan not to tell me any of this, so that her higher-self would be the one helping her in the right psychological way with her meditations, past life therapy, and channelling, and what spirit wanted to reveal to me at the right time, but I feel that I was completely out of my depth to help Joan, and felt the most I could do was hold her hand while she was going through all this development and healing.

I didn't know before Joan started her past life session that I had a past life with Joan. It's funny though when she's was describing the boy, the brother by the lake, I got this overwhelming feeling that the boy was me, from a past life perspective. This was why I felt my Guides wanted me to ask Joan, **'Is the brother, anyone reincarnated in this life, who you know.'** I feel that our Guides thought it would be a good idea to show Joan our past lives together, to increase the bond between us, and for Joan to understand that where she helped me in that past lifetime, I am helping her in this lifetime, which will increase her trust in me.

You can see some of the connections now, where Joan's conditioning to help souls in distress, of this kind, and if you remember two class-nights back, on the Shangri-La meditation, Joan said this, and I quote.

'And then all of a sudden, I got scared of the ice.' And again later on, 'then the Master instructing me, said,

'What frightened you about the ice?' Well now you know.

(38)

On this class night, my Guides had given me a meditation that combines what the student's have learnt from their experiences on rescue missions, to places of great passing over, and their various hospital meditation practises.

I guided my students back in time, to World War I, where the war wounded was in a hospital, near Flanders in France. Sorry, I didn't record the meditation, but if your Guides want you to take your students on a similar meditation, there are plenty of hospitals and time zones to visit in that location, and we have all seen scenes of the hospitals on television, for you to describe the setting of your meditation.

HEALING CLASS 7/3/88**BETTY, JOHN, JOAN, AND STANLEY.****WW.I. HOSPITAL MEDITATION****BETTY'S MEDITATION EXPERIENCE**

(Betty) "I arrived at the hospital, it was pretty grim really, and my Guides took me around the wards. I found that they just showed me an 18-year-old boy, whose leg was completely shattered to the hip joint. And they told me to project a pilot light and it stopped bleeding, and after that to just project more a blue light into the whole body, this was for the shock."

JOHN'S MEDITATION EXPERIENCE

(John) "I went in the hospital, and the first thing I heard was always clamouring and groaning and crying out, and it was really noisy in the ward. I looked down the ward and there were all these beds. There were all these people lying in the beds, with various parts of them bandaged up. Then I noticed that none of them are opening their mouths. They were all quiet, and then I was told that the noise was their spirits crying out in agony. All the noise I heard in the beginning,

was either when they were first brought into the hospital, or when the hospital was in the active time, or something like that. So once I noticed that, all the noise stopped, I walked down between the beds, and I was told to have a look at this bed, and it was a child, and the child's was a civilian, who had got hurt somehow. I was told to put my hands on the child. I did that, and the child died, and I saw the spirit leave and go up. I was then told to come and look at another bed, and in that bed was a man all bandaged up, and instead of a mouth he had this gaping black hole, and I had the feeling that he was affected by chemical, nerve gas, or something.” **“Mustard gas.”**

(John) “Yes, and then I had a vision of all his flesh being eaten off his bones, and then that was the end of that vision. Then I walked through to the back door, and went through a little vestibule, and saw that there was another ward, exactly the same, at the back.

Then I walked back through and out the front of the hospital, I went and sat on a bench with my guide or higher-self, and as I sat there I was looking around, looking how peaceful the town was, it was like the town was out of the war zone, a long way back, and it was a lovely sunny day, towards autumn. It was pretty, quiet and peaceful, and everyone was going about their business, and that was it.”

JOAN'S MEDITATION EXPERIENCE

(Joan) “I arrived at the hospital, and I was met by this Guide. He was dressed in white, when he met me. So we went inside, and as we passed through the doorway, he became dressed in blue. It was more like a hall, it wasn't really a ward, it was a hall, and all along the side, were these beds, with these wounded soldiers. There were these nurses, but they were in a hurry, and they were just going from one bed to the other. We went up to one bed, and the soldier he was hysterical, and he was going through this nightmare, and that was explained to me, and the Guide more or less just put a hand on his head, and he said,

‘This one, we will quiet his mind, and he will go back, and he will go back home. This one can go back home, but we shall quiet

his mind and his torment, so he can go back home.' Then a couple of beds further up, we came to another soldier, and he was wounded, and he had a fever, and the Guide took the fever away, with a wave of his hand, and he said,

'This one has to go back to the fighting, because he is still too angry,' and we walked across the room to another bed, and he more or less did the same things with his hands, because he had a fever, and he must have quietened his mind. I took it as that.

Then a spirit walked up behind us, and it was the spirit of someone who died at that instant. Then as that happened, the Guide was looking at another patient, and the Guide said,

'Come on, it's okay,' so that spirit walked towards us, and he was holding both have their hands, and I was walking in front, and he said,

'Well, you do what you have to do.' So I went up to someone else, and this was on the same side of the room, and I did what he did, and as I did, from the very end of the room, this spirit walked up to me. So there were now three of them. There were so many who were going through a nightmare, a torment, and they were hysterical. I said to the Guide, 'Well, can't we take them the way they are?' Then, we all went back to the front of the room, and the Guide waved his hands, and said,

'All we can do now is quieten their minds, for the time being. But as long as there is any minute, or the smallest seed of anger and will to fight, they must go back, we can't take them, because there can't be any anger, or any will to fight.' They more or less had to learn that. So we just walked out, and there were the three spirits, and they just walked off with the Guide."

BETTY AS THE CHANNEL

"Good evening friends. Tonight we took you on a meditation into World War I Hospital. Some of you may have found it very distressing. It is always painful to be reminded of great suffering in your world. But that is why you are here, because you're not content to remain wrapped up in your own little lives, and

pretend that there is no other person in the world, and that others suffering does not matter to you. That is why you come to these classes, because you are developing, and realise that you are all part of humanity, and also that you are a all part of the universe.

But you must wonder, as so many have done, down through the ages on your planet, why is there such suffering? Why is it that we come into physical bodies and suffer so much? And of course, you have already learned that we come into physical bodies to learn, but this is not all.

It is not easy to explain to you, but we will try. Probably you all know these things instinctively, and many have an instinctive awareness, but they do not trust or believe their instincts. And if you read many books, you must become aware that so many people say so many different things. Naturally you wonder they cannot all be right, who is it that has the truth?

If you have studied closely, you will realise that most religions, and most teachers have some of the truth, but none of them have all the truth. And you must also realise that the universe is such a vast place, that the truth cannot be as simplistic as so many religions represented. But while it is complicated, it is by no means as complicated as some of the elaborate hierarchies, and the elaborate theories, of which you can read.

All of you are not just one entity, but are all made up of thousands of entities vibrating in space. Some people will regard this idea with horror, but when you have evolved a little you realise that you are not just one person, but a community of beings. You may have some difficulty with the idea that your community includes things like typhoid germs, and Candida spores, but these are only some of the millions of entities, which make up your body, and that is only the physical body.

Nevertheless, we do not want you to get the idea, which is understandably very common, because it is extremely difficult to grasp any other idea, that there is matter and there is spirit, and that is that. This is the idea that you walk around in a kind of

dull clod of clay, which contains a long-suffering spirit, which is desperately straining at the leash, and at last when you shuffle of your mortal coil, escapes with glad protestations of joy, to join the other spirits. Well, there is some truth in this idea, but it is extremely simplistic to think that matter is just a matter.

This idea originates in the old ideas of physics, back in the days before even atoms were discovered, and since then smaller and smaller particles have been found. Until, now you have completely hypothetical particles, which nobody has ever seen yet, but whose existence is merely deduced. And all these particles are vibrating in space.

So you see, the idea of solid matter is at best, something of an illusion. But we walk around on a certain level of vibration, and it is extremely difficult on that ordinarily level to realise that you, and everything else around you, is vibrating in infinite space.

At this moment your body, the house you are sitting in, the country that your house is sitting on, the planet that your country is sitting on, is whizzing through space at incredible speed, together with the rest of the solar system, which is busily whizzing around through the Galaxy, while the Galaxy is busy whizzing through the universe.

In the meantime, your cup of tea sits quietly on the table and does not leap around with shock, at this incredible speed. We are reminding you of this, in order to remind you simply that the idea that your body is just a lump of matter, just like a lump of rock, or clay, is somewhat erroneous. Just as a lump of rock or clay, is also not quite as solid as it seems to you.

We suggest that you should practice going into meditation, and then visualising all the solid matter around you, for what it is, billions of particles vibrating in space.

Now that you have this idea, you may ask, 'but why is it that it all seems so solid to us? if we are all part of the universe, and all equally able to conceive of the universe as infinite vibration, vibrating together in harmony, how do we get to a level, where

all the suffering, and horror is real?' Well, perhaps the answer is that at some time in your existence, as a being in space, vibrating in perfect harmony, there came into your awareness that you were not willing to accept. As soon as your consciousness rejected this thing, whatever it may have been, immediately your vibration level dropped to the level of the thing that you refuse to conceive of. Thus you reached a part of vibration of the thing that you rejected became real.

We realise that you may have to go away and think about this, before you can quite understand what we mean. Indeed it is difficult to explain in language, and we must rely on the vocabulary of the channel that we use. Once you have reached this vibratory level, you became stuck there, and the more attached that you become to a denser level, the denser you become. But the only reason that we become dense in the first place, was because of our inability to love and accept everything that we saw. You see that even here we are limited, not so much by the language, but by a conception of what words mean.

When we say, 'love,' for example, you are using a word which has been one of the most abused words in any language. We do not mean sexual attachment, we do not mean soppy sentimentality, and we do not mean a vague feeling of well-being. We mean an absolute willingness to accept all beings as they are, and an absolute willingness to accept ourselves as we are, an absolute willingness to conceive of every reality. Again we are limited by the capacity of words to express the concepts that we wish to explain to you.

But all that is necessary to do, to leave a dense level, of which you find yourself vibrating, is simply to be completely willing to be aware of that level. You may find it difficult to understand what we mean, and for that reason we advise you simply to allow these words to remain in your memory, but not to puzzle over them too hard. In this case, it is not a matter of thinking hard about this, but doing it. And then your present level of reality, although this is a simple thing, it has become difficult, precisely

because it is so simple.

So we wish to leave you with that for now, we will try to explain at a later date, when perhaps your unconscious mind has been able to deal with this concept. So we say to you, be well, and be blessed, goodnight.”

JOAN AS THE CHANNEL

“It's done, it's done.”

“What's done?”

“You had to do it. You don't have to suffocate anymore. It doesn't matter if she changes or not. It's done for you. It's done for everyone.”

“What is it, that's done?”

“She's free now.”

“Who's free?”

“Joan.”

“Free of what?”

“That evil, that woman, her mother.”

“How was it released?”

“She fought to release. It's amazed everyone, they wouldn't listen to her. She doesn't think she's free yet, but she is. She was evil; she had no right to do what she did. It's over, and Joan must not dwell on it any more. Don't worry, it's all over. I am her guide. They may never know what she's done, but it doesn't matter. It's over now, and we'll look after her father. We must get through, it's over, it's over.”

JOHN AS THE CHANNEL

“Greetings, everyone. Tonight was very healing for you, as well as for the others. The others, were the people in the hospital, their spirits were still crying out. It was healing for you too, for in healing others, you also heal yourself. Man is not an island, through his interaction with others, great healing takes place.

This one needs more sleep. You must all practice and develop your skills. You should not let your skills, become an every so often event. Your skills are free for use, whenever, in your daily life. Practice them, so that they become better. That is all.”

RAYMOND AS THE CHANNEL

“Greetings my children. We have been listening to your practice tonight, and we are pleased. Pleased that you have patience, when your development sometimes slows down, there are reasons for this. You very often find, that you do not hear, what others say in your experiences, because you are concentrating, on remembering your own experiences, to relate to the class. And it is difficult when others are relating their experiences, to do this.

But do not worry, it does not get lost, and you can read it next week. Your lives must be allowed to continue as usual, so that you can continue to interact with the Earth-plane and keep balanced. Sometimes, students develop too fast, and they have great ideas, sometimes practical, and sometimes impractical. But they do not always happen, because to achieve these ideas, it is sometimes necessary to achieve them slowly and surely, keep adding to, until the end is achieved.

We will teach you many things that are beyond this Earth-plane or time, to help you accept this limited reality, that you live in, because you have increased your awareness of realities beyond this Earth-plane, and will be able to travel, and see, and do, anywhere, any time in the universe. You will become stronger and more confident with less fears. To be able to help others achieve what you have achieved. Remember to have patience. We thank you for listening tonight, God bless you all. Goodbye.

JOAN CHANELLING, WHILE HEALING JOHN

“Take care of your chest. If you do not take this care, your chest will quite easily be weakened.” **“What sort of care?”**

“Preventative care, but not just with added vitamins, as such, and correct eating, but also emotional preventative care. Because the emotions can weaken the body, very greatly. Don't allow yourself to become too emotionally drained.”

(39)

Sometimes the student's Guides will find a reason for the other students to not turn up for a class night, so that a new student, who might react negatively, to the other student's advanced developed state, which in turn may block their own attempts at practicing.

If her Guides or higher-self know this, then arrangements can be made, as you can see, to get her over the hump, as I would put it, with a big boost of confidence, from her first night experiences, alone in the class.

HEALING CLASS 8/3/88

KAREN.

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. Its midday, the sun is directly overhead. As we walk down the corridors, we can see the priests and priestesses ministering to visitors of

the temple.

There are rooms off the corridors, with couches in them, we look in through the doorways, and we see that they are each illuminated by a different colour, because there are coloured crystals embedded in the ceilings, with each room having a different coloured crystal, one 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."

(Karen) "I followed yellow, and I went in there and I stayed, I heard this voice saying,

'Yellow, Yellow,' and then I started feeling a different sensation of yellow. When I went into the temple there was a big stake right through the middle of me, and the first thing that came in was the yellow light, and then this stake, and she just couldn't speak."

"She is one of your past lives, I've just been told. Do you have a reaction to the colour yellow in this life? How do you feel when you see that colour?"

(Karen) "I don't really have any real feelings in... It seems really bright, I realise that maybe I'm seeing yellow there on those numbers.

(Clock-telephone.) It seems a little bit evasive, the colour yellow. I've

never ever worn the colour yellow. I wore the colour yellow once. I bought this jumper and my grandmother said it really suited me, and I just couldn't handle wearing it, and I put it away. I've never worn it again.”

“There you go, now you understand the conditioning, to break...”

(Karen) “Hey! I had a yellow pair of slippers, and I bought them once, and I thought, ‘It’s a lovely bright colour and I like it, it's a happy colour.’ And I could not wear those slippers, I've never worn them, they sat in the cupboard.”

“The conscious mind likes the colour, but the subconscious memory of the association of that colour...”

(Karen) “I couldn't handle... I had to take them off, I could not wear them.”

“Now, what you should have said, and you can still say it now, is, ‘I release the fear associated with the colour yellow, from my body memory, associated with that past life, where I saw yellow as I died at the stake.’ After you say it out loud, you will find that you can wear yellow, and you will like the colour yellow, and you will have no reaction to it in the future.”

(Karen) “But I can't imagine it, now that I’ve started thinking about it, I feel sick.”

“Right, now say it out loud.”

(Karen) “I release the aversion to the colour yellow from my bodily memory, the colour I saw, when I was killed by a stake.”

“The reason we do this, is not only for your benefit, but if you're going to do healing on someone wearing a yellow dress, you would have had a reaction, your own reaction, not anything wrong with the patient, but your own reaction to that colour.”

(Karen) “Then my whole head started to open up, and it went into a completely different space, and then something was happening to my mouth. I felt this person come over me and the person was really sad, and I know that they were in pain. And he wanted to try to speak, and he couldn't get it out.”

“Where was this?”

(Karen) “I guess it was in the temple, but this person was getting stronger and stronger in me.”

“He was getting used to the physical, so that he can channel through you.”

(Karen) “Well, it didn’t feel bad, he just felt.. Like I wanted to cry. I feel like I should help that person rather than leave them. It seems sad to leave them.”

KAREN AS THE CHANNEL, FIRST TIME.

“I am Max.”

“Hello, Max.”

“Hello.”

“Are you one of Karen's Guides, or just a visiting spirit who’s allowed to be here?”

“I am lost.”

“Can you see me, Max?”

“No.”

“Can you hear my voice?”

“Yes.”

“Well, Max, if you look just behind me, you can see a white light. Can you see the white light, a beautiful white light?”

“Yes.”

“In the white light, if you look carefully, there is a figure forming, and that figure is your mother. Can you see your mother?”

“No.”

“Look in the white light, and you will see her. Remember your mother? Look in the white light. Can you see your mother? She's there. Can you remember what your mother looks like?”

“Really?”

“Look in the white light, she's there. Go and have a look. Go and approach the white light. Can you see your mother? Are you still there Max? Has he gone? Did he” go to the white light?”

(Karen) “I don't know.”

“Well I'll ask. Yes, he went into the white light.”

(Karen) “When I was asking, ‘Who wants to speak through me,’ lots and lots of names came into my head, lots of female names, and then suddenly next to me, ‘Max.’ And there were Charlotte, and Josephine and all these other different, and Michelle.”

“Like I said, in the early stages, your vibration level is low enough, to pick up all the ones who are closest to the Earth-plane, trapped on the Earth-plane, or just wanting to be here. Your Guides will prevent any of the really nasties from coming here, to work with you.” (Karen) “Why is that?”

“Because you are developing, and you are also protected, but they will bring ones that are lost, and that can be helped.”

“I would like to speak. I am a very lonely. I am afraid.”

“There is nothing to be afraid of.”

“I am afraid.”

“Yes, we know you are afraid.”

“What shall I do?”

“Do you have any friends?”

“No.”

“Do you know that you are a spirit?”

“I don't know.”

“Have you seen any white lights come near you?”

“Not really, no.”

“Can you see me?”

“Yes.”

“Now, if you look behind me, over my shoulder, can you see a beautiful white light, as large as a man?”

“Yes, I can.”

“In the white light, if you look, there is a person.”

“There is, too.”

“It's your uncle.”

“Hey, uncle.”

“Your uncle's come to talk to you...”

“Ooooh, uncle.”

“So, you won't be lonely. Go to your uncle and he will talk to you.”

“Oh, yes.”

“Will you go to him, now?”

“Yes.”

“Now, you won't be lonely, will you?”

“Oh, no.”

“Bye bye, then.”

“Alright.”

“See you,

(Pause)

You'll do lots a rescues like this.”

(Karen) "I wonder who that was."

"I don't know. All I know is that I got told that it was an uncle in the white light."

(Karen) "He was English, wasn't he?"

"Oh yes, a very old-worldly Englishman."

(Karen) "Max was really abrupt. But I felt so much joy for that last guy."

"Because you're feeling the emotions they're feeling..."

(Karen) "Yes."

"...as they go to the light, and meet someone they know."

(Karen) "When you first did it, with this last guy, I was trying to see the white light. I was trying to see the uncle. Then I realised I don't have to see him. I couldn't actually see the uncle or the white light, but I could feel the spirit drawn to over there, but because I couldn't see the mother, or the white light, I said, 'No.' It was me saying, 'No.'"

Because I can come in, any time, but when I was with Max, I could really, really see a white light, and it was so much, that my eyes were flicking open, and my eyebrows were coming up, but I couldn't see a vision of the mother so I said, 'No.'"

"All you have to do, is answer with the thoughts, or let them speak the words, that they want to speak."

(Karen) "Because you can overpower what they want to say, can't you?"

"Well, that's what's happening, yes, because they do see the white light."

(Karen) "Oh definitely, they definitely saw the white light, but I just couldn't see. I thought I was answering for Max, I think I was. I just wondered if, as couldn't see the mother, Max, couldn't see the mother too. But I know Max, certainly all of a sudden, went."

RAYMOND AS THE CHANNEL

"Greetings my child. We are very happy that you found this one to teach you, and help you to develop. For you will go a long way and develop many spiritual gifts, so that you can help

humanity grow and be healed. Yes we did arrange of you to seek out this one, with the goings-on at your home. We advise you to sit for development in these classes, so that you can learn and gain wisdom to go with your psychic development. As if you do not have the wisdom, your narrow lower mind viewpoint, will tend to use the psychic for a limited use.

We wish to broaden your mind, increase your awareness, while your psychic development is increasing. To learn the pitfalls, we would rather use the word pitfalls, than dangers. There are not many words to describe, so that your mistakes are not so great. The greater the mistake, maybe, the more harm you experience. You understand what we are talking about? You will learn the laws of cause and effect while you develop.

You have the ability to teach and become like this one, a teacher. You will be working in areas different to this one, but just as useful.

If you wish your lover to come for development, we wish for him to come in the other class, so you can't interfere with each other's development, even subconsciously, especially in your early stages.

When you gain more in wisdom, you may be able to work in the same class. You will find that there is a lot to learn and read, but we are with you, even though your vibration is lower than ours. Your vibration will increase, and become more refined. The more selfless you become, the higher your vibration will rise.”

If the class Guides advise a student's boyfriend not to begin in the same class, then there are individualistic reasons for this advice. So don't assume all cases are the same, as I never felt or communicated other beginner students to separate into another class. So if you receive a strong feeling about this when a student asks,

‘Can my boyfriend, come to this class?’ consult your Guides about it. My Guides must have picked up Karen's desire for her boyfriend to join her in the class.

(40)

JOAN'S PAST-LIFE EXPERIENCE

(Joan) "We're playing in this garden."

"Who is?"

(Joan) "You and I. We're only little, it's lovely. There's this tree-house, its lovely outside, it's only happy outside. Mum calls us in for tea, but we don't want to go. He beat her up."

"Who beats who up?" (Joan) "Dad. She's got this black eye, bruises."

"Which country?" (Joan) "I don't know, but it's not foreign."

"Are we brother and sister?"

(Joan) "It's you and me. Mom wants us to have dinner, and get us into bed before he comes home."

"What's your name?"

(Joan) "Lindsey. Mum's nervous she keeps looking at the clock. We ask her, 'what's wrong?' she said,

'Just eat your tea, hurry up and eat your tea. Hurry up, Michael, finish your tea, hurry up.' We're going up this ladder, it's time for bed. He's home, he's yelling and throwing things around. He's breaking things,

'Where are the brats?' he's saying. 'They're in bed,' we're watching all this. He's got her by the wrist, he's hurting her. I want to go down to help. 'Don't hurt her anymore, don't hurt her anymore.' He's thrown her, she's not moving. There's all blood. I want to go to her. He's gone, I wanted to go and help her, but you kept pulling. Michael kept pulling me back. There are all these people, they're all around her. They're not taking any notice of us. They're going to take us away. I don't want to go. I just want to stay here.

I don't want to leave her, they're dragging us out, but I don't want to go. They're going to separate us, and they're not going to let us stay together. They're talking about it. They're sending Michael to a farm. I'm going to a home. I'm not going to see Michael again."

"I want you to go forward in time till you meet again with

Michael.”

(Joan) “I'm grown up now and I leave that place. I'm trying to find him. They wouldn't tell me where they've took him. I don't know where to look. He's in hospital.”

“What's wrong with him?”

(Joan) “He's sitting in a corner. He's in a mental hospital.”

“Why?”

(Joan) “They made him work very hard. He was very strong. When mum died he didn't show any emotion. Someone was hitting him one day, was beating. They said he wasn't working hard enough, and it all came back. He just snapped.”

“What did he do?”

(Joan) “He's like a vegetable. Doctors say there's no hope. He knows me. I can see he knows me. I want to take him with me, but I can't, I've got no money, but I know he'll live. I can talk to him and he can hear me, but he can't see me. I know he doesn't want me to go.

It's two years on; I'm working for this lady. I'm cleaning her house. They told me they can't keep him at the hospital anymore; I have to find someplace else for him. I took him home, he's going to die. He doesn't want to live, so he's going to die. I'm at his grave. I want revenge.”

“On who?”

(Joan) “On that man.”

“And who is that man in this life? Has that man incarnate into this life? Are you talking about the father?”

(Joan) “Yes.”

“How do you want revenge on that kind of a man?”

(Joan) “He did this. He caused all this.”

“But what can you do?”

(Joan) “I'm going to find him, and make him pay for what he did.”

“Is this vow still in the subconscious mind?”

(Joan) “Yes.”

“Ask your higher-self why you were shown this tonight. Let your higher-self tell you.”

(Joan) “He hasn't come into my life yet, but he will.”

“And what are you going to do?”

(Joan) “I have to deal with it in a different way. If I seek to revenge, it will never end.”

“Have you changed your mind, about seeking revenge, now?”

(Joan) "I can't be sure. The emotions will start when I see him. I need strength."

"Will you release this feeling of revenge from your subconscious?"

(Joan) "I have to work through it, when the time comes."

"Is this man violent, in this life?"

(Joan) "He's aggressive, very aggressive."

"Are you going to have a relationship with him?" (Joan) "No."

"Good. Will you meet him at work?"

(Joan) "He will try to have power over me."

"Where will you meet him, in these classes?"

(Joan) "No, I can't be told."

"Why were you shown this past life tonight?"

(Joan) "Another connection between us, and preparation for this meeting, with this man."

"Will I meet him?"

"My development is such that I cannot go back. And this could be crucial to my development, and must be handled with the utmost caution, because it is a force that's very powerful."

"Will I meet him?"

"You will not meet, but you will know of him. It is my revenge, not yours. You will be involved, and yet you will not become face-to-face."

"What will happen to this man?"

"It will all depend on the outcome of the handling of the situation. If pushed to extreme limits, death could be involved for him, deliberate death."

"Who by?"

"This one."

"Well, she knows what will happen if she does, she will end up going to jail."

"It will be your purpose to keep a tough rein on the situation. Do not allow this extreme to eventuate. Much guidance and strength will be required. That is all."

"Do you want to do another lifetime? Or will the Guides speak?"

"The Guides will speak. When there is trauma involved,

particularly with this entity. One lifetime at a time, the emotions run deep in many circumstances. This one's emotions are strong chains, chains affecting this one."

"How come I don't have the strong chains? And I went through these experiences like her."

"There is a block set up by you. This one has been trying to block out many emotions, but they fester. The pain this one suffers, through emotions, descends many levels."

"Well, the blocks I set up, are they good or bad?"

"Blocks are required at times when they are in the entity's best interest and protection. Yet they must never become permanent. There will be a time for each block to be removed, and the problem sifted through. It's all concerned with timing and development."

"Do I have to consciously remove the blocks, or will they get removed automatically?"

You'll feel when they need to be removed. There are times when you will be made aware by circumstances, regarding your physical life. Yet they will coincide with your feelings."

"Are these blocks affecting the psychic development as well?"

"Yes."

"And I can't rush them, and remove the blocks myself, can I?"

"No. It is a conditioning that must be broken down, step-by-step, and again when the time is right. You may be made aware of this in day-to-day circumstances, and human interaction."

This is the second lifetime Joan has not been able to help a brother who has gone insane. I don't know why Joan and I chose the life to repeat very similar circumstances, only our higher-selves know why, and they're not saying.

It could be that the higher-self chose these lifetimes to set up conditioning for a lifetime dedicated to service in hospitals, as a way of increasing the spirituality of Joan's spirit, by learning more about humanity.

Just like I studied astrology for four years, to learn about humanities courses, which we all are compelled and astrologically imprinted with, to

help us all learn something different every time we incarnate.

In coming years I was to observe that other patients would be shown similarly repeated past lives to be released. Maybe the lesson, or thing to be overcome, didn't take on the first life, and their higher-self chose another life to have another crack at it.

Or maybe the lesson from the required conditioning has been learnt, and the conditioning is no longer needed, so the students are visiting me to release it.

But it makes a study of what the reason for the lesson was, very hard, because sometimes it is only the conditioning created in each life, that is being shown, to be released, for the patient, and we are not seeing the big picture, so to speak.

(41)**HEALING CLASS 14/3/88****JOHN, BETTY, AND STANLEY.**

At the end of last week's class night my Guides wanted one of the student's to receive the meditation for the next week, to give them practice and confidence. So John volunteered.

My Guides also gave me a back-up meditation, if we had plenty of time left, so I gave it to them after everyone channelled.

JOHN'S, AUSTRALIAN OUTBACK MEDITATION

(John) "We are now going to travel through time and space. We are now going to head north, and as we head north we are going to go back in time, noticing roads turning into tracks, and back into bush, and we are now travelling over virgin forest. The Sun is now rising in the early morning and we see a large mountain before us. We're going to land at the base of the mountain, in a clearing amongst the trees.

We are in an aboriginal camp of huts and lean-to's. All around us, there are fires and people going about their business. There's a group of young men off to the left, and an old man, sitting off to the right. The old man is a Shaman, and sees that we have arrived and gets up. He starts off into the bush, towards the mountain, the young men followed him, and so do we.

I leave you to see what it is to show you, or tell you, or whatever else may happen."

RAYMOND'S MEDITATION EXPERIENCE

"When I went up the mountain, the Shaman disappeared, and I came to this tree growing out of the rock, on the edge of this cliff. I climbed the tree and crawled out onto a branch, which was hanging over the precipice, that's all."

BETTY'S MEDITATION EXPERIENCE

(Betty) “The Sha-woman took me to this large flat Rock, and she told me to sit there cross-legged and meditate, so I did. I seemed to be meditating there for about a million years, and this very, very, large black snake came sliding across in front of me, and just sort of lay there in the sun, and is started to scintillate with all these different colours. I suppose he must have been the rainbow Serpent. And that was it.”

STANLEY'S MEDITATION EXPERIENCE

(Stan) “I remember seeing people beating grain, with a couple of pieces of cords, to separate the grain. I remember hearing the rustling of leaves, while I was cutting and chopping some wood. And the Shaman guided me up the mountain and into a cave, where I saw some aboriginal paintings. And I was shown this enormous garnet crystal, and I was his apprentice, and he was teaching me along the lines of what he was doing, so that when he died, I would do what he did.

And that, ties in with an experience I had last year, on mount Warning. I went up with a clairaudient, and I was told by her, that I would get clairvoyant images. And I was going along on the journey, and nothing happened, and eventually I gave in on that, and decided to go to sleep. I started getting the images, and had things like, pine trees and reflection of water. I saw the entrance to the cave and below this cave, there was this enormous garnet crystal.

Now we eventually drove off our given route, and went to a place called Wingham. We eventually parked the vehicle and walked a little bit and up the road. To the right of us I found the pine trees, and walking down in the park. In front of the pine trees there was a large bathtub filled with water, where I saw the reflection in the images.

Going back to what I missed, I also got images of a couple of frames of thousands of aboriginal paintings.

Now going back to Wingham, we were told to stand between where there were some tracks on the ground. And we stood there and put our hands on top of each other's shoulders, and she channelled

that we were guided and protected, and we were used as a channel to send healing energy down to that garnet crystal below us, and by then, like the little mountain which I climbed up, no longer existed, it was just a flat piece of land, and then we went off on our own our journey up to mount Warning. That's it.”

JOHN'S MEDITATION EXPEREINCE

(John) “I saw an old man and he was making a boomerang, and he was putting a lot of his energy into it. He said to me,

‘When you do something, if you put your energy into it, then it will turn out really good.’ And that was some information for me, just that whatever I do, I should put my energy into it, rather than doing it half-heartedly. Do it wholeheartedly, and that was it.”

STANLEY AS THE CHANNEL

“I have come yet to another turning point, where I am learning to let go of fear, and now going up to manifest another slow journey, but each step, I come closer to the top. I am coming closer to the true reality, of which my progress will be fulfilled. To accept my limitations, to advance for glory, and I reach what I am supposed to. When you will come in great abundance, for things that I wish to fulfil. To also fill the needs of others, and I must help myself as well, and to keep in the direction I am going, and I am safe, guided, and protected.”

JOHN AS THE CHANNEL

“Good evening, everyone. The meditation tonight was to show each of you something about yourself. They were all short, just glimpses. There are no answers for these glimpses, it's just to give you an idea, they'll be interpreted later when it's needed, not now. The interpretation of these glimpses is life experience.”

BETTY AS THE CHANNEL

“Good evening, my friends. Tonight we took you on a meditation, which would enable all of you to make contact with the spirit of the land, in which you live. To those of you who are of European ancestry, the spirit of this land is in many ways alien to your ancestral spiritual heritage. That is why it is necessary if you are to progress, to integrate the energy of this land as well into your wholeness, into your spiritual energies.

We wish to remind this channel that she needs to earth her electricity, if she is not to be bad tempered all the time. We thought that we had taught her before, that she must have contact with the Earth, if she is not to become isolated from her humanness.

We wish to remind her to make the effort. At the present, she is well placed to achieve a number of things before she moves on, but if she does not remember the lessons, she has learnt in the past, she will lose these opportunities, and be no better off than she was before.

We are pleased to see the progress that Raymond is making with his book, and we wish to encourage him, because we have many plans for him in the future.” **“Will it get published?”**

“Yes and there will be many more books. We have been told that sometimes, when people join the circle, they have difficulty with reciting a Christian prayer at the beginning of the meditation. Either because they have had negative experiences with a Christian doctrine, or because they have past-life experiences with negative connotations towards Christianity.

We wish to convey to those individuals, both those who are present in the classes, and those who may come in the future, that it is alright to use their own form of prayer simultaneously with the Lord's prayer, provided that the same kind of sentiments, same kind of spiritual idea, is the basis of the prayer. Simply, to ask for blessing, and protection, for example, some use the form, ‘our mother who art in Earth, teach us to love, that love and will,

may become one.' In fact the form of the prayer does not really matter, as long as there is a strong spiritual awareness attached to it.

All such prayers, which are said with the correct spiritual attitude, and with a willingness to grow towards the light, are appropriate for the purpose.

We only wish to mention this, because those that have a negative feeling towards Christian prayer, maybe put off unnecessarily. We think that we have covered all you wish to say tonight. Be blessed, be well, goodnight."

RAYMOND AS THE CHANNEL

"Greetings, my children. We have been stimulating your thoughts tonight, with experiences that bring you in contact with the Earth, to release certain energies in your make up. This will help you to believe in yourself, as this turn in your focus, back to yourself, in many ways it will help you to see yourselves clearer, in what you are aiming for. This is always necessary every now and then.

We sometimes get you to focus outwards in the meditations, but it's good now and then to bring that focus inwards, to bring you down to Earth. And this meditation was a very earthy meditation. It is good to get back to nature now and then, as this one knows. You will be leading your own lives the more you are aware of souls, and the direction that your inner voice is guiding you.

Becoming aware of the distractions around you in this pleasure oriented civilisation that you live in, will help you to focus on what is important for you. Sometimes you are lucky in not being wealthy enough to endure all those distractions. You can find places that are free, better for you. We thank you, goodnight."

POLAR CITY 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, the 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) “Well, I was wandering around, and this strange being came up to me, a sort of woman with blue skin, a marine blue. I went into this room with translucent walls, and she got me to lie down on this couch, which appear to be floating in midair. And she placed a beautiful green crystal over my heart chakra, a quite indescribable shade of green. And she told me to lie there and meditate, and the green light from the crystal seem to fill my whole body, and I stayed there until you told us to come back.”

STANLEY’S MEDITATION EXPERIENCE

(Stan) “I flew over the ice and I saw an old ship on the way, and then I saw the shimmering city in the distance. As I came closer, I could see these gleams and shines of the Crystal city. And I landed on this pad where there seemed to be a road, and the city was a little elevated, I think. And I asked, ‘Where I was?’ and they said,

‘*Atlantis,*’ and I said, ‘Where do you want to take me?’ and they said,

‘*To a hall.*’ So I got taken inside this hall, and this hall was for healing. And I asked them, ‘Why was I taken there? What, do I do?’ I was told about energies and crystals, and gave guidance, and there was this hall, but it wasn’t crystal, this one, and it had this enormous dome over the top, and on the floor it had beautiful patterns in purples and mauves, and beautiful blues, and turquoise, with curved patterns. And that's it.”

JOHN'S MEDITATION EXPERIENCE

(John) “I met my higher-self, there at the city, and asked him what the city was there for. And he told me it was the city of dreams, and then my mind wandered off, and I had this vision, that I was at Balmain markets, and I was looking at the crystals that they were selling, and there were four little crystals, all next to each other, and I picked them up, and they glowed, or they felt hot, or something like that, and that was the sign that they were for me, and that I was supposed to have them. So I negotiated on buying them, or something, and then I went back to the city, and I had the feeling that I would be getting those four Crystals, soon, or the opportunity to get them.

And then I realised that I had wandered off, and that I can find out what happens in the future. So then I was just asking questions and getting the answers. My higher-self had to answer the questions.”

“What questions?”

(John) “I asked, whether I would get one of the jobs, I put in for today, and my higher-self said,

‘No.’ I asked about two other jobs, and I got,

‘No.’ and I said, ‘am I going to be employed before Easter?’ And my higher self said,

‘Yes, *in Aeronautics.*’ And that was it.”

(42)

HEALING CLASS 15/3/88

KAREN, JOAN, LYDIA, REBECCA,
AND BRIAN WHO DIDN'T SPEAK.

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.”

(2)

KAREN'S MEDITATION EXPERIENCE

(Karen) "The alien came into my body and gave me messages. First of all he applied different sicknesses to names of who had to be healed, and tried to give me a slight image of the shape of the part of the body and the healing colour on the TV screen. But he said,

'Don't worry about the names, and don't worry about the TV.'

The basic message was that purple was to heal a tumour in the brain. Green was to heal the sinuses, the bronchial tube, the throat and the larynx. Yellow was to heal the infection in the stomach, intestine and the liver. Blue was to heal the reproductive organs, and Red was to heal the tumours in the feet and legs.

And also, he was studying all the people in this room. He came into me, in trance, and first of all he wanted to look at you, (Raymond) and he saw that you were very powerful, and didn't want to look at you anymore. And was checking everyone else out, and he was particularly interested in you, Brian, he was putting a lot of energy into analysing you. His energy was very strong, but he didn't particularly want to go, but he said,

'Goodbye,' because I said I had to go."

JOAN'S MEDITATION EXPERIENCE

(Joan) "I got a message at the very end, and it was.

'Physical life is very damaging to the aura. From the moment we are born it is being attacked, and there is a vital need constantly for protection.'"

LYDIA'S MEDITATION EXPERIENCE

(Lydia) "I did ask a question about the aura, and the way to keep it intact, and I immediately got the answer. That meditation and that sort of thing would help to keep it intact. Also I questioned as to why had I had certain health problems, and it seemed that the amount of stress that I've been through, has caused stress within the body, and it

hasn't been able to cope with it as well as it would have been, if I didn't have that stress, and that seemed quite reasonable to me. That was all.”

PAST-LIFE RE-CALL MEDITATION

“Greeting’s my children. Tonight, we want you to go on another meditation, as we want you to experience one of your past lives. This meditation will help you overcome a subconscious fear, or vow, that is affecting you in this life. Each one of you will have to speak out, when it is your turn. Describe what you see, so that you can be instructed on what to do with the memory, and how far to go. We will ask certain questions, for you to receive the answers from your higher-self.

We want you all to relax and take three deep breaths. Then you have to ask your higher-self mentally, what memory it wants you to experience, to help you at this stage of your development. When someone starts seeing a previous scene, please speak it out, and we will go from there. Even though you may think that it is your imagination, speak it out, and more of the scene will appear for you, because your mind blocks the picture, if you do not accept what you see in your meditation. As you accept, then you will see more.”

(After there are no more memories surfacing in your students, you can say)

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

KAREN’S MEDITATION EXPERIENCE AND CHANNELING

(Karen) “The memories are far-fetched, the memories are too great to encompass.”

“Just a memory of one life for now, one at a time?”

(Karen) “Memories of Israel. The pain I carried. The pain I bared.”

“What happened to you?”

(Karen) “I was crucified.”

“Is this one of Karen's past lives?”

“Yes.

“What was the lesson that she learnt, from this life of being crucified?”

“It is not Karen's life as such. It is a life of Karen's higher-consciousness.” **“Is it affecting Karen's life in this...?”**

“Yes, it is.”

“Can she become aware of anything to release this effect?”

“She is already aware. I have told her already.”

“Would you like to tell us, so that we can help to educate others about this phenomenon?”

“I think you will fear, I don't think you are ready, I am sorry, but I cannot rush things. Peace be with you my child.”

JOAN'S MEDITATION EXPERIENCE

(Joan) “We're in a cart. We are all sitting in this cart, that's all we knew.”

“Where are you going?”

(Joan) “We are filthy and dirty. They're taking us away. They are taking is out of town. Absolutely nothing.”

“What do you see now?”

(Joan) “I'm on this dirt road.”

“How do you feel?”

(Joan) “Worthless. We don't know where we are going. We don't even know what we've done. We are just a dirty, hungry.”

“Does your higher-self want to show you more about this picture?”

(Joan) “We're all getting off the cart now. They're going to leave us in the middle of nowhere.”

“Why did they do this?”

(Joan) “To them we're peasant's, we're nothing, just filth.”

“What happens next?”

(Joan) “We're by this stream. We're going to die here. We all know that we're going to die here.”

“How do you die?”

(Joan) “Hunger, Cold.”

“I want you to ask your higher-self, what conditioning came through from that life, to affect this one.”

(Joan) “Worthlessness.”

“Does your higher-self want you to release this conditioning, by saying an affirmation? To release it from the memory.” (Joan) “Yes, that is what's being shown.”

“I want you to say, “I release this feeling of being worthless, from that life as a peasant and how I died.”

(Joan) “I release this feeling of worthlessness from that life as a peasant.”

“From my body-conscious memory.”

(Joan) “From my body-conscious memory.”

“Does your higher-self say that's helped to break the conditioning?” (Joan) “Yes.”

“Does your higher-self want you to become aware of anything else?” (Joan) “Not now.”

LYDIA'S MEDITATION EXPERIENCE

(Lydia) “I seem to be experiencing a life where I seem to have lost children, and suffering the pain of loss, something to do with water.”

“What does the higher-self say? Ask the higher-self what the conditioning was, maybe it's a feeling?”

(Lydia) “It is devastation, loss.”

“I want you to say, ‘I release this feeling of loss from the memory of that life, from my body memory.’”

(Lydia) “I release this feeling of loss, from the memory of that life, from my body memory.”

“Does your higher-self say that it's helped?” (Lydia) “Yes.”

“Does it want to show you anymore life-times?”

(Lydia) “No, that's all.”

REBECCA'S MEDITATION EXPERIENCE

(Rebecca) “I feel this voice saying,

‘*You killed your own son,*’ and I felt like crying, and I say, ‘I don't want to know about it.’ I said, ‘why, why, oh my god why?’ I don't

want to know about it, and I feel like crying, and I feel so sad.”

“Well, if you don't release the feelings of sadness, by finding out what it is, and releasing it...”

(Rebecca) “And it's funny, because I've had so many dreams like that, of a baby and...”

“Well, the purpose of releasing it, takes away the feelings. Takes away the conditioning, by bringing it to the surface, do you understand?”

(Rebecca) “Yes.”

“Once it's been brought to the surface, if you don't get rid of it, it's going to be there, all the time you'll be thinking about it, until you release it. And the idea is to release it, how all these student's released theirs.

So all you do is ask your higher-self what's the conditioning, what's the feeling that came up with this memory? And you get the answers, and then you say an affirmation, ‘I release this feeling that you got, do you understand?’

(Rebecca) “It's funny, I thought it can't be, that's my mind, I'm making this up. I don't want to know, I don't want to know.”

“Yes, but the thing is, that you are not experiencing it, as if it happened, you are experience it second-hand, it's not so traumatic. But the conditioning of how you feel about yourself in this life has been affected by that life. To release that memory, is to release the conditioning. So what's the feeling that your higher-self say's about that life?

Do you know anything about this Karen?

(I thought she was in trance.)

(Karen) “You just have to cry. No, you have got to release it. If you want to cry, if you are crying you can keep on crying if you want. You have got to work these things through, you have to say, ‘I release the conditioning...’ you see I don't know the experience. You know the experience you've got to release. I'm not allowed to know what your experiences are, because it wouldn't work as well. Because you've got to do it, that's why you're here in the class, everyone has to work on themselves.”

(Rebecca) “Could it be then that I'd done something like that in my past life?”

“Yes, of course, that's what we are talking about.”

(Rebecca) “Karen said, ‘If you release the crying, you release the fear. It's just I've had so many dreams like that.’”

“Yes, well the reason you're having these dreams is because it's your memory, and you have not released it, and the idea here is...

Did you hear how all these released theirs, that's how you release it and it's gone after that. I mean you're aware of the reaction to what's happened. You're reacting to what happened, that doesn't mean to say that's the conditioning.

Now for the conditioning, you have to find out the feelings you feel toward yourself, or toward certain people, or whatever. You've got to find out those, and release those. You can't release the crying, because that's your reaction to what you're seeing. So you see it's no good releasing the crying, if you are not releasing what happened, because you are not finding out what happened, the reasons for it.

There could have been reasons for it, I mean God doesn't Judge everyone's circumstances for what they do. Sometimes pressure is put on you, for you to do these things, the pressures build up, and you do these things. Everyone does these things, we're non-exempt.

So all you have got to find out is its affect, not the reaction you are having by seeing what's happening with your crying, because your emotions are blocking you from seeing what's happening. And your higher-self wants you to release this conditioning, by bringing it to the surface, because you are seeing it over and over again in your dreams, the same scenes. And you haven't released it yet.

So relax close your eyes, we are with you. It's okay to cry because sometimes it's a normal reaction to what happens. Now your higher self will tell you what feeling you have had, from that life into this one. All you have got to do is

find out the feeling.”

(Pause)

(Karen) “Raymond, I am being told what it was. Well it's what I feel anyway, is that the feeling you're feeling is love, and that you had to kill your baby, you had no choice, and it was not of your will.”

“Did you find out what she's got to release though?”

(Karen) “She's got to cry, that's all. She has to release the pain, the fear of crying.”

“The fear of crying. So, if you say out loud, “I release the fear that crying is associated with the painful experience, from that life, from my body memory.”

(Rebecca) “I release the fear that crying is associated with the painful experience, from that life, from my body memory.”

“That's all we can do for now, because then you can cry, and you won't get the feeling that goes with it. Maybe you've had this conditioned every time something's happened, and you've wanted to cry, even something happy.

But you've felt something else, and that something else was the emotional memory of what happened in that lifetime, which was affecting you, whenever you cried. Have you ever come across this in the past, that whenever you have started to cry, you felt terrible, or felt really sad?”

(Rebecca) “Yes, it's sad, yes.”

“But we don't always cry for unhappy things, I mean, I cry when I see happy things on the TV. But if you did that, maybe you would have had another feeling, which would have come upon you from that life. Do you understand? And then you wouldn't like to cry too often. In fact, do you try to avoid crying? In this life, have you avoided crying because of the reaction?”

(Rebecca) “No.”

“But anyway, you get the hang of it. You will be shown something else, and then you'll understand it a lot more. Do you understand? How it releases the conditioning. Is anyone else seeing any more lives?”

JOAN AS THE CHANNEL

(Joan) "He won't go."

"Does your higher-self want to channel about him? Let your higher-self tell us what's happening, whatever it is."

(Joan) "He wants to stay here with me."

"Ask him, who he is?"

(Joan) "I can't get a name."

"Will you tell him about the white light behind you? Just tell him. Do the same thing I told you the other night. Tell him there's a white light behind you, your Guide will tell you who was in the white light."

(Joan) "He doesn't want to look at it, Raymond."

"Ask him, why doesn't want to look at it."

(Joan) "He's scared, he just want to stay here."

"Did you tell him who was in the white light, the relative? You have to follow the guidance of your higher-self, to help to talk to the spirit, what to say to him, but to convince him. This is part of your development."

(Joan) "There is nothing to fear. Really there isn't, just look at it. You can't stay here."

"Tell him who is in the white light. Tell him that the person is going to show him a beautiful place, a happy place. Let your imagination run." (Joan) "Your Guide is in the white light."

"I'm not supposed to give you the ideas of what to say to him. You've got to get them from your own Guides, and your own higher-self, that's part of your development."

"I've been with you all this time, why can't I stay?"

"Because you're interfering with Joan's life. She has her life to live."

"She's safe."

"Well, where you are going you'll be safe with the Guides, and he will take you to a beautiful place, better than Earth."

"Can I come back to her?"

"You can come back and visit whenever you want, and when you go to your Guide, your Guide will show you many

beautiful things, and you will be able to travel anywhere, and visit anyone, when your Guide shows you, teaches you.”

“I’ll come back. I’ll go now, but I’ll come back.”

“Are you going to go with the Guide in the white light? Has he gone?” (Joan) “Yes.”

“Does your higher-self want to say anything?”

“As much as you knew that he should not stay, you are also trying to protect him. You cannot create a haven for these lost ones, or you shall become lost in them, if you continue to provide the safety and protection.”

“In other words, if Joan lets them stay around her.”

“Yes.”

“But she can still describe a haven that they will go to with their Guides, or their relatives, who have come for them? Isn’t that so?”

“Yes. It’s part of the mothering within you, that you feel that you have failed in the previous existence.”

“Who are you talking to now?”

“Joan. This has carried through into this physical existence, and you must not allow it to continue, because you cannot we feel succeed in mothering in the physical. You are trying to create this reality in the spiritual.”

“You mean her feelings and beliefs are causing her to create an attraction to souls, who will seek her out as a mother figure in spirit?”

“She will always attract these souls.”

“Does her higher-self want her just to move them on, every time they come to her, on to the white light?”

“She has to guide them, but not hold on, but they will always come to her. That is the plan.”

“What sort of lost souls will she attract, all kinds, or just the kinds that are of the same vibration as Joan?”

“All vibrations.”

“And will her Guides be protecting her from the lower and baser spirits?”

“Yes, but she cannot. She must not allow herself to become immersed among them. She must be careful not to ignore our protection. She must not become blinded by their plight, to the point that they will take her down to their vibration.”

“Is she becoming too immersed in David's life?”

“No, that is all settled, but it was the beginning, and now these lost ones will come more frequently.”

“Is she learning how to move them on, letting her imagination picture the things to say to these lost souls?”

“As she watches them move on, she tries to keep them in sight.”

“And is this okay, to keep them in sight?”

“As long as she watches them move on, they will not reach their destination.”

“So she's got to stop watching them move on?”

“Yes.”

“Once they reach the light?”

“Yes.”

“Any advice towards her, like not seeking out these lost souls, or letting them come to her?”

“No, she's not to reject these ones, yet she has to learn to let go, once they are in the care of us.”

“Is it advisable for her to do a rescue as soon as they come close to her, come into her vicinity, otherwise she could become more attached to them if they stayed around longer?”

“Yes, that it is advisable.”

“So she should be doing the rescue as soon as she becomes aware of them?”

“Yes.”

“Anything else you want to tell us, or Joan?”

“She is not to worry or wonder about those that we carry on, that is all.”

KAREN AS THE CHANNEL

“Hello, I am Peter, the reader of oracles. I come to read to you prophecies for the newborn day. I fear there is a great need for assistance, for you are dooming yourselves with your negativity. I

Speak of planet Earth, and her crisis. And it is here that I must read for to you, for all the days and all the nights and many a bloom, with the sails of new sunsets.

For there are new ways to fly, and new wings to find. You must all be free of your beliefs, and your fears. For you will be protected along the way. There is no one more greater than the self, and no more higher than the highest. Be not afraid of falling. Be not afraid of doing, for damnation comes to those who are afraid. I speak the words of truth. I speak the words of wisdom. I am here to help. I am here and at peace.

I am John the Baptist. The waters must be calmed and cleared. We must all dive in and cleanse ourselves, for the impurities are stagnating, and from them grows an all-consuming damnation. I speak not of damnation to cause fear; I speak only of it to bring life. For death is not of my way, and guilt is not of my intention, and nor should it be of yours.

You are amongst the presence of a very special one here, and I ask you not to be afraid, for she is afraid of your fear, and afraid of your rejection. Be not afraid of yourself or others, for you are guided, and you are special, and you are one. I speak with the greatest intention, do not question, do not doubt, and do not fear for God is here, and God has spoken, and out of the father son and the holy spirit. Peace be all with you my children, Amen

I am Mary, hello my children, hello to you all. It is a blessed day that comes forth for this newborn child. She is new in her christening. Her steps are still unsure. You must support her, you must guide her."

"Who?"

"The chosen one."

"Who is this?"

"This is the ram, it is the ram within. She's here with you. Please do not fear, for fear will rip the very shreds of all hope, and we are nothing but hope. Hope shall lead us up the stairway into heaven, to meet with our God the Ramtha. You have been chosen to walk along her path with her. You are to be her white doves. You are to shine your lights upon her path. You are to obey. You are not to be unjust, unfair, or deceiving. For it is in

you that she will place the greatest of trust. You would break my heart it's sorely to see her cry. For I know what it is to foster the newborn child, in a world which doomed her at every glance. She follows the light. Give her a lantern or two, or three. She needs them while she is still unsure.

We have spoken to her. We have always spoken to her. She knows her mission. She knows what lies ahead. She knows her sacrifice. She knows she shall give her life to carry the sins of you all. She is not without mistake, for she is human. But she is inspired by the divine, bear with her, and go with her. But she is really hope for eternal light and peace.

Let us join hands now please. Let us pray to God for help, for it is only through God we shall learn the power of light. Let it fill every one of your hearts. Let not fear bring rejection of this chosen one, for it is in you we place our trust, and it is in you that we have hope. In the name of the Father the son and the Holy Spirit, may the white dove of peace carry you forward to greater worlds, and new realities, Amen. Peace be with you my children, I shall go."

I asked my Guides who the chosen one was, and I got told, Joan. I am afraid some of the words that Karen channelled got lost in the translation, but the spirit sounded pretty religious.

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HEALING CLASS 21/3/88
BETTY, STANLEY, JOAN AND ALAN.
THE JESUS VISIT MEDITATION

“In the centre of the circle, sitting on a chair in the column of white light, is a figure, he is getting brighter and brighter. And that figure is Jesus. He has come to speak to us, and show us individually, a scene from his life, which will help each of you in your own development, so that it will help you grow and understand, and give you confidence.

As he talks to you, you will start seeing the scene of what he's talking about. I will leave you now to listen to Jesus.”

(Approximately ten to fifteen minutes silence.)

“I want you to now thank Jesus, and say goodbye for now. Come back to this room, take three deep breaths, have a stretch if you want to.”

BETTY'S MEDITATION EXPERIENCE

(Betty) “I saw a Jesus trial, but this was the trial of Yessua Barabbas, and he was accused of leading an insurrection against the Romans, when in fact he was a leader of the revolt against the Romans, and he didn't deny any of these things.”

“What did you learn?”

(Betty) “Yessua was the leader of a political revolt.”

STANLEY'S MEDITATION EXPERIENCE

(Stan) “Before the meditations started, I got that it was Jesus. I had a lot of music coming through in songs, which I recognised. I think that they were basically for encouragement, for me. But I did get a few little images, like him drinking the water of the river. I assumed they were clairvoyant

images of what he was picking up, of passages in the Temple and chambers. I would see a diagram of the Temple, and see maybe a chamber and a passage straight down.”

“Are you talking about an Egyptian temple that he was initiated in, or are you talking about the Temple in Jerusalem?”

(Stan) “I’m quite sure it was the Egyptian temple. I also remember seeing the sandstone on the outside, the pattern of the sandstone. But it did feel also, when he was drinking the water, that it was like he was drinking from the Nile or the Euphrates, whatever.”

JOAN’S MEDITATION EXPERIENCE AND CHANNELLING

(Joan) “I was taken to the time when he went by himself for the 40 days. There was a lot of confusion in his mind. He was talking to God, he said,

‘I’m so confused, I can’t do this, you’re asking the impossible, I can’t go out and be what you want me to be, and say the things ... They’ll never believe me, they’ll never accept. Why are you asking this of me? They’ll never accept this. I’m so confused. I just can’t do it, it’s impossible.’ And God answered,”

“My child, and you are my child. Your mind, there will be no more confusion. Your mind will be crystal clear, what you say will be heard by all, in places that you never dreamed of. And by people that you could not begin to imagine, and they will accept what you say. They will follow, and there will be many that you will lead.

And the ones who choose not to follow you, they will be left behind. But that will be their choice. And you will have strengths you could never imagine you would have, and you will not be alone, for I will always be there. And any burdens you feel will be lifted, but you will never be alone.”

(Joan) “And that’s it. I had to channel, to remember.”

ALAN’S MEDITATION EXPERIENCE

(Alan) “My head slouched back on the wall. I seem to recognise it as being

Jesus slumped on the cross. I felt as if my hands were manacles or had chains on them, but I couldn't move them somehow. But then I realised that I had holes in my hands, and felt my feet were in this position.

(On top of each other)

And I couldn't move them, and I felt hot in-between my feet. And I noticed after you brought us back, because I found it very hard to come out of it again.

I then saw mud and a really old simple coffin, I saw this hand that the flesh was falling off, push the lid up off the coffin. And I had this fleeting image of what may have been in the coffin, of a skull with flesh coming off. And I had a nice feeling overcome me, as my head moved about a lot."

ALAN AS THE CHANNEL

"Do you want to talk to me?"

"Yes. What do you want to say?"

"I don't know if it concerns you. Do you know what I am talking about?"

"You haven't told me yet what you are talking about."

"I thought you knew, I thought you asked me. Was it you who asked me?"

"Asked you what? You may have picked up the question from someone else's thoughts."

"What am I doing here?"

"Where have you been, my friend?"

"I've been very lost, very sad."

"Can you see me?"

"I have been a victim of physical deformity. My body has become inflated like a balloon, the skin over my face, arms, torso and legs."

"Can you see this white light on the other side of me, this beautiful white light, here?"

"I'll have to knuckle open my eyes."

"You can see the white light? You can feel the white light."

"I think you were to help me."

"You can open your eyes. There is nothing stopping your eyes being opened. Can you see now?"

"My skin is shrinking onto my body."

"Is that better?"

"Yes. I think I might be able to see now. What do I have to look for?"

"The white light, the beautiful white light, here, can you see it?"

"Yes, piercing through."

"Can you see a person standing in the white light? Can you see the woman in the white light?"

"I think so. I think that's what it is."

"Can you remember your mother?"

"No. Mum was big and fat. Brown hair pulled onto her head."

"Have a look at the woman in the white light. Doesn't that look like your mother?"

"No, but it has my mother's head on her shoulders."

"She may have slimmed down a lot since then."

"Ah, yes."

"Isn't she beautiful now?"

"Yes, very sexy."

"What's she saying to you? She's speaking to you."

"Her lips are moving in a funny fashion, I can't..."

"Listen to her. I just want you to listen to her, and you will hear her."

"Way to come."

"Is she saying, 'This is the way to come?' Is that what she's saying?"

"Yes, this is the way to come. She's beckoning me with her lips."

"Is she saying that you can have a beautiful body as well, if you go with her?"

"She's saying, 'My body is on the road, as I am too....'"

"Will you go with her? She will help you."

"I'll hold her hand."

"That's it, go and hold her hand, and go off with her, and she will help you. Are you back? He's gone."

(Alan) *"Yes. I think that was Fred."*

"I'll tell you what you were experiencing. This spirit, after he had died, went back to his body, and stayed within his body,

and identified himself as his body, after it had died.

In other words the bloated putrescent of that physical body, he identified with that body, and took that memory away with him as his spirit body, and that was the deformity.”

(Alan) “My head was like this, and I couldn't.. it wouldn't move.”

(Alan showing us with his chin on his chest.)

“It may have been at a time when they didn't do anything to the bodies, to preserve them very well.”

(Betty) “Well, things like your putrescent gases in the stomach and so on, and the last meal, and things like that ferment in the gut, and the gases inside the body make it bloat.”

“It's just his belief system of what his body was like.”

STANLEY AS THE CHANNEL

“The time has come when you will be able to do whatever seems impossible. And, that there will be great change in days to come. Time is the opportunity which we create in our reality. It is an essence of quality. We will recognise time as a purpose in helping you overcome your fears, and conquering life's destiny. Take the gamble and you will go places.”

JOAN AS THE CHANNEL

“Talk about a hub-bub. That last lot certainly was.”

“What do you mean?”

“That last rescue.”

“Can you explain more about it?”

“It was most confusion.”

“Who was confused?”

“They all were.”

“How many were there?”

“About fifteen.”

“They all went to the light though, didn't they?”

“Eventually. So disorganised. There's so much confusion, there doesn't have to be. Confusion leads to more confusion. We create it.”

“Who brings these souls to these circles?”

“I don't understand, they bring themselves.”

“What attracts them to these circles?”

“Their minds are so disorganised. I think they are organising their thoughts in these circles, they are getting more and more confused.”

“Who, these lost spirits?”

“There's many, they're so immersed in their confusion and disorganisation, they don't hear.”

“They did tonight. Are you a Guide?”

“Yes.”

“Is Joan having a holiday from doing rescues tonight?”

“She did this one.” **“What brought them here to the class?”**

“Joan's mind, she's been confused.”

“What's been confusing her?”

“She thinks she has things all neatly set out, and she has, but from time to time she lets complications arise. It's been a complicated day. She had to look from the outside, to see what was happening to her. This was the purpose of this rescue.”

“Can you explain it more?”

“She has been experiencing confusion in her own mind.”

“How did the rescue work?”

“She could look at it from the outside, the effects it was having on those lost ones. She did her rescue earlier on, with just as many, in a much more orderly fashion. So she had to differentiate between the two forms, confusion and order, which one progresses and which one doesn't. One is much slower and injuring.

We took her back tonight to the mind of Jesus. There was a contrast in the confusion of that mind, to the crystal clear thinking that followed. When one can see the contrast in the two, one will not stray very far. The mind is not as complex as we create it. Physical life, physical feelings, physical environment, we let this all filter through, and when it all emerges in that one vessel, it is something that is totally lost to us.

One has to guard the mind so closely, to keep it as simple as it really is. Therefore if we can see the two sides in contrast, we can prevent a mass confusion, which can lead to mind destruction.”

BETTY AS THE CHANNEL

“Good evening my friends. We are pleased to see you all here tonight, and we hope you have all profited from your experiences. We ourselves are always learning also. We must admit that we are sometimes still puzzled by the nature of that curious thing, which you call the human mind. Many times we have tried to relate certain information to you, to individuals both here and elsewhere. But we have difficulty in overcoming the barrier of the individual’s preconceptions.

This is why we occasionally channel material which sounds a little sour about your worlds established religions. As so often, we have found that established religion is the grave of spirituality.

So many times in so many millennia we have had the melancholy experience. Yet along comes a teacher with some good ideas, and some sound precepts for sensible living, for wholesome spiritual development, and for treating other beings with at least a little kindness and respect.

And then swiftly in the footsteps of this teacher, come the vast hoard of imitators, and a whole gaggle of priests, bureaucrats and people who wish to profit, either monetarily, or by achieving a high position in the hierarchy, which they promptly created themselves.

And the original teachings, of the original and enlightened individual, poor soul, whoever he or she was, become completely lost.

And is so often, so distorted, that the original teacher would have turned from them with abhorrence. And you will find this with practically every major religion in your world, and doubtless in other worlds as well.”

“But doesn't that happen, when there is a lack of recording the material? Where today we have got books that can be copied and reproduced all over the world. And it doesn't get so distorted or lost, like the teachings of these great spiritual leaders.”

“History will show you that the more thing is copied and repeated, the more distorted it becomes. And in many cases the

original teachings have been deliberately distorted, by a church hierarchy. You will find this very noticeable in the case of Christianity. Of course it happens with many other religions as well.

If you were to discover hidden in some musty catacomb, an early copy of one of the Gospels, of the so-called Christian Bible, you would probably be astonished at the difference. Of course many of the so-called discrepancies in your Christian Gospels are in fact, merely misunderstandings, or mistranslations.

But in other cases they have been deliberately altered. If you study these carefully, you will see that this is the case, even in relation to, for example Roman historians, you will find that there are curious gaps in certain passages of certain histories, which relate to the Christian period.

And so it is throughout history, never delude yourself that those in power will allow you to know the whole truth; you will find this in every country, in every state. Even in history you can see how the history books are rewritten with every change of government.

Do not imagine that this has not happened in antiquity as well. So do not rely too much on your preconceptions of how a particular era of history was, and these pro-preconceptions will often influence you in your meditations. Always question any experience in your meditations if it agrees too closely with, for example what you were taught in childhood. What you were taught in childhood was almost certainly wrong.

Of course you are already acquainted with this phenomenon of the channellers mind tending to distort, or overlay with their own personality, the material which is channelled.

We are continually surprised, or perhaps surprised is too strong a word. We are beyond surprise, to find continually that people in your world will ascribe vastly superior spirituality, for some particular nation or some particular country, when the slightest attention to temporal reality would show you that this is something of a self-created illusion.

We see so many earnest spiritual seekers go to countries like India, which is supposedly a more spiritually developed country;

possibly we in our disembodied state are able to understand certain things, as you can. But we are unable to see why a country where women are burned alive, should be regarded as more spiritual, merely because the people are poor.

Do not make the mistake of equating misery, dirt and poverty, would create spiritual advancement, any more than you should make the mistake that certain other religions make, of equating material prosperity, with spiritual superiority.

There might be quite different reasons for both conditions, and what we have said may sound simplistic, but we are continually reminded that the minds of most human beings are extremely simplistic, when it comes to spiritual matters.

We merely wish to remind you not to rush to hastily to accept this, or the other new spiritual doctrine, simply because it comes from some exotic country. You may be simply be influenced by the natural human desire for something new, for novelty and fresh sensation.

We do not think we wish to channel anymore on this subject tonight. Are there any questions? We really hope that you are not going to ask any, as you well know we're not here to be oracles. If you have a question, you should be asking your own higher-selves. So we'll leave you now, be blessed, be well, and be happy, goodnight."

(Alan) "When Betty was channelling, occasionally I would get words coming into my head. I don't know whether I should say them, or not."

"What kind of words?"

(Alan) "This time it was like Shakespearean, one, 'Twas,' and, 'Tis so,' and, 'Good, yes,' acknowledgements. I felt like I wanted to say them, I don't know whether..."

"Did you ask them who it was, like who are you? It could have just been a visitor, and you could have been picking up their thoughts, or what they were saying in spirit?"

(Alan) "But if I speak them out, will it interfere with the other person's channelling?"

"Well, it can. The conscious mind of the channeller can start

listening to what you are saying, and then they are not listening to what's coming through themselves.”

(Alan) “Yes.”

“So, it can. I mean I've sat in classes where there have been three trance-mediums channelling at the same time. That's not the same as clairaudience, where a clairaudient is hearing the words, and then speaking them.

But when a trance-channeller is speaking them, the spirit is working their voice box. But it's a lot harder for a clairaudient to hear what spirit is telling them, if there is too much background noise. And someone else speaking out loud is then like two people speaking at the same time, and even I would find that hard to follow.

Why don't you ask who it was? I've been told who it was, but you might laugh. I was told it was William Shakespeare.”

(Or a higher-self who had a past lifetime, as one of the many Shakespeare's, from any of the thousands of parallel Earths, who wants to inspire the student to maybe keep developing, it might have been Alan's own higher-self, remember Guides and higher-selves are devious.)

(Stan) “I feel that too.”

(Alan) “I have in everyday life; I've often had a Shakespearean quote from a play I wrote at school, just going over and over and over in my head all day. I really enjoy Shakespeare. I really got a kick out of doing it at school.”

“Ask your higher-self if William Shakespeare is one of your Guides? What do you get?”

(Alan) “Yes.”

“Yes I know. I was told as well, that William Shakespeare is one of your Guides. Maybe he's letting you know it was him, by saying these words, to try and stimulate your curiosity, to ask who are you? But you didn't, I had to do it for you.”

RAYMOND AS THE CHANNEL

“Greetings, my children. Tonight you have been posed quite a number of experiences, that you will find will be installed in your memory banks, so that when you are in need of that information to come back to the surface, to effect change within you, or to bring you back to reality. This will help ground you, so that you don't get too lost in your development.

Much of what was said tonight is being explained to you from spirit, for you each to speak out your thoughts and beliefs, which in fact are our messages, to help you understand many of these things. You are all aware that you develop with guidance from spirit, and sometimes our guidance will allow you to get in the deep end, the saying goes, ‘in too deep.’ But this also helps to bring you back, to ground you and release the will and desires that you had when you first started to develop.

The more evolved you become, the less desires you have. You'll be fed the required development, at the right speed for you to grasp and understand. We want you to be happy while you develop, but if you desire more, you become unhappy if you do not get more. So you will retard your development with these desires for more, and you will create blockages to your own development with these strong desires. When you are relaxed and don't have these desires, you will experience things and develop.

It is like the analogy of you wanting to look straight ahead of you, you will not see the things at the sides, but if you allow us to turn your head, to see the things at the sides, you will learn things and grow. It's a very simple analogy, as you have noticed we use this one to explain many things in down-to-earth simple ways. We do not need to prophecy, just explain about humanity. We thank you for listening tonight, God bless you all.”

(44)

HEALING CLASS 22/3/88
 KAREN, REBECCA AND LYDIA.
 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 a 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, stretch out if you want.”

KAREN CHANNELLING HER MEDITATION EXPERIENCE

“She came to learn the pain of death, for it is the greatest of pains. When love is ended suddenly by death, which shall shake her whole world, we shall shake her very foundations. She shall learn that life is of death, and death is of life. And she shall grow all the wiser for it. She shall resist and eventually she shall come to see that the lesson she's about to comprehend. And going to go forth now to this new life and shed her pain, and bitterness, and encompass all things new and wise.

I have more to say, it has not yet been finished. The circle isn't complete until I have said it all, for she fears the coming of the light. She fears the coming of the way, and it shall come, and it shall behold, and it shall manifest. It shall be as one through her, not through fear, not through doubt, not through anger, not through pain.

But through the unassumed mysteries of the universe, to an encompassing whole, the all endelving Oracle of life. It is much to learn, it is much to encompass. She wanted to say that green poppies shall grow in the fields of red roses of pain.”

REBECCA'S MEDITATION EXPERIENCE

(Rebecca) “I only got this,

‘You are not ready to know yet, it will interfere with your karma,’ or something like that.”

LYDIA'S MEDITATION EXPERIENCE

(Lydia) “The impression I got was,

‘No, it was too soon to come back down again,’ but then I seem to be told, or realised, that it was going to provide me with a great opportunity to learn, if I did. So I guess I did.”

REBECCA AS THE CHANNEL

“Hello my friend.”

“Hello.”

“Have you been waiting long?”

“Not too long.”

“Do you wish to say anything to us?”

“The time will come when she will channel a lot of information for all of us, and she will...”

(Pause)

“Are you her Guide?”

(Rebecca) “I can't do it.”

LYDIA AS THE CHANNEL

“Good evening. There is a reason why... We would like to speak to you tonight about love. The warmth that radiates from you when you love yourself and those around you... It is very important that you feel this love for yourself and those around you. It will help you to see the truth, and not be blinded by deceptions, or fears.”

KAREN AS THE CHANNEL

“G'day, how's it going? I've been waiting a fair while to speak here. She's a pretty bonza chick, this girl.”

“Have you been in spirit long?”

“Yes, I've been hanging around.”

“Have you been meeting many people while you have been in spirit?”

“Yes.”

“Talking to them?”

“Yes.”

“Have they been talking back to you?”

“Yes.”

“Other spirits?”

“Yes, I mainly came to speak to you, actually, Raymond.”

“You know me, do you?”

“Yes I do, as a matter of fact, mate.”

“Where do you know me from?”

“I know you from a fair way back, Raymond, back in East Persia.”

“That was a while back.”

“Yes, it was. I want to tell you Raymond, me old mate. You're doing a good job here. We knew the time would come when you would do something like this. You've always been a good friend of mine, Raymond, and you always will be mate. What's that bloody howling Raymond?”

“A dog.”

“Oh, shit. Anyway I just wanted to come along here today, Raymond. I feel a bit sorry for you mate.”

“Why?”

Oh, I know what it's like, being a Teacher. Come on, we all know what it's like being a Teacher, Ray. We've been through it all before, mate. I just wanted to give you a bit of a welcoming hand. Welcome, welcome, welcome to the land of the helper. You're a great one, Raymond. I just want to give you a pat on the back mate, okay. I guess I'll be off, bye, see you.

(Another spirit channelled through Karen next, I don't remember why I was guided to censor who they said was channelling, but it is very very rare, and it was on the original transcript, so maybe it was meant for the other class-night, who read the transcripts.)

*Hello. I've spoken before, and I will speak again. I'm just a ***** entity. Karen knows of me, but as far as she has come to perceive, I am a past reincarnation of her. Yes I want her to speak to me whenever she will, as I am very much an open source of information and knowledge.*

I am one without fear of the unknown, for I have delved into it, many a time on many a planet. She shall too, and so she shall not fear the greatness, for what is to be sent to her.

As long as she reaffirms her subservience to the Lord. To the all great Creator of all. The one and only highest of high, of all dignitaries. The lord and master, as we stand as his servants in praise, in mighty awe of all he has done, and all he is to do.

She's not to fear the power, of that which is sent unto, though I do not deny her fears, as she knows well. Her fears are sent to make her stronger. I have much fondness for this child. I would like to stay with her more often, yet I know that it is not always

the time and the place in the human realm for me to stay and talk all day. We love to stay and talk all day. She would love to stay, but it is not meant to be, you see...

(Karen's voice died off to a whisper.)

It is not the time or the place. The meaning is not correct for the oncoming or deliverance of speeches, which are in her grasp, are not yet to be spoken. For all shall know, for all shall hear when the time is right, and the prophecies shall be delivered unto you, waiting here for mankind's deliverant.

She fears the greatness of my words, and it is that very fear which prevents me from saying more. Where she can only comprehend as trust grows on her physical realm. The trust encompassing a greater faith in the higher and more knowledgeable. I could speak forever, but I shall not, goodbye.

Hello, how are you all? Well, I'm coming to tell you about a new day tomorrow. When all things are going to be brighter, happier, more peaceful. But it won't come easily, there's going to be much bloodshed, much tears, much sadness.

But you must all persevere, as I'm quite sure if you have faith, you will. As you all know we must have faith, faith is the only thing that guides us forward. So I'm basically coming with a message of hope, hope being the sublime creature of the frightened babe.

I really wish the best for this Earth, as you have suffered long enough. I'm afraid it is not long enough for you to have learnt. You are learning, and we are very glad you are learning. We want you to learn more, and patient with you, we shall be, and kind, and fair, and all encompassing.

Go forth into the new land with brave hearts and banners held high. And do not fear the unknown for you are all guided. Keep the smiles on your faces, forget not your senses of humour, for they are precious gifts, but do not scorn yourself, only learn from your mistakes. Mistakes, being heaven sent by the Lord himself, for your divine creation, learning and wisdom.

Follow the white dove. Follow it wherever it takes you. For with each step, you know not where it shall lead you, for you are not meant to, this is not the purpose.

How can one see past a gate, when one has not yet gone through it? Pass through your gates one by one, one by one by one. And no patience, and no kindness, and no wisdom. For there is nothing to fear except fear itself, and even that is not so fearsome, if you have faith in your higher-selves, your higher teachers, your higher wisdom. Tears go with you my children, amen.”

RAYMOND AS THE CHANNEL

“Greetings, my children. Tonight you were exposed to a meditation that is designed to release any negative feelings towards yourselves, in connection with being born again on the Earth. To show you your reasons for coming down here. Some of you became conscious of these reasons, and some of you were not consciously aware of them. But your subconscious was exposed to more of the experience than your conscious minds, which will release this conditioning that’s maybe in the body, affecting your conscious minds.

There is much deprogramming of deeper levels of your consciousness, going on in these classes with the help of your higher-selves, to break down these conditionings and beliefs. Very often your subconscious minds, do not want to see the experience before birth, because of the fear of losing that conditioning, but now that you are aware of this meditation, your conscious mind can return to this experience and learn more about all of this.

Tonight sowed the seed, you could say, for further results that this meditation will achieve. Stimulating your curiosity to go back and find out. You will all benefit from this meditation. We thank you for listening tonight. God bless you all.”

(45)

Ever since the class-night of the 1/3/88, where a class Guide channelled through Betty in great detail about thought-forms, over the past few weeks I had been thinking about the implications of thought-forms, and I thought my imagination was running wild, when I thought I was imagining Nuns and Priests being plagued by thought-forms of demons, devils and satans.

To tell you the truth, these ideas were making me laugh. Anyway, when I stopped laughing, I had this feeling that these visions were not all coming from my own creative imagination. So I asked my higher-self many questions, and the crux of the answers, were that they wanted me to give both my classes a very strange meditation. Of dressing up as Angels, and destroying thought-forms.

I asked my Guides why they chose the Vatican for my students to visit, and they said that it was the most affected area in the world, from the thought-forms of demons devils and satans, which have been created over many centuries.

That there were not only incarnated souls being plagued by these thought-forms, but also the deceased clergy who were still there and Earth-bound, who could see their own and other's mental creations, which increased their beliefs in them.

Also, I was told the students will not be restricted from travelling to any time-zone, to have fun, sorry, I mean do their work.

When the students arrived I found I had a new student, so I explained to them in advance, what they would be doing, before and after they went on their meditation. So this is what I recorded before I started describing what they had to do at each stage of the meditation.

Oh, also if you are guided to use this meditation in your own circles, your Guides will also want you to predominantly use the term thought-forms, rather than demons, devils and satans.

HEALING CLASS 28/3/88
BETTY, RUSSELL AND STANLEY.

"In your meditation tonight I want you to become aware that each of you has a silver cord attached to your spirit body, from your physical body. So if you get scared while on your meditation, you will automatically be snapped back to this room, and back to your body, if your desire to leave the meditation occurs. The silver cord will pull you back like an elastic band.

Now your Guides can be with you on both sides of you, and they will hold your hands if you want. Your Guides are with you, just to give you reassurance basically.

Now, I was told that the thought-forms cannot see your Guides, because they're of a higher vibration. But they can see us, because our vibrations are so linked with the Earth-plane, where we can be in spirit, on a low of vibration, and be seen.

You may be taken by your Guides, to scenes where you may have had a past-life, and you may be removing the thought-forms from one of your past lives. If any fear arises while you are there, it may be because you have a fear conditioning from your own past life beliefs in demons, devils and satans.

And these thought-forms come in all shapes and sizes, whatever an individual can imagine.

So after the meditation, in case any of these thought-forms are attached to any one of you, because of a subconscious belief that they are real, when you come back, every one of us in turn, will sit in the chair in the centre to the circle, and everyone else will focus the white energy, which will destroy the thought-forms, because we don't believe in what they look like. As a thought-form is a creation of the mind, and has no life of its own, but once created, can live forever to interfere and mess things up, and cause havoc, like poltergeist activity, which they do, until they are destroyed, moved on, or they are dissolved.

Because in the case of these specific thought-forms, it's in their inherent nature to be attracted to humans, as their, you could say duties, were programmed by the people who created them. So when they see us they may attack us, for who we are going to portray ourselves to be, and they will think that they can win, because we look human.

If we were real Angels, of whom we are portraying to be, if they could see Angels, which they can't, anyway, because Angels are on such a high vibration that they cannot be perceived by these thought-forms.*

(*This was before I found out humans evolve into Angels)

But, because we look so human, they think, 'These are pushovers.' So they'll come whizzing towards us, but we don't believe in them, remember, so they get dissolved as soon as they hit our aura, or come close to us. They will be dissolved, and they will just disappear.

Unless, like I said, subconsciously you believe in them, which may be why you may bring them back here, but we will destroy them, anyway. Now I'll start the meditation.”

ELIMINATING THOUGHT-FORMS MEDITATION

“I want you to now imagine that you are putting on a costume with large Angel wings, about six feet long on your back, and they look real. When you put them on, you can flex the Angel wings, and they do move. You don't have to flap them. They've all got feathers on, just like real Angel wings.

You can put a golden halo above the top of your head, and beams of coloured lights are coming out of the halo in all directions, all the colours of the rainbow, if you want. Now, each one of you, are still surrounded by a ball white energy, which you performed, at the beginning of the class.

You are now getting lighter and lighter, floating out of this room. We are all together, and we're going to fly across

the world to Europe. Our Guides are with us. We are going to go to Rome, and we are going to land at the Vatican. We are going to come in through the walls and ceilings of the buildings, into the corridors and the halls.

Tonight we are seeking out the thought-forms of demons, devils and satans, or whatever the priests, cardinals, deacons, or nuns have created, because they believe in them. And these thought-forms are very often attached to the people who work in the Vatican.

Now we are going to go down the corridors, and through these halls, seeking out the people who work there, while we come near them, the thought-forms will see us. And they will see it as great opportunity to attack us, and they will come at us, but we will dissolve them as they hit our Shields, our white balls of energy.

Now you can wander anywhere in the buildings, seeking out these thought-forms, which are creations of the mind, and we will dissolve them. Your Guides are with you all the time. I leave you to wander around now, and see how many thought-forms, you can destroy.

Of course it's only temporary, but it helps to take away some of the influences on the people working in the buildings. Good hunting.”

(Approximately ten to fifteen minutes silence.)

“I want you to now fly back across the world from Rome, back to Australia, back to Sydney, back into this room, back into your chair. Take off, the Angel wings, come back now, take three deep breaths, stretch out if you want to.

Now each of you can sit in the chair, in the centre of the circle, for few seconds.”

BETTY'S MEDITATION EXPERIENCE

(Betty) “I had lovely wings and a lovely halo with rainbows coming out of it, and went sailing down these enormous corridors, and all these funny

looking things came flying at me like moths. They went pop, pop, pop, pop.”

“As they hit your aura?”

(Betty) “Yes, good fun. Then I saw this Cardinal coming along with these... He had one on each shoulder, God, they were ugly, too.”

“Of course, they are like these things out of ‘Ghostbusters.’ I said, didn’t I, that they were creations, not actual people.”

(Betty) “Your average sort of work-a-day demon looking kind of things, they were, you know, horns, big ears, big noses, big chins, and sour expressions.”

“I suppose each Cardinal would create his own personal type of demons, which would look like what he would think they look like.”

(Betty) “Yes, and tails with points on the end, and hands, with great long talons on.”

“What were they doing, these things sitting on the Cardinals shoulders?”

(Betty) “Well, they were just sitting there. One was red and one was purple.”

“And what did they do when they saw you? Did they see you?”

(Betty) “Their eyes sort of lit up, for a moment.

(Everyone laughed at this.)

They didn't come flying at my aura; they just sort of sat there on his shoulders. They must have been his personal demons.”

(We are all cracking up with laughter, by now.)

One said,

‘I’m greed,’ and the other one said,

‘I’m pride.’ And I said, ‘I don't care who you are.’ And when I said that, they just burst, like little bags of dust.

Anyway, I had so much fun. I must do more meditations like this. I then went skipping around the place, and you know there were a lot of these eminent persons, and I had a lovely time. I went scooting around, and they all kept going, pop, pop, pop, all these little things, sort of grey things.”

“Did you see any nuns?”

(Betty) “Oh yes, quite a few, but very pious they were. It didn't stop them from having a lot of little devils hanging around them. Then every time they kept hitting my aura, and kept going pop, pop, pop, like a lot of little fat moths hitting a red hot light globe, and then they would just disappear. Loads of good fun.”

RUSSELL'S MEDITATION EXPERIENCE

(Russell) “I was there. I had the image of the Vatican. Not having seen the Vatican, you never really know, do you? It was certainly churchy. I came into a corridor and then went straight for a chapel, and there was a mass going on. My aura turned into a white ball of energy and I snow-balled the demons, the demons were people. So, there were these guys celebrating the mass, and his helpers, and there was a row of nuns in the front row on the left.”

“And where were the demons?”

(Russell) “They were the people. A couple of them had their heads bowed in prayer, and when I got close to them they looked up, or a couple looked up anyway. They had odd heads, like the gargoyle type heads, but they were definitely the people.”

“And what happened to the people when...?”

(Russell) “I just snowballed through them, and kept going. I didn't see them again. I wasn't conscious of anything happening.”

“Well, you see some of the clergy believe that the devils are within them.”

(Russell) “That whole religion is based on that. Then I found a classroom, which was full of children in black clothing. It was the children of the priests and nuns, and they were being trained in demon-ship, by this man, who was another demon, who I again went and rolled the snowball over him.

It was very clear that those children were the nuns and priests children. I don't know why that was so clear. There was an agedness about it, but it was quite likely a long time ago.”

BETTY AS THE CHANNEL

“Greeting’s my brethren. We hope that you enjoyed the meditation which Raymond took you on tonight. It’s been a most useful experience, and we hope that you learned from it. What Russell saw in his meditation, was the Vatican in medieval times.

We hope that you all realise that many things have changed since then. Others have remained much the same. We were interested to hear the things that you discussed about this meditation, and on the subject of the customs of the Roman Catholic Church.

In the early church things were very different, even though much of the Christian belief system was based on illusion, like most religions. Nevertheless, the core of the early church was a very worthy one. In the early church there was none of this nonsense about celibacy.

Chastity was expected of all members of the church, that is to say, chaste behaviour, and unity before marriage, and fidelity within marriage. But there was no notion, that priests and bishops were required to be celibate. On the contrary, you will find passages in the Bible, which state that bishops were indeed married. It is stated that, ‘Bishops should be sober men of worthy habits, and husbands of one wife.’

Ironically, it was a pagan infiltration of the church, which led to celibacy being established. The idea that the flesh was evil, and only in celibacy could a truly spiritual life be lived.

Which was an idea that came from pagan influences. And ironically, it was while the church was becoming more established, and eventually to become the state religion, it inevitably sacrificed much of its belief, and its doctrine, to become more pagan, in order to be approved of by the Greek and Roman pagans, who adopted it. Thus, there were many controversies in the early church, until finally the pagan influences won over.

Which is most ironic from our perspective, to look at the history of the Christian Church, which is today so very far from Christian. And yet at a later period, the same church with its heavy paganising

influences was to persecute pagans, and accuse them of the same things of which Christians were accused of in the days before they became respectable.

Christians were accused of holding orgies, love feasts, and eating babies at their Eucharist, and a drinking human blood. Identical accusations were levelled against so-called witches, in later centuries.

Naturally, you will recognise here that this is simply a convenient smear, which is invariably dragged out for handy reference. So as it was, the Christians were in disfavour in early times.

So later, pagans, or so-called, heretical Christians, or anyone who was simply regarded as a threat, or somewhat unusual, had similar accusations levelled against them by the so-called Christian Church. And yet already in medieval times, the doctrines which were believed to have come from Jesus Christ, already bore no resemblance whatsoever to that which was taught in the early churches.

Jesus Christ was born some four years before the date, which you call one A.D. And of course as you know, every religion has different references of numbering time. Since time does not exist where we are, we are sometimes a bit casual about dates.”

“Was Jesus a Virgo, because of the virgin birth?”

“We believe that the entity was born in October.”

“Did the cardinals, priests, and nuns, in mediaeval days, believe that the devils were within themselves, different to today?”

“In those days, everyone believed in devils, and everyone believed that devils were all around them.”

“And within them, because Russell saw them within the people.”

“Yes, and of course they were not capable of understanding that these things were created by themselves. They believed that demons were indeed separate entities, fallen angels, etc.

Now it came that as history progressed, well progressed is a relative word, the idea of celibacy, and the idea that the flesh was

evil, became firmly entrenched in the church. Of course this does not mean to say that the ideas which were taught in this church, were invariably consistent.

For example, you will find that certain sects, such as ‘the Cathars,’ were persecuted because they believed to teach that bringing children into the world was sinful. This may seem slightly at variance with the fact that the church itself seemed to teach, that since all creatures were sinful, the best thing was celibacy.

You would have thought that this idea agreed with the church, but no, the poor souls were persecuted, burned, and tortured, etc. But of course, you already know that your human ideas are never logical.

Of course, in medieval times, officially the church hierarchy was celibate, and of course much abuse came from this. Officially, they were celibate, but in reality they were not. Hypocrisy always produces many abuses, and the higher echelons of the church hierarchy were just as immoral in those days.

In more recent times, we do not wish to judge too harshly, after all we are not against any of these things, it is simply the churches themselves, which have their rules, by which they claim to live.

However, we may say that the general moral standard of the church hierarchy is a good deal higher than it was in medieval times, and indeed there were was a special school for the illegitimate children of the celibates of the church. It was of course called something else, but that was what it was in reality.

(I suppose the church called it an orphanage, for the general public.)

But today in the church there is much clamour against the idea of celibacy. But nevertheless the hierarchy will cling to the rule. Because of course, in many cases, celibacy is a useful thing.

There are those men and women who should not enter into relationships of this nature, because they are by temperament unfitted for it. There are many who should remain celibate who unfortunately marry and have children.

At least in the medieval times the idea of a celibate church was more accepted, and therefore those who were unsuited for marriage,

felt no shame but were rather encouraged and respected to become celibates. Today, of course in your ordinary secular society it is looked upon with great suspicion, if not derision. And yet you must realise that there is a logical balance between these things.

We see so much of human beings busily forcing round pegs into square holes, with great enthusiasm, and of course on the subject of being celibate, or being married, that this sort of illogical behaviour occurs.

The human species seems to take great pleasure in creating elaborate rules and elaborate hierarchies, and making life as complicated as possible. We must admit that we do not always understand the reasons for this, but then we must recall that we are on a different plane, and therefore we sometimes have difficulty in understanding the problems that you who are still on the fleshly plane, experience.”

“Are you Betty’s higher-self?”

“No.”

“Where do you get this interest in religion? You've channel before, were you involved in religion in your past lives? Or were you an historian?”

“I, as an entity, when I was on the earthly plane, had several incarnations in the church, as a scholar in the church.”

“Are you one of Betty's Guides?”

“No, I am just an entity who wishes to channel through her.”

“You've been with her for some time now, haven't you?”

“Yes.” **“Does Betty have an interest in religion?”**

“Yes. We channel through this entity because she has some knowledge of the terminology we wish to use in this area. We wish to explain to you the history of some of the belief systems in the Christian church, and in others which causes so much difficulty today, where of course you do not need to be reminded that human beings have in their basic illogical behaviour not changed very much since the Middle Ages.

While you still have people who believe that there are demons running around waiting to leap on people, which is obvious that modern secular education, and modern technology, and all the other

things which you have erected as a shield around you all, really do not count for much. Yet the irrational beliefs of the subconscious, or what we might term a kind of race memory, thereby innumerable ancestors have been brainwashed with this particular belief system.

So it is very difficult to overcome, and naturally, automatically, even beings fear what they do not understand. And equally automatically, they like to turn to some fearsome influence to explain something which they do not approve of.

We have channelled all we wish to on this subject tonight. Be blessed, and be well, goodnight."

RUSSELL AS THE CHANNEL, FIRST TIME.

"Welcome, my friend."

"Thank you."

"Yes."

"No."

"Yes."

"No."

"Yes."

"Have you been waiting long?"

"Are you a Guide?"

"Are you a friend of Russell's?"

"Have you been in spirit, long?"

"Do you know that you have died?"

"Have you been anywhere else, other than with Russell?"

"No."

"Can you see this white light, next to me?"

"No."

"Have you got your eyes closed?"

"Yes." "Will you open your eyes? Can you open your eyes?"

"No."

"Why can't you open your eyes?"

"There is pressure on them."

"The pressure on your eyes is going to go now, and it will lighten, and your eyes will open. And you will be able to see this white light. They will open slowly. Do you feel the pressure leave the eyes?"

"Yes, it's almost gone."

"And your eyes will slowly open."

"No, they won't."

"Yes, they will. Use your hands if you have to, and open your eyes with your fingers. If you're not used to opening them maybe the muscles have gone to sleep."

"I don't want to see."

"Why don't you want to see? What are you afraid of?"

"I'm afraid of seeing."

"You won't see what you saw before, I promise. If you open your eyes you will not see what caused you to close your eyes before. You'll see a beautiful white light surrounded by all the colours of the rainbow. Do you remember the colours of the rainbow?"

"Yes."

"And in the beautiful white light is a beautiful woman. Can you remember what a woman looks like?"

"I was a woman."

"Don't you want to see again?"

"No."

"Why don't you want to see again?"

"I was no good as a woman."

"Well it doesn't mean that you are going to stay a woman."

"No it doesn't."

"Well, why don't you try being a boy for change, or a man? You can reincarnate, and come back to earth as a man, instead, if you want."

"Are there any other options?"

"Not really, if you stay here you will not grow and progress, and you won't overcome that fear. And to overcome that fear you have to change. Can you trust my voice? Do you feel the trust in my voice?"

"No."

"Oh. Can you feel this white light instead of seeing it? Can you feel the white light? Reach out with your hands and feel it."

"I can feel a warmth."

"Now want you to feel not only the warmth of, but the feeling that comes from the white light, the love that comes from the white light, the acceptance, the trust. Can you feel that?"

"Yes, but I'm still frightened."

"Do you remember Jesus? Do you remember hearing about Jesus?"

"Yes."

“Well, in the white light, Jesus is waiting for you, to help you. Remember he cured the blind, didn't he? He could take away the pain and fear.”

“Yes.”

“He’s holding his hands out to you. Can you feel his hands? Put your hands in the white light and feel his hands. You can even feel the palms of his hands where the nails were put in.”

“Yes.”

“Don't you feel his trust and his love for you, and his acceptance?”

“Yes, I do now.”

“Will you open your eyes just a little bit, you don’t have to open them much, just take a peek. Just enough, and then you will be able to see him smiling.”

“Yes, I can see him.”

“And can you open your eyes a little bit more. He’s been waiting to help you.”

“Yes, my eyes are open now.”

“He's come to show you, and heal you, and take you to heaven. Will you go with him?”

“Yes, I'll go.”

“Bye, bye.”

“Goodbye, I'm still afraid.”

“He will hold your hand. He will help you and show you.”

“Goodbye.” “Goodbye. He's gone now. That was a rescue.”

(Russell) “Yes, that was a friend of mine who died last year.”

“What happened to the eyes? Didn’t she want to see? What was the cause of that?”

(Russell) “I don't really know. She died of cancer. Looking at the metaphysical cause of cancer, that's...”

“Well, she said that she didn't like herself as a woman.”

(Russell) “That's right, she was resentful.”

“She'd withdrawn so much; she'd sort of closed her eyes to the world. Did you see anything?”

(Russell) “Yes, I saw Jesus, and I can still feel the hands. It was very real.”

STANLEY AS THE CHANNEL

“Welcome. We would like to relate a message that is intended. A message that is needed to relay, is that in the times to come there will be many great things that will be within reach of everyone. That every dream will become a reality. Then all you believe, is what you create. Inevitably, that is the truth, for in so believing, it is...”

RAYMOND AS THE CHANNEL

“Greeting’s, my children. You have had quite a stimulating night tonight, with this meditation. We try to introduce knowledge and realities that you are not aware of. And by the end of the night you accept these realities. But if someone was to describe what was happening to the cardinals in the Vatican, with little monsters on their shoulders, and the like, you would most likely not be believed.

But we explain these things, and the logic behind it, to understand what you are experiencing, because the more you understand, the more you accept. You will find that we will keep bringing stimulating meditations to broaden your minds and increase your receptivity to perceiving these realities yourselves, with your own psychic senses, whatever they may develop.

It is true that the more that you believe in these things the more your psychic senses develop, to perceive even more realities. These realities that we perceive, whether they be in the past, or farseeing experiences, or other realities, they are all realities that the inhabitants believe in, to experience, to learn and grow in.

In spirit, you are as free as you are aware to experience and see all these different things. If you're not aware, you would not be able to experience them. Just as if you brought a native who has never experienced electricity into a room, he wouldn't know that when you switch the switch, the light comes on, he doesn't have the awareness.

Your world’s infrastructure, what you believe in, limits you in what you are able to do, because of your subconscious belief systems that tie you to this reality.

The more developed you become, the more advanced you become, the free-er you become to do miraculous things. From levitating, to teleporting to different place in the world. Your psychic abilities of clairvoyance, clairaudience, ESP, and all these other experience and abilities, if you use these to focus on this world, to use them for your benefit in this world, you will stay tied to this world.

The more you expand your activities to other worlds, other than this one, whether it is the spirit planes, or other worlds, or other time zones. You will learn technologies, abilities, and techniques to do miraculous things in this world. And then you can help souls in this world to grow, change, and believe.

We feel very sorry for those mediums that turn to this world and do readings and not much else. They gain a little psychic, and they focus straight back into this world, and use it for their own purposes. When they could learn so much, grow so much. We will leave you to think about this, because it is very important that you understand about this. God bless you all. Goodbye.”

If you receive a brand new meditation from your own Guides, and you are recording and running two classes. You will most likely receive from your Guides the instruction to repeat the same meditation the same week.

The reason could be, that if you are supplying your students with the recorded transcripts, a week later, if the next class have read what the previous class have experienced on the new meditation, then they may subconsciously do similar things to what the previous class did on the meditation, and would be taking away the students own reasons for what they do, or if their higher-self or guides want to teach them a new technique of action on their meditation, where the new technique has been deemed tailor-made for the student at their stage of development.

But if they have read how the other students dealt with a situation, then that might influence them in mimicking what the other student did.

So the next class-night, I gave the other students, the same meditation, which is the next chapter. I didn't type in the meditation, because I think you can remember it.

(46)

**HEALING CLASS 29/3/88 ALAN, JOAN, AND KAREN.
ELIMINATING THOUGHT-FORMS MEDITATION
ALAN'S MEDITATION EXPERIENCE**

(Alan) “When I pictured myself as the Angel I seemed very lanky and tall. Somehow still masculine, even though I felt feminine and I had a long silky flowing dress, which was all-white, sort of representative of the energy.”

“Angels can be sexless.”

(Alan) “I went down this long corridor with walls on one side, and big arches on the other, and walked down along it. The first one that I saw was these claws wrapping around the side of a pillar, and they were really hairy, like a shaggy dog. I did a violent thing, like getting an axe and going to chop him, and nothing was happening, and I said, ‘I don't need to do this.’”

“Because you are believing in them.”

(Alan) “Yes, so I swiped him with my hand and he vanished, gone. Then another figure, a red devil with horns, and I saw large devils, and there were smaller babies with nappies. There was this big one and he was lying with the others, like drunks in the doors. And one was lying like this, and smoking a cigarette, and he blew smoke at me. The smoke went into me and then came out and dissolved him.

Another one was drinking and he saw me and laughed, and choked to death, because I think I tickled him or something when he was drinking. Then there was one who was lying, and where his nose was there was this big black burnt cavity, like an inverted cigarette ash, and he was dead, and then he just vanished.

Then there were all these little babies, and they came around my legs, and they came swarming from everywhere about 15 or 20 of them, about 2 feet high. My energy started to glow red because I was surrounded, and I said, ‘no,’ I sort of jumped, and I was up, and I floated down, and as I floated down I was a bubble, and like a bubble popping, and they were

gone. I just kept walking along and seeing occasional devils lying like drunks, and doing something like touching them, or blowing on them, or something, and saying, 'Puff, go away,' like a magician.

When you said, for us to come back I left very quickly, I had just seen a nun-with a little baby devil, with its hands over the eyes of a nun."

JOAN'S MEDITATION EXPERIENCE

(Joan) "I got to the courtyard outside, in the gates but outside, and I wouldn't go inside. I just stood there, I was just frozen. My Guides are saying, telling me to go inside, but I just wouldn't."

"Were you scared?"

(Joan) "No, I wasn't scared. I don't know what I was, but I just didn't want to go in."

"I don't think it had anything to do with a fear of the thought-forms, but I think it had to do with the Vatican. I think there is something in your past, of why you don't like the Vatican. Maybe it's the fear of the actual building, the structure bringing back memories."

(Joan) "I wasn't scared, I don't know what I was. I just didn't want to go. I just looked at it and that was it."

KAREN'S MEDITATION EXPERIENCE

(Karen) "I didn't see any devils, and I went in through the walls, and I could really feel my force-field around me, my aura around me. I was waiting for different looking thought-forms to come racing for me, and I was prepared for any evil things. I kept saying to my Guides, Alexandra and Felicity, 'Hey, I can't see any thought-forms. I'm prepared to see them come to me, can you show me where I can help? What can I do?' I kept hearing this voice in my head, saying,

'Go in peace child, go in peace child, your presence is all that is needed.' I felt tinglings all round my aura, of like things bouncing off. And I said, 'Well, is there somewhere specifically I can go and help?' And Alexandria and Felicity took me down some corridors to this room, and

in this small little room, with a window on the right hand side there was this man facing the wall behind the door, and he had like this gold cross thing, and it was sharp, and he was going to stab his wrists, and he was going to kill himself. And I was sitting there next to him, and I said, 'Do not fear, the Lord is with you.' And he just sort of looked up, and then he put his head down, and I said, 'Pray in peace.' And then I left, I went out the door."

But before that, I had flown up onto this banister, on like a landing with a banister on it, but I couldn't see anything. Anyway, after the room they brought me back through the corridors, and I was back into the main hall of the Vatican, and passed all the pillars.

And they took me past the front pulpit, and behind the pulpit were these curtains, and I walked in through the curtains and there was one of the high priest, and they said,

'Yes, from the Vatican.' And he was handing over gold coins, and they said,

'There's been deceit within the Vatican. And there's been money passed.' And I said, 'Why are you deceiving like this?' and, 'Why are you stealing? And, 'Why are you doing wrong like this, with money? And he said,

'Because I'm afraid I will fail within the church.' And I said, 'Well, you're not going to achieve outside of the church if you keep running away from yourself, like this.' And he just sort of listened to me, and then you called us back."

"Why don't you ask your higher-self if that person was in spirit or in the physical? Because normally our spirit doesn't come in contact with the physical, their physical consciousness does not perceive the spirit visitor.

But if it was the spirit that was tied to the Earth-plane, and it was tied to the Vatican, like an Earth-bound spirit. Ask your higher self, which it was?"

(Karen) "They were physical bodies, and I was talking to their minds, to help them. They didn't actually tell me that I was talking to them. They just told me that they were physical bodies, and the feeling I had when I was there, that I was, I got this image of being the conscience sitting on

their right shoulder.

And I was actually helping them, like speaking God's words to help them listen to their conscience. They would look for something to ask.”

“Do you think that the gold coins were symbolic of what he was doing? Maybe it was in the Treasury.”

(Karen) “Well, I asked, I wanted to find out the specificity of the gold coins, and they just said,

‘Forgery,’ or they said,

‘Wrong-doing, deceit, money handling is going wrong here,’ they said to me,

‘Don't get so caught up in the details of the gold coins, just know that that's what's going on, and what you have to do is ask this man why,’ and tell this man,

‘He mustn't,’ and don't get caught up in the detail of the coins.”

“Those things you felt fluttering on the outside of your aura were the devils, because another student last night said that they were like little moths, and every time that they hit the aura they just went puff, puff.”

(Karen) “Yes, yes, it was like I could feel things vibrating and banging into my aura.”

“Except that you didn't see them. It doesn't matter if you don't.”

(Karen) “No, I just felt like there were lots of white light coming out of me. Raymond, do you think that you would see them, if you don't even have the capacity is to let yourself see them?

You can dissolve them simply by your energy, if you don't allow yourself to see them, as the priest would see them, then you would have so little faith in them that you never get to see them. They dissolve before they even materialize before your eyes. Do you think that could happen? I just felt no fear whatsoever.”

“If, like Alan, a few times he was a bit scared and jumped up in the air...”

(Alan) “Yes, when my white was going red, that's when I felt a bit of fear.”

“You see, your higher-self could have the memory of believing

in these things from past lives, and believing in them, and imagining what they will look like in those past lives, would still be a racial memory within your subconscious. So you could allow yourself to see these things because you've imagined them in your past lives, because in those days not only the priests believed in them, everyone else did.

So, that could have been how you saw them so clearly, Alan. But if you, Karen, haven't had any lives where you were conditioned to believe in these thought-forms, your subconscious may not have the memory of visualising these devils or demons to show you in your meditation, but of course these creations by the people in the Vatican are real, and hence you felt them hitting your aura."

(Alan) "Everything apart from the babies, felt like I couldn't identify them. I got these strange images, 'Why are people thinking this? Why is this going on? This is silly.' That was my opinion of it all. It was like an incredible joke. It was like seeing a man in Superman suit and people believing it."

(While I am typing this, my Guides tell me that in one of Alan's previous lives, his imagination created the baby demons, and that's why he could identify with them, read again the underlined section.)

"How do we know that the priests who had died from way back in history might be hanging around the Vatican like earth-bound spirits, for centuries, like lost souls do, with their own thought-forms still with them.

So for some of these souls it might really be like hell on earth, because they might actually see their own thought-forms, or anyone else's when they passed over into spirit, and they might be tormented by them, if they believe that they were bad when they were alive."

(Karen) "I got the sensation that people around me in the Vatican could feel my presence there, a positive presence."

"Maybe it's true, I'll give you a thought to think about now. How do you know that all the Angels that have been seen, or

recorded throughout history, are real Angels, maybe some of them were groups from the future, doing missions into the past. Think about that one.”

(Karen) “Can people clairvoyantly see us travelling astrally?”

“If they’re clairvoyant they can. It has been recorded that this phenomena, of seeing angels has occurred.”

(2010 INSERT. In 1995 I had an actor/film producer student, Angelo, who went on the same meditation, but straight away he found a nun in a small chapel off a corridor, and after he destroyed a thought-form plaguing her, he found out she was a past-life of his.

I then asked him to find out what the thought-form was programmed with, this question came from the student’s higher-self, because I don’t normally ask this kind of question, and he found out in great detail, what she was praying about, and she was in great emotional turmoil.

I then asked him to ask his higher-self if he could send like a telepathic message to the Nun, and he was told, ‘Yes.’ and he (And his higher-self) sent a brief telepathic message to the Nun, but then this is what came out of my mouth,

“Ask your higher-self what you’ve got to say, because remember it’s a totally different era, and you might want to make it complicated, but they might not want to make it complicated, you’ve got to get it word for word from your higher-self, because they know the Nun, psychologically, better than you.”

Angelo’s Guides or higher-self must have thought it important that I emphasise that Angelo learns what was said to the nun.

The student’s higher-self obviously channelled what he thought he said to the Nun, as his higher-self may have been speaking to the nun in a foreign language, but the thing is, a small part of what was channelled were these words that Angelo said were spoken to her.

“You are allowed to be happy, for if you are happy and you are married to me, then I will be happy too, and bless you forever, and do not forget my child, that I will love you always.”

When I heard this, I knew that my student’s higher-self had

transfigured over him and appeared as Jesus, in case the Nun's spirit or physical body could see the Angel. Notice I didn't write impersonating Jesus, deliberately.

Anyway the whole point of this bracketed extract, is that this student went to Rome six months later, visited the Vatican, and while he was walking down this corridor, he saw this huge painting on the wall outside this little Chapel, and he nearly passed out, because on this painting, Jesus with angel wings is talking to a Nun knelt in prayer, and the Chapel in the painting was the same as the Chapel next to the painting, and he said it was the same Chapel from his meditation.

Maybe someone passing the Chapel saw Jesus, and described the scene to the Vatican artist, who painted the painting.

On this night the other students didn't turn up, and as the meditation experience turned out to be intimate and personal, it was planned so that Angelo could relax, as Angelo had read all the first four volumes, approximately 1600 of these size pages, and had great trust in me. (Oh this night fourteen pages were generated, of what happened on the night.)

(I was then guided by spirit to ask Joan to be the one to talk to any spirit's who needed rescuing, who came through any of the other students' channelling.

Also the first spirit who came through Alan specifically gave his name, and as he was a world famous scientist, and as he has relatives still alive my Guides have asked me to blank out every mention of his name, but I think you will be able to figure out who he is.

So before the channelling started I said this to Joan.)

“If we have any rescues tonight, they want you Joan, to practice receiving from spirit, how to convince them to go to the white light, because you're the most familiar with doing rescues.

Now if any rescues come through Alan or Karen, they want you to practice talking to them, convincing them, but you will get the answers from spirit, and you have to get more confident in what you receive, and say what you have to say.

Because if I do it all the time, like I have been doing it lately, where I do the rescue, like getting the spirit to go to the white light....”

(Joan) “Who’s idea was this?”

“Spirit’s. You’ll be doing it tonight, but when the others know what they are doing they can practice on other nights, talking the rescues through. You can speak out loud so Alan should be ready now. So I’ll start the conversation, and if I am told by my Guides that it’s a rescue, you can take over.”

ALAN AS THE CHANNEL

“Welcome, my friend.”

“Yes, I’ve been here for a while. I’ve been waiting for you to stop talking. You haven’t allowed me to talk to you, but you know I’m very impatient with these things. You don’t really... You probably should be more sensitive to...”

Alan is probably not the most noticeable when he’s channelling, but I think that you should be more sensitive, because you know I’m very impatient.

You know, I think that you should, with Alan be very, very careful, because he’s not quite so obvious in his illustration of what is being channelled through him.

My name is ----- . I would like to channel through Alan, who is not a particularly good channel, but you know he understands a lot about the ----- . He has done, actually... studied a lot his own... heard it mentioned by a few physics teachers at school, by the previous school he was at.”

(The spirit was talking so fast, that he was tripping over his words a lot. He was also saying his thoughts out loud, giving away that he was at fault, not Alan, but was trying to justify himself, by blaming others. Like Alan and I for his impatience and miss-choice of words.)

“I would like to channel through him, because he can understand and relate to this sort of... things that I can. In that the direct

association with signs, as... to do with spirituality, and how it directly relates to spirituality. There is a direct relationship between science and spirituality. You can put certain things in spirituality, into an equation.

I feel like the world is really trapped down the wrong path. We have proceeded in the wrong direction. We have focused on a wrong point. We have focused on my knowledge, which is good, but to the wrong use.

I also like to say that Alan's knowledge... he is to be extremely useful, as his understanding and relationship, and the way he relates things to nature and spirituality, directly from science is very direct, and has... he has a correct understanding.

This especially relates to problems that are more mathematical, but what is important is that things must be seen to be logical, and say, being able to be put in the equation that we find. Equations are always to be developed.

You can have an equation and develop further from it, into any other equations. Certain variables in themselves are only constant in relation to the equation, because the understanding attained is of a lower-level. The variable is never a unit. The variable is always able to be broken up. Mass is energy, light is mass, light is mass energy, energy is mass. Love, rich, coefficient of...

(long pause)

“Thank you my friend. Maybe another will come through in a minute. Good evening my friend, are you going to speak?”

“I will speak.”

“Who are you?”

“I am a man who climbed the pole with spines and vines wrapped round to the pinnacle, where I live in the clouds. I'm not there anymore. It was my home, my home is gone. There is no more pinnacle in the clouds.”

“How long have you been in spirit?”

“Very long time. So long, the image of home has faded.”

“Have you ever seen your Guides? Do you know what Guides are?”

“No.”

“I didn't think so.”

(I always ask mentally to my Guides while I am talking to the spirit, if the

spirit needs rescuing, but talking to the spirit first allows the spirit and the student to adjust to each other, to facilitate a better communication connection, and also to help teach the students of the many various predicaments that the spirits are in.

I then gestured to Joan that she could carry on with this spirit.)

(Joan) “Why don't you stand up?”

“Why should I stand, there is no home to go to.”

(Joan) “If you stood up you'll see your home.”

“I've stood up many times before. My home is never there. My home is no longer in the clouds. My home is no longer there.”

(Joan) “If you lift your head and stand-up, you'll see your home in the light.”

“But my home is not a light, my home is a pinnacle in the clouds, spines and vanes.”

(Joan) “Your home is in the light. If you can lift your head and stand up. Come on lift it a bit more. Now stand.”

“Ah, it's only that white thing. That, hey, look. Oh yes, look, that's my home, there. Look, you can see it in the gap. Like the gap between a door in a dark room and a light room. Yes, oh yes, hey, look, thanks a lot.

Can I just go through this white light gap? there's like this door thing, that's like... I don't know if I can go through it, it's like you know, you're in a dark room and there's a door, and it's slightly ajar, and there is light in the other room. I don't know whether I can get through the gap. I can't squeeze in between the door and the doorway.”

(Joan) “There's someone there to help you, there's someone there. They'll stay to help you, to take you through that door.”

“It's just a hand sticking out, between the door and the doorway. But who's hand... I can't... its got long fingernails. I don't know, I can't hold onto that hand. I can't even look at it.”

(Joan) “As you walk closer to that door you will see that person.”

“I'm not going to walk closer to the door, because there's a hand there. Can't you see, I can't walk in...”

(Joan) “You will see more than the hand if you walk closer. The doorway won’t be dark. Walk closer, each step you take the doorway will become lighter and lighter, and you will see clearly who belongs to those hands.”

(Alan) “They’re the hands of his niece. His Niece for some reason. The Niece in that light.”

“He's gone, he went. He must have seen the Niece and shot through, went to the light.”

I was asking whether it was ----- or not, and I got, ‘Yes.’ You’ve got to be convincing. You’ve got to get your words in as well.”

(Joan) “Yes.”

“The idea is to try to give them a picture. Try to convince them beyond a shadow of a doubt. If you leave gaps in your picture, that you are telling the spirit, the spirit will create their own things in those gaps, and those things are often what they fear. So you have got to fill all the gaps, and not allow their fears to imagine visions like claw-like hands.”

Always try to describe positive pictures to the lost soul. If you mention, the relative, the memory of the relative will come to the lost soul, and they will expect to see that relative in the white light, which is like filling in the gaps.”

(Alan) “I got the message that it was his niece, when he went in there. You see, I don't think he was quite sure of what the person was. It was more like going in there, and seeing a hand, and then looking around the corner to see more. It was like this woman in this dress, and she had a mask on, which is like an ape, a chimpanzee, and had black-and-white all over it. But it didn’t look bad, it looked really friendly. And he said, ‘Ah.’ He wasn't prepared to go in for that, because he didn't know what it was.

But when Joan said, ‘As you get closer, you feel the white light enveloping you, and pulling you in,’ he went in, and once he got in, he realised that it was his niece.”

“The lost soul was most likely creating and superimposing something he fears, on the niece’s face.”

(Alan) “Yes.”

(Karen) “I thought maybe Joan wasn't telling the lost soul, who it was, because maybe, they had to learn a lesson of stepping forward.”

“I don't know, that could be true, as well.”

(Alan) “He didn't recognise who this person was, and say, ‘That's my niece, great.”

“Another thing, our guides knew all along that Joan was going to do this rescue. So they brought the right person that they know Joan can handle, at this stage, of her first practise at doing this.

If I had to do the rescue of a spirit, it wouldn't have been that spirit. It would have been another spirit, where I would have had have said. Specifically, what I would have said, but because you're practising, he would have been rescued by what you said.”

(Alan) “This was a good guy to practice on, because he wasn't the type that would turn away and run, if someone said the wrong thing. He seemed very open, and said, ‘Yes, yes, what are you saying?’ Being very stationary in his position, you know, not hard to move, but not easy to scare away.”

“The more a person practises doing this, the more they will get the hang of it, and they can take on more difficult souls to rescue.”

(Alan) “With -----, he was with me a long time, before you stopped talking to Joan.”

“I think he had to learn patience as well.”

(Alan) “He seemed really impatient.”

“He was trying to say, that I should be aware of him being with you, and to hell with anyone else, I'm talking to, and I've got to go straight to him. Your higher self, and your control guide, let him in earlier, for that special reason, for him to learn a lesson, to learn patience.” **(Alan)** “It seemed like he left in a huff.”

“Yes, well, he still has to learn lessons.”

(Alan) “When he first came, he said, ‘I am -----.’ I think this particular ----- has to learn patience, I think.”

(Joan) “He was told by spirit to slow down his communication, but I do feel, that the reason he came early, was to learn patience.”

(Alan) “It was like when he was there, and you were talking, it was like he was saying, ‘Can't you see me? Can't you see me? This is ridiculous, can't

you see me?”

“Well, in other words, the whole exercise wasn’t to get through what he was trying to tell us, but the whole exercise was for him and us to learn a few lessons.”

(Joan) “He’s going off like that all the time. He’ll get sick of it eventually.”

(Alan) “Yes, that makes a lot of sense. It seems like he does this all the time.”

(Joan) “They just let him ramble on, but he’ll get sick of it eventually.”

“Remember what spirit told you, about the kind of rescues you’re going to be doing?”

(Joan) “What?”

“Disturbed minds.”

(Joan) “Yes, what?”

“Well, he was definitely disturbed tonight.”

(Joan) “But he knows, no one is taking any notice of him, where he is, so he’s trying... He doesn’t realise he needs rescuing, so when he realises that, he might...”

(Karen) “Have you got the message, that he’s actually a lost soul?”

(Joan) “He raves on like that all the time, it’s just...”

(Alan) “No, I got the message of, ‘I’m not a lost soul.’ I don’t know if that was an arrogant denial, but that’s what I got.”

“But that’s his belief system, but he doesn’t know any better. He most likely still hasn’t seen his Guide’s, he’s still not the right vibration, where he’s supposed to be. He’s still attached to the Earth, trying to communicate with other people. Maybe, I don’t know.

Maybe I should have sussed him out as a lost soul, in the first place, and told him. But then again, sometimes we have to let these lost souls rant and rave, and let them learn their lessons in that way.”

(Karen) “Maybe you presumed, because of his knowledge, he wouldn’t be a lost soul.”

“That’s true, but I didn’t get much of a chance, to get a word in edgeways. So I thought he knows what he’s talking about, let him rattle on, he might have something to say to us. But he didn’t, he was rattling on, and he was raving.”

(Alan) “You know what it was like, it was like all the words... it’s like

hearing a paragraph read in an instant, and then trying to repeat it.”

“What I'm being told, is that they didn't want to rescue him tonight, they just wanted him to learn a few hard lessons, so that he would become more receptive to being rescued at another later date.”

(Joan) “He’s got to be let go, he'll do it in his own time. He's trying every avenue at the moment.”

(Alan) “It's almost like he's got pride there, or something.”

“Yes, I know, Well, it’s his ego, I mean, he's been a famous man, and he's been a very highly intelligent man, in his time.”

JOAN AS THE CHANNEL

“Yes, you’ll have to get their attention. They're not listening.”

“Who?”

“That crowd down there.”

“Which crowd?”

“That rowdy crowd.”

“Lost souls?”

“Yes.”

“What, in this room?”

“No, down the way.”

“Where's down the way?”

“Just play something, to get their attention. No, not that one, play something else. Well, that did it, didn't it?”

“What did?”

“That whistle. They’re so noisy. Walk towards us now. That's right, just keep coming. There’s that light. There’s a light behind us both. No more chattering, just look at the light. Now go to that light. There’ll be more need for that noise. You'll know what peace is. They're gone.”

“Are you Joan's Guide?”

“I'm Joan's higher-self.”

“You were doing a rescue of quite a few souls, weren't you?”

“I had help.”

“You are also showing Joan how to be more assertive, weren't you?”

“She had a friend to help.”

“Who was the friend?”

“It wasn't a friend.”

“Who was it then?”

“A relative.”

“What did you think of -----?”

“Oh, that crackpot. We just let him go, we just let him rant and

rave.” **“Was that our -----, the one from this world?”**

“Yes, that was him. He knows we don't listen to him up here, that's why he's starting in down there, now.”

“He’s not been rescued, then?”

“No, he's to quieten down, before he can be rescued, slowed down.” **“So he wasn't meant to be rescued tonight, either?”**

“No, it may take some time, but is not doing anyone any harm.”

“Did the Guides set it up, for when he arrived, to show his impatience?”

“Yes.” **“That's what I thought.”**

“Alan was chosen, because Alan can need to slow down at times, himself, but Alan was able to keep up with -----’s speed.”

“And that's why he was chosen?”

“Yes.”

“Because the two vibrations meshed a lot easier, didn't they?”

“Yes, and when he was told to slow down, they both slowed down.”

“Will he be brought back to the circle to be rescued, or will he go to another circle?”

“He will be rescued in spirit. He has to exhaust himself first.”

“It could be a long time, though.”

“Yes, it could be a very long time, but like we said before, he does no-one any harm. He’s not on a lower plane. He's not causing any bad karma. If there is, it will be to himself, but it won't affect him all that much. So he’s not to be kept on a lower plane.”

“He’s just not ready to go back to the plane where he belongs on.”

“No.”

“Is it possible for souls who don’t go back to the plane, where they belong on, to be reincarnated into a baby again, before they go back to the plane, where they belong?”

“It is a choice, but not a good choice. It is allowed. It is not opposed, nor is it enforced. If it is to be part of a learning process, it will happen. No spirit can be told what to do, it is all a decision of their own.”

(47)

Because my next series of questions on this night, were what my Guides wanted me to ask about, to prepare the students for new concepts and material to come through the next few classes, I will first have to explain a lot of things I have been putting off, because my Guides didn't want them put in my first volume, which might have frightened away new potential students, but as readers of volume one have read about extracts from all the years of running classes this has been somewhat mitigated.

I will have to explain to you, in this and the next chapter, what I had been finding out over the last few years of running these classes, but I had no class experiences to back up the validity of what I had learnt.

My next series of questions, I feel, were brought to the surface of my mind, by my higher-self, to prepare the students for an expansion of our knowledge about past lives, in which these concepts would start to arrive in the classes over the next few weeks.

But first I will have to put you in the picture, or you will be as confused as we were by the answers that came, distortedly through Joan.

When I first developed my telepathic link with my Guides, where they would answer my questions, by nodding or shaking my head, or if they didn't want to answer the question, with a specific movement, and as I was finding that most of my questions were answered with a yes. I found out that they wanted me to load up my conscious mind, with all the terminology and discoveries, which were true, by helping me choose a lot of books from the largest New-age book shop in Sydney, the same book shop, I already had bought a couple of hundred Astrology and Numerology books from.

Anyway, they would help me choose the books, some of the authors I had to buy all their works, and some they said, 'No,' to. One of the series of books I had to purchase, was a hypnotherapist, who does past-life regression, not only in small groups but in large hall's, and he started coming across more than one person in the hall, who were seeing the same past-life as each other, I bet that confused the hell out of him, but after, finding out from the Guides and higher-self, that they were truly

their past lives.

He became aware that if a higher-self with its past life memories, wants' to learn or overcome more than one thing, and is sufficiently advanced to cope with, can put a spark of their consciousness into more than one baby, at the same time, or can be different time periods, and can be as many as five or more babies.

So if they grow up and arrive without consciously knowing each other to a large hall, where everyone is then shown a past-life by their own higher-self, while the hypno-therapist thinks he needs to put them under hypnosis. They may both be shown deliberately, the same past life that their higher-self has already lived, just to teach the hypnotherapist and thus us who read his books, about this phenomenon.

As there wouldn't be any therapeutic reason, to show two or more incarnated branches of the higher-self, the same past life.

As usually in my classes and therapy sessions, one branch is shown a past lifetime, to release conditioning, which would also remove the conditioning from the other parallel life branch, subconsciously while they are asleep, any strong emotional conditioning, or beliefs, will fade over the coming weeks in both incarnated life branches.

We were also learning about parallel Earth's, where there are many Raymond William Shore's. I will quote what I was guided to write in my second Volume of my 1990 printed book.

'A person's parallel life, maybe living in this world, or on another planet, in another galaxy, or on a parallel Earth, in another dimension, in either the past, present or future, and can be either sex, or non-human, in totally different circumstances, but the conditioning and memories of the consciousness of the parallel life, are only the memories that the higher-self have collected up to that point in time.

So if the parallel lives were incarnated many lifetimes ago, then all the subsequent lifetimes after that would have separate past lifetime memories, to the other past parallel lives, and their subsequent next lifetimes, different from the other parallel life.

So each individual in his audience who both saw the same past life, they each may have had quite a few past life experiences, that would

change their spirits, from those experiences. And in this incarnation their higher-selves may either be the same higher-self, or they may now have separate higher-selves.

Also their higher-self, or selves may have chosen baby's with very different astrological patterns at their birth, to incarnate into.'

This is also a quote from another chapter on parallel Earths.

'The concept of parallel worlds may seem like science fiction, but many science fiction writers are tuning into their past or parallel lives, on these parallel worlds. Where, at one stage, the events up to a certain point in time are identical in both worlds. Which occupy the same space, but a different vibration.

As you know, all physical matter, are atoms vibrating, but because of free will, circumstances change, and the history of the other world also change.

As you know, the end of World War II, in this reality, needed the co-operation of many countries to stop the Nazis, and that at the last stages of the war, the Nazis were working on the atom bomb and were constructing the V3, which was an intercontinental rocket, which could reach America. They were already using V2's.*

(* Rockets from Germany that were striking London with 1000 lb bombs that could not be shot down.)

The V3's, were intercontinental ballistic missiles meant for New York. The science fiction writers have tuned into this parallel world, where the Nazis won the war, and dominate the world.

About seventeen years ago I read a book about this, and the realism was so high, that it sent chills up and down my spine, like using Jewish slave labour to dig the English Channel tunnel.

This alternate Nazi reality has since been confirmed many times by spirit, in the classes, which you will read about in the coming discs.'

(48)

In this chapter you will read what I was guided to save for this volume, about a parallel life of my higher-self's on a parallel Earth, that not only I saw, but at the same time Julie and Caroline saw their lifetimes there, and we gave each other cross confirmation, like witnessing what each of us were doing.

But in my case, years later, I found out that it was a past life of a parallel-life, whose spirit had swapped places with my spirit when I was approximately nine years old.

Another of the books, my Guides wanted me to buy and read, was about the phenomenon called, 'Walk-Ins.' And over the seven years, before this second volume came to be written, I had been gathering information to present to my students, in relationship to my life, of any proof or differences from what I had read, that I could learn from my Guides. So this is what I knew up to this stage.

(I have used many of these extracts in the first chapter of volume one, as this is the chapter where I first introduced these concepts of my childhood conditioning to my volume two readers, but if I was to remove them from this chapter, it wouldn't make sense, so if you don't want to read them they are yellow highlighted.)

"Walk-Ins," is the shortened term used by us, about the voluntary exchange of the spirit from the physical body, for another spirit to be the new resident spirit, in the body. It is easier to explain with an analogy, like this.

When a person would like to change their automobile for a more suitable vehicle, say, for a four-wheel-drive, they trade it in, and buy another vehicle. Very often, it may not be new, but they know, what the four-wheel-drive performs like, and it is more suitable for what they want to use it for. Now his old vehicle may be suitable for another driver, but it has a large engine, so the new driver knows that it's going to consume a lot of fuel.

What I'm trying to explain is, if you imagine a car is a human physical body and mind, it is known what the body and mind has achieved in the world, so that the new occupant can make the best use of the experiences, abilities, or strengths, learnt by the conscious mind.

Or you could explain it as, after a bricklayer has built the walls of the house, then a carpenter comes along to put a roof on, but the carpenter can't put the roof on, until the bricklayer has done his work, built the foundation, you could say.

My Guides want to add this, before I ramble on about my childhood, and that is, they are saying, that approximately 90% of 'Walk In,' recipients are being exchanged by their own parallel lives, because in this way the vibrational adjustment is easier, and the 'Walk-In' spirit is helping the same higher-self with any growth, experience, or achievement.

In my own experience, to achieve something new, and different in the world, the program of the individual to escape from the brainwashing influences of the world, or parents, from birth through life, is a traumatic one, also from past, or parallel lives, and if need be, from this life's childhood.

Sometimes the trauma is blocked out on a conscious level, but its effects are still conditioning, and it is this conditioning, that in a way prevents individual from accepting society's or parents programming, which allows for growth. Because the more you accept this world, the less likely you will accept the influences that are unseen.

Also this conditioning has an effect on the mind, sharpening the focus of the way you analyse the suffering to yourself, and those around you.

My higher-self has told me that my spirit chose my mind to go through all my childhood conditioning, to suppress the awakening of my strengths and abilities developed from past and parallel lifetimes, so that in later life, I wouldn't be locked in to responsibilities, (married with kids)

Or career professional restrictions,

(Doctors Hippocratic oath, or the clergy's narrow area of belief.)

Or the distractions of fame, fortune, easily acquired from past life abilities, if they weren't blocked in my childhood, and all the temptations and distractions that go with money, etc.

Also in my past lives I had developed a very strong will, and had abused this power on many levels, and that needed retraining.

As I write this, in 2009, I have become aware of who I have been, in over 100 past and parallel lives, and understand what she (higher-self) is talking about. So I understand that she also needed to suppress my I.Q.

When I was in my late twenties, after I had been studying astrology for over three and a half years, I took an I.Q. test, which isn't testing you on what you know, but on your ability to solve puzzles, not crossword puzzles.

Anyway I got a shock, it was a lot higher than my school academic achievement, but then again, of the three classes which apprentices were taking at the same time, the same final technical college exams, when I was twenty years old, I scored the highest marks of all three classes, in the theory part of the exam. So my I.Q had been increasing, just as I grew two inches taller after I was twenty-one years old.

One of the largest conditioned restrictions I needed in childhood was any desire to write, or be good at English in school, to prevent Teachers, or school career officers, from persuading me into pursuing a career in writing.

I have since found out that one of my parallel lives, who is now on the other side, was a Doctor, a spiritual healer, and a more famous, fiction writer. Where his novel's were made into movies and T.V. series.

(2010 INSERT. Another parallel life who died in the last twenty years, was a famous science-fiction writer, who also had his books turned into many movies. He also came and channelled through one of my advanced student's, where I helped him find out about our connection, but mainly to help him become aware of his own past lifetimes he had lived in the far future, which he wrote about as fiction in this lifetime.

That blew him away, as the saying goes. All these experiences in the classes will be in following disc-volumes, after this one. Yes, you can reincarnate into the past.)

This is only scratching the surface of the number of past lives, where I have been involved with writing.

My higher-self, said, I chose my conditioning, so that I would be free to write these text-book-documentaries, as even I feel they are the most important series of books in the world.

I will now try to show you my childhood conditioning and blocks, so that if a reader can figure out their own childhood suffering, and it's relationship to their own growth and development, then I may help them to let go of any attached negative emotions, to what they went through, which may be preventing them from being happy, and going forward.

I have always had a reluctance about writing about my childhood, but my higher-self has shown me that explaining my own childhood, will be a great boost of esteem and confidence to many of my readers, who's higher-selves arranged for them to acquire this disc, because they have also been through their own childhood suffering, trauma, and as a consequence, conditioning, for the purposes of their own spiritual growth. And these discs will help the reader to accelerate this growth.

When I explained all this, it was in this equivalent chapter in my original volume two, as I had already printed volume one, but my Guides and higher-self wanted certain high-lighted extracts to be transferred to the beginning of the first disc, to explain my Astrology and Numerology, so as this high-lighted section is interconnected with my 'Walk- in' experience, I will leave it in, for you to read if you want to.

I was born in Barnsley, England. At the age of five my brother was born. I suffered from Candida Albicans, from before I can remember, then it was called a Hay-fever. Since then, I have found that I was also reacting to certain foods, that I was allergic to, any sugar or yeast based foods.

We move from Barnsley to Chester. When I was nine years old, but while my mother was converting this big old house into a 'Guest house,' (small hotel), my father still stayed in Barnsley, working down the coal mine for a few more months. I didn't see him after that, because a month later he died, in bed.

A year later, my mother remarried, and my stepfather went to work for a confectionery wholesaler's, and every week brought home boxes of samples, for my brother and I to gorge ourselves on, which doesn't help, having Candida.

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

The affect, my higher-self explained, is like making a left-handed child, become right-handed, it really messes up the schooling, but in my case it set up very strong aversion to writing, and the constant focus in school of making my handwriting beautiful, because my stepfather would check my school books, well, my English grammar and punctuation, was practically, non-existent. Even though, my essays were twenty pages long, and I would be getting up at four o'clock in the morning, to finish them.

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

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

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

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

My mother would lose her temper so much that her whole face would

flush bright red, and spittle would fly everywhere, as she would punch me over and over again, from my shoulder down my arms, before she would start in with slapping the back of my legs. I did have the same facial features as my biological father, maybe that had something to do with it.

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

In the first year of the new school, after the 11+ exam, I was placed in a lower grade, called 1B, where there were a lot of, you could say, juvenile delinquents. I was terrified throughout my school days, and was always beaten up, extort-ionized, and bullied, because my mouth always got me into trouble.

I managed to eventually come 2nd in the second annual yearly exam, and I was bumped up to 3A, but because I had had lower grade Teachers in the first two years, in all my academic subjects, and I acquired all new A grade Teachers, where the curriculum was more advanced, I found it a struggle.

My higher-self and Guides have just now revealed that it wasn't my fault that I came bottom of the class, in math and English, and they want this explanation to help other readers who went through the same experience, who also blame themselves, from the same generation as mine. This is what my Guides told me.

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

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

to be Lawyers, Doctors, scientists, and the like.

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

She explained that the level of morality, scientific achievement, and technological advancement, is all created by us, with our past and parallel life experiences. In most cases, our conscience prevents us from behaving like animals. She says, imagine what the world would become like, if it became perfect, and all the higher-selves, decided our spirits can't learn and overcome, in a perfect society, and decided not to incarnate into the human vehicles any more, and incarnated on other Earths at lower levels of development, then that perfect Earth would revert back to a bloodbath, with everyone's mind having only what they learn from one life, with no spirit with a conscience in anyone's body.

But that isn't going to happen, all worlds in the physical are classrooms, where the students are the Teachers, and the Teachers are the students.

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

So when a woman who came from New Zealand, and stopped at our guest house every year, she would tell us about New Zealand, so I got the New Zealand year book out of the library. So before I left school, I had already made up my mind to become a tradesman and emigrate to New Zealand, when I was twenty-one.

Meanwhile, I came bottom of my English class in the fourth year at my school. When I was fifteen years old I knew there was no point in staying on another year, to take my school certificate exams, so I sought out an apprenticeship and started work.

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

voice, or any memories of what he looked like.

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

I recognised so many of the described behaviour patterns in myself, that I started asking my guides about my own childhood. So I asked my Guides if I had any experience of this in my own childhood, and was told, 'Yes.' And was I surprised when I was shown one akashic recorded scene, from my childhood. I will explain more about this after a few pages of interconnected material.

You might think, what has this got to do with parallel-lives or Walk-ins,' I also found out, that my spirit couldn't cope with the childhood sexual abuse, and 'Walked out,' left my physical body, and a parallel life of mine with the same higher-self, who is also the original spirits higher-self, 'Walked-in,' and reconnected with my physical body and mind.

And because of what she experienced in her last lifetime, she could not only cope what I had been through, but she also needed to have her strong will retrained by my childhood experiences, as the swap over occurred, just before we moved to Chester, when I was 9 years old. I will now explain how I became aware of my parallel life's last life.

At the same time I found out about my own sexual abuse, before I start compiling my first volume, Julie and Caroline were sharing my place at the time. We were watching a movie on T.V. about Nazi concentration camps.

I mentioned to Julie, how I'd always been, you could say, fascinated, or addicted to watching, or reading anything to do with Nazis, and concentration camps. Even as a child, I read a book about Eichmann, who exterminated millions of Jews. At the same age I also read, 'THE RISE AND FALL OF THE THIRD REICH,' which is a very thick book, and in my childhood I would love watching all the movies and series about World War II, this was before I was fifteen years old.

Well, Julie and Caroline said that they were just as addicted to the subject. So I said, 'I wonder if we've had a past lifetime, involved in it?'

(This was before we knew about parallel lives)

Julie, said, that she was told, we had, and said that we could do a past-life re-call, and see what we see. I don't normally see meditations, but this night. I think I was meant to. Since then, I found out that one of the main reasons was meant for three years in the future, which will be explained in the next disc volume. I warn you that this past life is very unpleasant.

I didn't use the tape recorder, because Julie said that spirit didn't want it recorded, but I'm not sure now that this advice came from spirit.

I found myself in the naked body of a young woman, with platinum blonde hair, and very white skin, lying in bed with a man at night. The door burst open, and I was dragged out of bed by my hair, and was thrown down the stairs and out into the street, by the brown shirts. I cut my feet and all the glass from the broken windows. By now, I knew I was a prostitute, and half Jewish.

Caroline and Julie then related similar experiences, as they were also Jews. We describe what each other looked like, and what we were doing, as they were seeing it themselves. It gave us all proof of what we were picking up, and that it wasn't our imagination. Caroline would see me getting herded into a truck, which she was also being herded into.

Every time I would describe what was happening to Julie and Caroline, this would give them confirmation, and then they would describe what was happening to me, while I was already seeing it, for my confirmation.

I feel that our Guides wanted us to strongly believe in our past life together, because as the event's would unfold it would be very hard to believe what happened, and we still asked our Guides a lot of questions about what we saw, and it's reality after we had stopped being shown anymore.

We were taken to the railway yards, and transferred to a goods train, and locked in. We were so tightly jammed in, that we could only stand. Then the man standing behind me, raped me from behind, that didn't bother my past life, that much. When we arrived at the camp, I can't remember the name, but I called it Auschwitz. As I write this, my higher

self said, it wasn't the name, but there were about 3000 camps like this. We got out of the train and were standing in the pouring rain in daylight. Everyone was staring at me, even the Jews.

One of the Nazi officers with a big grin on his face put his coat around me and led me away to his private quarters. I saw myself being raped and sodomised repeatedly, then when he wanted me to fellate him, as he had just had anal intercourse with me, I refused. He beat me up, but I still refused. He went away and came back with a cucumber, which was dipped in some kind of acid. I was tied to the bed and he repeatedly rammed the cucumber into my anus, and laughed, as I forced it out with my muscles.

He had forgotten to close the door, and Caroline's Jewess past life, saw what was happening. After that, I agreed, but then he wasn't going to stick his penis in my anus anymore. Then one day while I had his member in my mouth, I got angry, as I didn't care anymore whether I lived or died, and swallowed his penis down to the base, and then bit it off. His screams brought the other officers, and he pleaded to be shot.

So they took him out of the cabin and shot him in the alley. When the officers came back, they pulled all my teeth out with pliers, without anaesthetic, and I passed out with the pain.

(When as I was about 13 years old. I had to have a bad tooth removed. The dentist gave me five anaesthetic jabs in my gums. When he started pulling the tooth, I felt the pain, felt sick, was terrified, and passed out. Ever since, I've always had a needle in the arm to be put unconscious, before I have any teeth out. I have also disliked taste of the cucumber, like the plague, and never eat it.)

When I regained consciousness, I didn't feel any pain in my body, I think God intervene, and when I told Julie the Jewess, it gave us all courage. Julie became a cook for the officers, and Caroline was also employed in the camp officer's kitchen. We then decided to get back at the Nazis. Caroline, had found some cyanide pellets which were used to gas the Jews, and Julie crushed them up and cooked it in the stew.

After we had poisoned half the officers, we were taken to the hospital

for experimentation, and torture. We were strapped on tables in separate rooms, and by this time I had psychic vision, and I was watching what they were doing to Caroline, through the walls.

When they cut her body she wasn't bleeding, even when they cut her breasts off. Again, I think someone in spirit was helping us. When I saw Caroline enjoying the torture, I noticed that she was having orgasms. When I told her what I was seeing, she started laughing, because she confirmed that it was true. Julie was also not feeling any pain, while they were torturing her.

All the time, we were telling the Nazis, what we were seeing through the walls, of each other. They were freaking out, but when we started seeing Angels and Jesus, we told them, and they started to get frightened. At this point, they cut my head off, to shut me up, and stood my head on its neck on the table. But I still looked at them, and whispered loudly at them. Then the head levitated, and it floated towards them. Then they shot me to pieces with machine guns.

Both Caroline and Julie saw all this and confirmed it, and experienced what happened to their past-lives. In our questions later we found out it was on a parallel Earth, I also picked up and had it confirmed that that Nazi officer was a parallel life of my step-father, and that's why I had a strong fear and hate of him, in my childhood.

So this past life was my 'Walk-Ins' last lifetime, and you can understand how she could cope with my childhood, and you can now see where she also needs the retraining in the strong will, as my childhood would retrain her as well.

On the night of 11/1/88, after I had helped the student Irene rescue her past-life, who had been a little girl entombed alive in a pyramid, Irene helped me to re-call a past-life, and the first scene was my birth.

When I first came into the world, the first impression I got from my mother, was, 'What an ugly baby,' and the feeling of rejection. I then saw a life in Victorian England as a Down's syndrome boy.

(My higher-self had told me a few weeks earlier that my last life had been a Down's syndrome child, where I mentioned it on the class night of the 17/12/87, but I hadn't seen the details until Irene helped me.)

I was the boy, and the mother in that life, was my mother in this life. In that life, my father had been a military officer, and died in a war.

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

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

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

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

I was curious to find out what happened, in those missing memories in my early childhood. But now I know my higher-self wanted me to know a lot more. So on another night I did a past re-call meditation back to birth.

Spirit, showed me that when I came into this world. It really cramped my parent's social life, and they wanted everyone to think that they were free from children. Now I know why I spent a long time playing in the cellar.

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

My Guides told me, that he had incarnated to learn to accept love, and me coming from a Down's syndrome life, I had an excess of love to give

him, no matter what, and that I needed balancing, by having the experience with my father.

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

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

(25 years later, my parents still haven't read volume one.)

As my mother has a different name, and lives in a different country, no one will know, I won't be giving them any more copies. What will be, will be.

(Now we come to the reason I situated these explanations at this position in this volume.)

About this time, I had just read a book about 'Walk-Ins.' and because of what was in the book, I asked my Guides, if I was a Walk-in. They said 'Yes.' But through Julie's channelling, I was told I was going to Walk out, so that another, 'Walk-In,' will take over and that I that was going to swap places with a parallel life of mine, who was a patient in a mental hospital in England. Julie channelled that I had failed in my mission, and another spirit was going to take over.

That was when Julie and Caroline tried to make me have a nervous breakdown, eventually I realised what was happening and asked them to leave. So I didn't believe about being a 'Walk-In,' anymore. A year later, after I had printed the first volume, it came up again in class, and I asked for curiosity's sake, about it, and I am still asking.

(In a few more class-nights of Joan's classes, I received a meditation where my Guides wanted me to take the students on a meditation to a

specific psychiatric hospital in England, where my Guides said that one of us had a parallel life, but because of what Julie channelled about a parallel life of mine in an English hospital, I thought it was my parallel life, but it wasn't, as you will learn when you read the class night)

When I typed this chapter you are reading now, on 'Walk-ins' for volume two, over the coming year, as I was sufficiently developed, our higher-selves of our team-like-group of advanced soul's, thought I was ready for us all to come back together.

The others on my group-past-life-team arrived as students, who would see our past lives we had together, and as they were developing I would learn new information about my Walk-ins, and while they were channelling I would ask questions.

These extracts my Guides want me to keep them all together in this chapter, as when I compiled volume two to print, I had all the material for volumes three and four in my class-files, so any of those extracts were used in this original volume two chapter, so they are also on this disc chapter for you to learn more about this phenomena.

The first extract leads into questions about 'Walk-Ins,' but because the student Joan didn't know anything about 'Walk-Ins,' that knowledge wasn't available to channel, but as you will see my parallel life is my 'Walk-In.' I brought the subject up many times in different classes, with totally different students, while they were channelling, but after the first extract I made sure that the student knew about the concept, before I asked about my own life, as I wanted confirmation.

Because whenever an individual channels about their own life, it may get distorted by the ego consciousness, or 'will,' and may not be true. So that's why if I ask the different channelling student's, there will be less chance of distortion.

I will put in brackets an explanation when the questions and answers get misinterpreted, as in hindsight I understand the answers. Also as my Guides and higher-self prefer to use the word 'spirit,' instead of the word 'soul,' for many reasons, one of them is that most people attaché too much of a religious interpretation to it, so I have been asked to replace it in all these questions and answers, except when I use the term twin-soul,

or twin-soul's, but I am meaning the split of the original spirit into a male and female spirit.

(CONTINUED CLASS OF THE 29/3/88, FROM THE LAST
CHAPTER, JOAN AS THE CHANNEL)

“Can you then tell me how two people, can have the same past-life memories, of the same person in a past lifetime? I'm trying to work out how many people have memories of the same incarnation. Yet they are all different people. I'm trying to find out why is that.”

“Do you mean the concept of more than one spirit in that incarnation?”

“I mean, say after Cleopatra died and went to spirit, that spirit memory goes back to the higher-self, who then puts her spark into many more babies, and they would have the memory, that came from the higher-self, of that lifetime as Cleopatra.

So in this life, they do a past-recall, and see the lifetime of Cleopatra, but not only one person, but five people may have the memory of being Cleopatra. Is it because, the memory came from the higher-self, who received the original memory. Or is that all fiction?”

“No. An incarnation can consist of many spirits, and the memory can be reincarnated into many following incarnations.”

(What she means is, my body has a spirit, but it is not my higher-self, and a parallel life also has a spirit, but their higher-self, could also be my higher-self. So this is where she means many spirits.)

“Into many people with the same... that incarnated at the same time, I'm talking about?”

“The incarnation... one incarnation can consist of more than one spirit.”

“You mean spirits can change places?”

“We do change places.”

“Walk-ins,” you mean?”

(This question arose, because I had read a book about spirits who ‘Walk-In’ to a body, if the original spirit, had had enough of this life and couldn’t cope with it anymore. A few years ago, I was told by Julie, that my spirit was going to leave me, and swap places with a parallel life of mine, who was a patient in a mental hospital, in England.

I sat on the fence about this, because of the trouble I had with Julie, I felt that it was suspect, but remember, only recently, I had found out that I had two past lifetimes, where you could say, I went insane.)

“They merge in the subconscious, the deepest level of the subconscious. Those two spirits will merge.”

“Will one leave when the new spirit comes in?”

“No, they are there together, at the one time. They all experience different experiences, but your spirit that you have now, may be a spirit of another physical being, at the same time.

There could be ... Your incarnation at the present time, you could be experiencing two incarnations. It’s more of a concept of a split spirit, all at the one time.”

“Does the conscious mind become aware of other incarnations happening at the same time?”

“Only on the deeper level of the subconscious, are they aware.”

“What would the purpose of this be.....?”

“They merge, as in astral-travelling, when the subconscious is set free.”

“And what would the purpose be, of having two incarnations, happening at the same time, affecting the conscious mind?”

“The purpose is to learn whatever has to be learnt.”

“So when I die, my consciousness leaves the physical body. Who’s in charge of my conscious mind when I die? Is it other incarnation or this incarnation? Or do they separate after they die, and go their own way?”

“They do not separate. They’re only separate in the physical existence. But in the subconscious existence, they are not separate, they are always one. It’s a physical existence that divides them only.”

“Are you talking about twin-souls, or just two incarnations?”

“One spirit in two incarnations. Not twin-souls, one spirit in two incarnations. It can be happening at the same time.”

“In this world?”

“No, not necessarily in this world.”

“In my case then, is my other incarnation in another world?”

“In your case, I cannot be given the information.”

“Are there ever more than two incarnations happening to a spirit, at the same time?”

“Yes, there can be.”

“In my case, are there just two, or more than two?”

“Two.”

(That was the Science-fiction writer, who was still alive at this time, high-lighted in lilac, earlier.)

“And I am not aware of the incarnation?”

“Consciously, no.”

“Why is it all so complicated, and I thought spirit said it was all simple?”

“Is this in general, or in your case?”

“Well, there must be others that have these multiple, double incarnations at the same time.”

“Yes, there are others.”

“That's what I mean. Why don't we have one spirit for one incarnation at a time? It's a bit hard to conceive of the two coming together again. Do both incarnations die at the same time, to come back together, or can they die separately?”

“They can die, separately, yet the spirit is always one.”

(Karen) “Can a spirit receive the consciousness of the experience of an incarnation, which was not their own?”

“Yes.”

(The higher-self is still meaning the parallel life, not a strangers past-life memory.)

(Karen) “And retain it in their conscious, or subconscious memory?”

“Subconscious memory, yes. They merge when the subconscious is open. It could be in sleep or meditation, whenever the subconscious is open, the spirit of the two incarnations. This is quite difficult. It is not complicated, is only complicated in the physical existence. The spirit that is split in the two incarnations, merge as one whenever the subconscious is opened.”

“What does it mean, by the subconscious being opened, when does that occur?”

“Through sleep and meditation. Whenever the conscious mind is overtaken by the subconscious.”

(Karen) “Then when do the consciousness of incarnations, which were not your own, enter into your consciousness, or subconscious?”

“Through that period when the subconscious is opened. If you experience a past-life, it does not necessarily have to be a past-life, do you understand, it could be happening at the same time.”

(Like in 1988, when this was recorded I had a parallel life who was still alive on Earth at the same time.)

“Is it true, a certain stage of the development of the spirit. It isn’t attached to the physical body. And that later on, it eventually becomes attached to it. Is this true?”

“As in, after birth. You mean?”

“Yes.”

“If the spirit is not attached, the spirit can always attaché. It is the physical body, and a physical conscious mind, that blocks the attachment. As we conceive it, in the physical.”

“Can this get blocked from birth, at birth?”

“Yes it can be blocked from birth, or it can be blocked before birth. I cannot be told enough to help you, yet I can be given the insight for you to question your concern with your past life. As previously explained, two incarnation can be experienced at the one time, involving that one spirit. Do you understand?”

“This is a new one for me. I bet not many people are aware of this, are they?”

(Karen) “Can there be more than two incarnations for the one spirit?”

“Yes, there can be more than two at the same time. Which depends on evolution and the level which that spirit is at.”

“This concept is not very well known, is it?”

“No.”

“This concept of being able to experience two lives at the same time.”

“Yes, but it is still the one spirit.”

“But how can you keep track of each lifetime, happening at the same time, it's like watching two television programs at the same time.”

“We are talking about just two incarnations, not two spirits.”

“I'm talking about two physical bodies living in the physical world, the two bodies having the same spirit, connected on a subconscious level, if that's not complicated, I don't know.”

(Karen) “It's not really, Raymond, at all, it makes a lot of sense.”

“Quite often, dreams can convey this other lifetime, that is one way.”

“And what about the twin-soul concept? Of when the spirit left the original source, there was a male and female half, and they split into two, and went their own way to experience life. Is this still true?”

“Yes, well, it revolves around the same concept.”

“Do you mean, the twin-soul. I'm talking about, is the other incarnation?”

“It is the same concept.”

“Well, I've had my twin-soul visit me. Is that possible for the twin-soul of the other incarnation, to visit me in this incarnation, while I'm consciously aware of this, in spirit form, I mean?”

“Yes, it is possible, depending on your development. This does not happen with most, do you understand?”

“Yes. Because I have a Guide in which she says that she's my twin-soul, the male half, and I am the female half. Are you aware of this person, Teresa the Nun?”

“I cannot be told.”

“You wouldn't know.”

(Karen) “Does everyone have a twin-soul?”

“No.”

(Karen) “Is it only those who have to learn the lesson of the twin-soul?”

“*It is all karmic reaction.*” (Is that a yes or no?)

“Are you still the higher-self of Joan? Are you as aware, as you evolve, or are you ultimately aware of all these realities and everything?”

“*This is her Guide.*”

“I thought it was a higher-self speaking before.”

“*It was.*” “Are Guides more evolved than the higher-self?”

“Yes.”

(Karen) “Did the Guide come in, when the questions got a bit too complex?”

“*With that question, the Guide will answer.*”

“Which question?”

“*The one you just asked.*”

“About twin-souls. Teresa, you mean?”

“*The one of awareness, is Joan consciously aware, ultimate aware, is that so?*”

“No, the question was, ‘Is the higher-self aware of all the probabilities, and all the possibilities, and is it as highly evolved as a Guides, to answer questions? Or does the higher self only answer what it knows at that level of reality?’”

“*The higher-self will answer the questions, if that physical life-form, is able to comprehend and accept, the Guides then step in, when the going gets tough, so to speak.*”

“I was trying to find out about the twin-soul that I had come in contact with, who is known as Teresa, maybe the Guides know of her coming in contact with my existence.”

“Yes, we know of her.”

“Is she the twin-soul, who’s had incarnations at the same time as me? Or is she a Guide?”

“*She was an incarnation of the same existence in a previous life, but she is your Guide in this life. You do not necessarily repeat incarnations, with twin-souls.*”

(My higher-self is telling me now, as of 2009, that in case Teresa was listening on that night. The Guide, told me Teresa was my Guide, and the next information was to change the subject. As originally she was asked to be my Guide, but in reality she needed a specific form of healing, and that being my Guide she would receive that healing in different forms, over the next decade, as she would be with me most of the time, so that the healing would occur, she has been seen by a few students, healers and Mediums.

But if she had been asked to spend a decade close to me, for me to heal her of something, her Ego would have laughed at the idea, but her higher-self and Guides were sneaky. You see her last incarnation in the physical, was ‘Teresa of Avila.’

How I helped Teresa will start to unfold in the next volume on this disc, and then on the next disc.)

“But if she was a twin-soul, wouldn't she be the one same spirit, that's reincarnating again and again to become what I am now?”

“Whether it's, twin-souls or not, the lifespan or time, does not have to be the same. Twin-souls can be at different levels, even though they are twins. So one can be more evolved than the other, at any one time.”

(This statement was for Teresa's benefit, as she was there listening.)

“What happens when the Twin-souls ... do they ever come back together, like merge as one, when they both evolve to the same level, when the time is right?”

“Yes, that is correct.”

“And this only happens with the twin soul. You've got the same twin-soul for all the life-times, it's still the same twin-soul, is it?”

“Yes.”

“And you don't have any other twin-souls, merge with you?”

“You can have other twin souls. But when there are twin-souls,

when the same level is reached, they are one, they're never parted. Yet there can be more than one twin-soul."

(Karen) "Are you speaking of triple souls?"

"Yes."

"Is Teresa the twin-soul from this incarnation, or from a previous incarnation, when we were twin-souls then?"

"Previous. She's not in incarnation...." "She's a Guide now?"

"Yes. Spirits do not have to have to evolve, at the same rate, at the same time, and the same incarnation...."

"Is she helping me to catch up with her, so we can merge? Is that the intention of my higher-self, and Teresa?"

"Yes, Raymond."

"Ah, now we're getting somewhere. This Teresa, is it 'Teresa of Avila? When she was incarnated as Teresa of Avila? Or Teresa of Lucerne, because a lot of Nuns were named Teresa, you know, the flying Nun of Avila?"

"Yes."

"I've got a long way to go then, to catch up with her, haven't I? With development, I mean, spiritual growth?"

"She knows you're impatient. She is forever with you. She is still learning many things herself, and support is still needed from you. Her support is still needed from you. Even though she's ahead of you, she is still evolving."

You must realise for all that we in this existence, the spiritual realm are still learning, and still have our limitations. We cannot always answer your questions, and when there is any doubt, we choose not to, or if instructed. There are higher vibrations that are allotted, so to speak, with certain areas of enlightenment."

"Groups you mean?"

"Groups."

"Thank you very much for talking to us tonight."

"Thank you, goodbye."

KAREN AS THE CHANNEL

“Hello. We are here to discuss with you, the deeper meanings of the realm. For we can see, you are ready to question, and the answers will come henceforth. For it is time to learn of the greater rays, of greater realms, of greater planets. We are not to stand above, for we know not power, and we know not race. We simply wish to impart to you, all that is true, and all that is wise.

We are most pleased with your lessons, henceforth, and shall continue to foster this growth of love. We are deepening your awareness as you grow spiritually. There are many paths to follow, there are many times to combat, and with the torch of God, you shall do henceforth, all that is beckoned of thee. We can give only as much as thee is prepared to question, and shall do so whenever opportunity is given. For there is a time and a place for all information, and all knowledge.

There are many realms, and many consciousnesses. The ways of the dove are many. We ask you not to become disillusioned in your search. For in time, all is shown. We hover above thee, we shine through thee in every sunset. As the moon rises, so too does our love, and with dear sweet slumber, comes the enrichment of greater wisdoms. Forget not the importance of sleep, for it is then we are allowed to check your responses, and interpret your minds, to learn of your needs, and to show you the ways.

(Alan) *“Is our only mechanism to learn, to question?”*

“Learning and growth comes in many ways. You're questioning is not always of a conscious mind, as you know, not always to question. But all shall be shown, and all shall be learnt, as brought to you as intended, on levels where sometimes, you are not even aware of.”

(Joan) *“Does my imagination overtake my higher self?”*

“No child, only if thee we wanted to. There are no rules in this universe, there are only possibilities. If thee knows the way of truth, thee shall show it, and thee shall live it, and thee shall do it. Thee knows oneself, if one not questions enough, where all the answers are ready to be given, and shall be, in time.”

(Alan) “What is our gravest mistake? our most common mistake, when comprehending information?”

“Thee has no gravest mistake. Thee is only here when thee is of a body, thee is of a conscious mind. Thee learns from thy mistakes. Do not fear any as being the greatest, for all are of the self, and all in that are great. For all mistakes can behold the greatest of wisdoms. Does thee understand?”

(Alan) “Yes.”

“It would seem like we can give thee knowledge, unless thee is ready for it to be given. Goodnight, my child.”

About five and a half months later with totally new advanced soul students, I had the opportunity to ask some more questions about ‘Walk-ins.’

You have read of some of the extracts of Gail and Paul in volume one, when they were in my classes I hadn’t even started on volume two, for them to have read anything from this chapter, so on this class night of 12/9/88, Gail was channelling her alien Guide from another dimension, questions came into my mind about Walk-in’s, so you might want to read this extract, Gail was also close to trance when she was Channelling this Guide, as the accent was very strange. So here it is.

HEALING CLASS 12/9/88, PAUL, GAIL.

ATLANTIAN HEALING TEMPLE BY THE NILE MEDITATION GAIL AS THE CHANNEL

“Does it ever happen that the soul may decide to leave experiencing the Earth, but not let his body die, and someone else may take it over?”

“You are talking about, ‘Walk-outs?’”

“Yes.”

“Yes.”

“Is that true, or is that fiction?”

“Of course, it is true, seriously.”

“I just was wondering about that.”

“Some of these big men that are going to help the world, in your new era, are ‘Walk-ins.’ A lot of them are those that don't have time for reincarnations. There are a lot of them, because what the world

is being faced with in, and what is going to happen to the world, and so there are 'Walk-ins,' and have been for centuries."

"Does it take a person to become suicidal, before a 'Walk-in' takes over?"

"No, just very sick, or suicidal, unless it's voluntarily."

"I'm thinking of a friend of mine. I had been told by my guides to tell her, that she may be going through a 'Walk-in' experience? Her name's Joan."

(A few months later Joan channelled her higher-self, who explained that I had misunderstood in thinking it was Teresa, but it was a parallel life of Joan's, Mary, who 'Walked-into' Joan, to help her in a time of crisis, and it was only temporary. You will read the therapy session about it, in due course.)

"I don't know."

"You don't know her?"

"No."

"Do you know me?"

"Yes."

"Now, have I ever become a 'Walk-in' in the past, in this lifetime?"

"No. Wait a minute, wait a minute." **"You'd better check."**

"Yes. (Brief pause) Yes, I think. Yes, you have. I see..."

"Was it recently, or was it a long time back?"

"Oh dear."

"You're not allowed to tell me?"

"A lot of work."

"Was it recently, when I was running classes, or was it way back when I was a child?"

"As a child. Your growth, your personal growth as running classes, accounts for that."

"You mean the 'Walk-in' is the spirit who is capable of running these classes, you mean?"

"No. The 'Walk-in,' as a child. Your personal growth, and running classes. That is, you, you have worked hard."

"You mean the 'Walk-in' has grown?"

"Yes."

"Oh, right."

"Came in young."

“Is this why don't have much memory up to the age of ten?”

“Yes.”

“And did the physical body of this Raymond, go through a traumatic experience in childhood?”

“Yes.” “Was it sexual?”

“Yes.” “Sexual abuse?”

“Yes.” “And that affected this physical vehicle?”

“Of course.” “But I had to overcome all that?”

“You have done well, you have worked hard, you have grown. You will still work hard.”

“Is that what caused the first spirit to leave, with the trauma of the abuse, or was it illness?”

“It was illness, a sickness of the spirit.” (Paul) “Sick to death.”

“Are the other past life-times, that I have been experiencing, the past life-times of this body, or they the ‘Walk-in?’ Do you understand the difference, that I'm talking about?”

“Yes.” “Are they a mixture that I've been picking up?”

“No.”

“Are they the ‘Walk-ins’ past life-times, that I've been visualising?”

“No.” “So, they're the body's?”

“Yes.” “The original spirit's?”

“That's right”

“Like the parallel life in the concentration camp?”

“If you like to put it that way.”

“So, how do I get access to the memories of the past lifetimes of the ‘Walk-ins’ past lifetimes? they're different, obviously.”

“You ask your Guides. They go to the book, all is there in the book.” (Akashic records)

“So, they could be totally different lifetimes?”

“It is right, it is right.”

“The concentration camp life, from the past lifetime of the ‘Walk-ins,’ that's not on this Earth, is it? That past life wasn't in this reality, was it?”

“I don't know. I have not always been on Earth. For me to know, I

would have to go to the book.”

“Sorry about that.”

“That's alright, you're not to know that I am a spaceman, and I come from Saturn.”

(Paul) “I have a human being, that has a feasibility to become a Walkout, and I would like to have a Walk-in, of course in a close proximity to me. But I don't feel that it is...”

“It is not your decision. It has got nothing to do with you.”

(Paul) “I can't mention it to the guy, that these things...”

“No. It has got nothing to do with you. It is her life, her decision.”

(Paul) “Sorry, are we talking about a female, now?”

“It doesn't matter, I am using it as an example for a person. It is an individual decision. You cannot make a decision for another person, and so you can do nothing.”

It is their decision, and only theirs, if they ‘Walk-in,’ or ‘Walk-out.’ It is their responsibility, their decision. Do not interfere Paul, in other people's lives, your fingers will get burnt.”

“The biggest thing that you can learn in these classes, is non-interference in other people's lives.”

“You have enough trouble with your own life, without touching other people.”

(Paul) “But I think too much.”

“Well, shut it off. Put your thinking in the right tunnel. There is a new frame for it. You have got the new frame, now. You started it. Now, you work on it, and that does not mean other people, it means you.”

You cannot give anybody anything else until you have got it yourself. You work, you work and you work, and then you dig and you dig.”

On the evening of 13/9/88 Paul came back for another class, without his mother, and when he was channelling I asked some questions about the number of times my spirit had ‘Walked-in’ or out of my body, and swapped places with a parallel life spirit of mine.

I had misunderstood that this had happened a few times, and my Guides tell me that when I get facts wrong, then they prompt me to ask the questions, when the channeller is proficient to channel the correct answers.

HEALING CLASS 13/9/88 PAUL, SAMANTHA.

PAUL AS THE CHANNEL

“I was told by my Guides last night, that I don't have to release a lot of my things, because they weren't my memories, they said that I was a ‘Walk In’ from a child, and the memories in this body are coming from the spirit that was occupying this body, before the ‘Walk In’ spirit came in, to go ahead and do what needs to be done, is this true?”

“It is your choice.”

“So the memories that I keep having, are only the memories of the previous occupant of this body?”

“The previous occupant of the body, which you have chosen to occupy, yes, it is correct. It didn't come as a surprise, for you have known.”

“Yes, but I wasn't, I'd thrown out that theory before it got out of hand.”

“In which way?”

“Well, I thought that there had been more than one ‘Walk In,’ at different stages, and they'd swapped around, at different times in my life.”

“No.”

“Just the one?”

“Yes, that is correct.”

“It was after...”

“Ten years of age. You were incorrect.”

“What illness, I can't remember the illness, though.”

“The disease...”

“...that caused the other spirit to leave, and the new spirit to come in.”

“It was psychological, I see between your ninth and tenth year.”

“Was it at the death of my father?”

“It was in an upheaval, it was a very personal thing. Your spirit had only intended to be here for the childhood, he needn't have stayed. It was very personal for you, and it was very psychological.”

“I didn't notice the change-over.”

“Maybe on a conscious level, yes, you certainly did.”

“Everything changed when I moved from Barnsley to Chester, anyway, at that same year. So I wouldn't have noticed, because of the changes that were going on, on the outside of my life.”

“I don't see the relevance there.”

“Well, it doesn't matter.”

“What you must realise, it was your choice. Everything else is affected by you.”

“My choice?”

“Your choice.”

“Not the spirit that was in this body before?”

“I am speaking of your choice as a spirit, as your higher self, she is in the personality, to incarnate into the body, the body then accepting the choice that is reality. The time, the consequences going around are irrelevant. All that matters is the development.”

“That's understood.”

“Indeed.”

“Is there any problem with this consciousness, and reacting with this body? Was there any side effects, like rejection?”

“Certainly, there were side-effects.”

“Causing illness?”

“Certainly, there is a minor illness.”

“Is the Candida an affect of the rejection?”

“Certainly.”

“So it's...”

“The Candida is under control. There are many illnesses that you do not know of.”

“In my body?”

“Yes.”

“I know I've got the liver damage.”

“But it will not affect you, they are under control. It is your choice, if the time comes when you need to experience something, it will be your choice. For now it is under control.”

“Are these illnesses sometimes bleed-throughs from past lifetimes, affecting this one?”

“Certainly.”

“Especially the concentration camp one?”

“Certainly.”

“Did my higher-self, choose the names I was born with, even though the spirit that was in the body before, had to put up with the name? The name I chose was the one for my birth?”

“You realise the previous occupant of the body, of course knows you on a very deep level, not physically. It was both of your.... The agreement was together. The agreement was on everything. It was both of your choice, everything was agreed upon.”

“But does the name represent me, and not so much the spirit, does it...”

“The name only represents one aspect of both of you. No one relates fully to anything.”

“I was talking about the numerological significance of the names.”

“One mustn't...”

“It limits, doesn't it?”

“Indeed so.”

“Still, the destiny number 99, has given me a big scope, hasn't it?”

“Indeed. Your curiosity is very good, but as you know it's very limiting.”

There seems to be some anomalies between all the channelling about ‘Walk-ins,’ but if you notice in the next extract from the following week, most of my questions are abstract, so the spirit never checked out my individual case.

I feel the previous Guide found out more from the Akashi records about this body's occupant, but even the spaceman hasn't got all the facts.

My higher-self says that the first spirit was the one in my body from birth, and has walked in and out at previous times in the past. The last time, there was a change, was when Julie and Caroline picked it up, when they were living with me.

At the time of producing these three volumes, this is the spirit I was born with, that is within me now, and this spirit is a parallel life of the second spirit whose past life was in the concentration camp, as the Jewish prostitute.

This first spirit, when it walked out, recuperated in spirit, went to school until it came back to ‘Walk-in’ again.

HEALING CLASS 22/9/88 PAUL, GAIL

CRYSTAL CITY MEDITATION

GAIL AS THE CHANNEL FOR PAUL'S GUIDE, RODNEY

“Do you know anything about ‘Walk-ins?’”

“Yes.”

“I thought I'd learnt something today. One of the reasons souls choose to ‘Walk-out,’ is that the conditioning from what they experienced can actually cause them to make more problems, more karma for themselves, if they were to stay in the physical form. That may be one of the reasons why they choose to go back to spirit, after they go through a traumatic childhood, is that true?”

“Yes.”

“If a person in childhood went through a traumatic experience, and carried on, and grew up into adult life, that conditioning from the childhood could cause them to start doing, what happened to them, and then they would be causing more karma.

(I was referring to the potential for conditioned further childhood sexual abuse of others.)

Maybe they choose to ‘Walk-out,’ before they are born. So after they go through the traumatic experience, they walk out, and let someone else come in?”

“No, you don't do that before birth. You don't choose... if you become a ‘Walk-out,’ that comes in your physical self, on this Earth. You feel you don't want to carry on with this life.”

“It's not chosen before the person is born?”

“No, no, it is a personal opinion, and it is a decision that is made on this Earth. If there wasn't a ‘Walk-in’ to takeover, it probably would end up in suicide.”

“Or getting sick and dying, I suppose.”

“Well, yes, of course that again is suicide, is it not?”

(Spirit is saying it's not automatic that the body will die, when a spirit leaves. It just means that a replacement 'Walk-in,' might have more influence over the mind and emotions, preventing the mind causing suicide, but if there is no strength of spirit from the 'Walk-in' as a replacement, maybe the mind and emotions cannot cope and the person may suicide.)

As I mentioned earlier Joan's parallel life Mary, walked in to help keep Joan alive, while her spirit recuperated.)

“Well, why did the spirit choose this body to ‘Walk-in,’ which went through such a traumatic childhood?”

“It is a chance for them, it is a real big personal growth, to be able to sort out their lives, that past life, (concentration camp life) and get on with your own life, and work it out. That is a big bonus.”

“Yes, well, if they could have chosen an easier ‘Walk-in’...”

“Not necessarily, it is a personal choice. What is easy? you are here on this Earth to learn and progress.”

One month later, with a different class, and students, after a long channelling session with Diane's highly evolved Guide, Marcus, and after a long series of questions about the astral body and sexual relationships, I again brought up the subject of my 'Walk-in' experience, for three reasons.

To help the students understand and believe in a new phenomenon in their development, as the class extracts covering this, hadn't been read by the new students.

Also if it is channelled by them, it is more believed than if I just tell them what I have been told previously, and also if the past channelling of the subject was distorted, I might get the correct low-down, and lastly, to gain more knowledge about the subject.

Some of the recent previous channelled material mentioned that 'Walk-ins' don't come and go from the body that they have chosen, but it came to my knowledge, while I was performing healing on Joan, while she was in hospital with an emotional breakdown, that she was

going through the process of a 'Walk-in.'

While I was visiting her, my Guides told me to tell her. I asked Diane's Guide, Marcus, more about it, because I thought that I was told that it was Teresa, one of my Guides, who was going to be the 'Walk-in,' which psychologically might have been what Joan needed to believe, as the Nun Teresa, is St Teresa of Avila.

(2011 INSERT.

In the process of finding out about my 'Walk-in,' over the years I found out that the spirit that 'Walked-into' me at around nine years of age, was a parallel life of mine, I don't know whether a parallel life spirit, is a clone, or duplication of her spirit, to incarnate into another baby, maybe on this Earth or a parallel Earth, in a parallel universe.

But over the years I would find that when this happens many lifetimes back, these parallel spirit's, after their physical bodies die, have the freedom to continue existing, and only the physical life experience, or continued life experience is assimilated by the higher-self, who had duplicated, or triplicated however many copies she incarnated into life-forms, she wanted the experience of.

Now getting back to the freedom of these you could say offspring, they can continue to either travel, stay and learn in the spirit dimension, just like Teresa decided to stay in spirit, but the offspring after Teresa's life as a nun, or in some cases of students. I was to find out at various times later, that some of my students who were sometimes patients, were parallel lives of Teresa's spirit, many lifetimes before Teresa lived the life as the nun.

So that when these parallel spirits decided to incarnate into the human population, their experiences over many lifetimes change their spirits in different ways, from maybe small differences between parallel lifetimes, to large differences, depending on how far back the spirit's series of incarnations occurred.

In my case two parallel lives of my spirit on this Earth-plane, are now back in the spirit worlds, as their physical bodies died of old age, Their mission or benefit to mankind, were both along the lines of morality story-telling, one through contemporary stories of life in our time period, and the other morality stories set in the future. Both

were so good at it, that they both had many movies and T.V. series made of their stories.

I and my advanced students, Gail, Paul, Moira, Diane and Tim, and a few others, who incarnated with me, were to learn that one of my past lives also wrote his biography many centuries ago, which also was made into a T.V series, but that past life could also be the same past life the other two parallel life spirits I have just mentioned, who became these authors, were influenced by, if you follow my reasoning.

The point I am trying to make, is that there wasn't any need for these two incarnated men to come in contact with me when they were alive.

But Teresa's past and future branches of her higher-self's incarnating spirits, mostly got themselves badly affected by their accumulated past life conditioning, so their higher-selves, or higher-self, as I am not sure which, guided their spirits to be incarnated in the right life, in the right place, to be drawn to my classes, also at the right time.

I was to learn that not only Teresa's parallel spirit children, for want of a word to describe them, but also our team, or you could say troupe of incarnating leading men and women, who you could say chose specific lives which would be written about to teach the world morality would also be drawn to my classes in little separate groups of students, but it would take me years to become aware that they were all spirit related with each other, from a parallel life perspective.

While putting together these volumes on to this disc, I have been shown revelation after revelation to add to this disc, and the most recent revelation is that Joan is one of Teresa's spirit offspring. I will explain why after a few more chapters.

On the third disc, a student I called Hazel, who found out that her past lives came from Teresa's higher-self, also became aware that Teresa's spirit "Walked In" and exchanged places with Hazel's spirit to receive healing and development in my classes, but some of the past lives they were shown were for the purpose of primarily releasing conditioning of Hazel's spirit, which would still have the required

affect through Hazel's other finer bodies and in to her spirit's body.

Teresa 'Walked into' Hazel before she came to my classes, and both Teresa's spirit and Hazel were shown many past lives that Hazel's original spirit had had with me. I learnt at the time Hazel's previous occupation in this life, but years later I found out from spirit other past lives that Hazel had lived, which explained her previous occupations, which were like a continuation, and when I bumped into Hazel years later, and she told me her new occupation, I nearly burst out laughing, as I recognised abilities learnt in one of those past lives which Hazel was unaware of, which she was now performing as her new occupation.

I am explaining all this because Joan would find out that her parallel life Mary was a nurse, and that Mary and Joan had the same past life as Hazel, which was a past life as a nurse, which was what Hazel in this life used to earn a living from.

And Joan's parallel life, Mary, who is a psych-nurse, may have first been influenced by this past life as a nurse, but also Mary and Joan's past lives conditioning of suffering her brother's to insanity, which may have also had an influence on Hazel's spirit.

In the chapter after next I have drawn up an hereditary tree, of Teresa and the past life teams, who's parallel lives have been arranged to attend my classes and therapy sessions, but I will only explain the students that you have read about or are reading about now, and show you the other connections throughout the coming volumes, as you read of these students development and past lives with each other.

Most of the teams just needed a little past life therapy, and reawakening of their past lives together, to help them with their individual missions, but in most of Teresa's multiple parallel branches of spirit, who were drawn to me, it has been mostly past life therapy and healing, more than spirit career assistance.

I even had a past life branch of my own spirit attend my classes, who used to be an actor, but is now a film producer, Angelo. But he and Joan never became aware of these connections with Teresa's higher-self, or my own, in Angelo's case, in the time they were in my classes, and at the time, this knowledge would have influenced both

the students and myself in an adverse way, in our interactions with each other.

Just as Joan psychologically needed to believe that Teresa ‘Walked into’ her, to guide and help her, and as Teresa is either a past or past parallel life Joan’s, Joan subconsciously would accept and be happy if Teresa would ‘Walk-in,’ so getting Joan to believe it was Teresa, would have had a strong therapeutic affect than telling her that It was her parallel life, Mary who was going to ‘Walk-in.’

But Joan’s higher-self could also transform Mary’s spirit appearance into the spirit body of Teresa, as it was one of Joan’s higher-self’s past lives, if it was necessary to convince Joan.)

But Marcus said that the “Walk in” was only going to be temporary, while Joan’s spirit recovered in the spirit plane, and then it would be coming back, to carry on. I found many months after I visited Joan in hospital, that it was Mary, Joan's parallel life, who temporarily ‘Walked-in’ to Joan, while Joan’s spirit had a rest.

Now, years ago, when I found out about my own childhood ‘Walk-in,’ I was told by my higher-self that both of my spirits had been taking it in turns, but the previous channelling sources told me that this did not happen, but this communication may have been distorted by a problem student called Gail, which you will read about in volume three.

But before everything got sorted out, after Joan had left the hospital, I tried to phone her a few times to see if she was okay, but the phone-calls were not answered, so I asked Marcus about Joan’s health.

HEALING CLASS 27/10/88 TIM, DIANE.

DIANE AS THE CHANNEL FOR HER GUIDE, MARCUS

“I'm just worried about Joan, because I don't even know where she is, for all I know, she could be dead. I phone her and phone on her, and she's never there.”

“No.”

“She said she was moving.”

“You will come in contact with this woman. It is a test.”

“For whom?”

“For both her and you.”

“What, for Teresa, or for Joan? has Joan's spirit gone back to the spirit world?”

“For Joan, she will return to her body.”

(There were more questions about another subject, but later on I asked this question, about returning ‘Walk-ins.’)

So, when I said to Marcus, I hadn't heard this thing about ‘Walk-ins’ coming back before, I was referring to the previous channelled communication with Gail as the channel, and Gail’s beliefs might have been giving incorrect data about this.)

“I've never heard this thing about ‘Walk-in’s’ coming back, before. I had an idea that my own ‘Walk-in,’ of my own previous spirit, had been popping in and out over the years, for different periods of time.

Now, was that wrong, or has it been happening like that, where the previous spirit who was born with this body, had come back for periods of time, and then went back to spirit, and let the other spirit come back, is that what happens?”

“Yes.”

“It has been happening?”

“Yes.”

“That's what I thought.”

“It is also possible, once you leave the body to come back at a later stage of development.”

“You mean, when the spirit leaves it comes back again?”

“Yes.”

“Well, what happens to the spirit that is doing all the work, and he's busy getting on with the job, he might not want to go back to spirit?”

“He will.”

“But the conscious mind doesn’t know that this is all going on, anyway?”

“No.”

“The conscious mind just thinks it's the same conscious mind

all through the life.”

“That is correct.”

“Is the conscious mind a separate entity that’s going to learn from the whole life, separate to the spirits that came in to do things, and learn things?”

“The conscious mind is one with the higher-self.”

“Well, who are these spirits that pop in and out, that are ‘Walk-in’s,’ like the original spirit, and then the second spirit?”

“They are all part of your higher-self.”

“So the ‘Walk-in’s’ are...”

“You.”

“Are they from different time zones, that come in?”

“Yes, and at that time zone, there might have been a lesson they had learnt, which they had to bring back to this lifetime, in order to work out another lesson they may have to learn.”

“Well, like the experience the spirit went through in childhood, the sexual abuse, like in my case. Why is it still affecting the physical, right the way through the life?”

Why hasn't it been released with a different spirit coming in, if the other spirit's gone back?”

“It is still in the higher-self, and that of the higher-self still affects our physical bodies.”

“So, I've tried lots of different ways to release this, from visualising the experience, coming in contact with a parallel life in Auschwitz, the prostitute's experience.

(I used the name Auschwitz so everyone would know where I was talking about, because I didn't know the name of the Camp.)

Is it because the spirit that is within me now, is the spirit which belonged in the life in Auschwitz, and that's why it's suffering so much still, in the physical?”

“That is correct.”

“So the spirit that's in me now, has jumped from the life in

Auschwitz, to be in this body?”

“That is correct.”

“Is this after the spirit’s physical body died in Auschwitz, why it’s come into this body, at this later stage, or is it still happening at the same time?”

“It is a part of you, a part of your higher-self.”

“Has the spirit left that life in Auschwitz, now, and is now in me?”

“Yes.”

“How can I de-traumatise her experience in Auschwitz, for the spirit that’s within me? How can I help her overcome this experience in Auschwitz?”

“Your Guides will guide you in that direction.”

“Have I got to wait? “

“Yes.”

“Because I’ve been aware of this problem for the last two years.”

“The more you wait, the more you will overcome. Ask your higher-self ways in which you can deal with the situation, other ways. Keep on asking, and be patient with yourself. You will find a result that fulfils both your needs, and the needs of the prostitute from Auschwitz.”

There were more extracts of this complex situation on other class nights, of an extremely more advanced nature, but those references will be in volume three, as they are more interconnected with those night’s experiences

In one of the first chapters of volume one, in a chapter on rescue missions, I was guided to insert a class-night from five years in the future, where the rescue mission was to help the spirits of the Jews who were murdered by the Nazis in a European forest. When the advanced students practised channelling, one of the students, Vera, channelled a spirit, which at the time of inserting the class-night, I was guided to leave this rescue out of that chapter, because of where the spirit came from, but now is the time to show you the transcript.

**HEALING CLASS 26/3/91 A.M. JULIA, FAY, VERA, SHELLY
VERA AS THE CHANNEL**

Vera channelled a spirit called Ann, who said she was 18, who was met in the white light by her grandma.

“What’s your grandma saying to you, Ann?”

“Come with me.”

(I feel that there may have been an insert from Vera's mind, in this answer of, *“Come with me.”* A bit of conditioning from believing that when a relative comes through the white light, they will want to take them into heaven.)

“Will you go with your grandma, Ann?”

“No.”

“Why not, don't you like your grandma?”

“I like my grandma, but she says it's not my time, now.”

“What's your grandma telling you, Ann?”

“You have to learn yet, a lot on this Earth.”

“Ask your grandma if you are with the right person to learn?”

“Yes.”

“Will you be with Vera for some time, now?”

“Yes.”

“What does your grandma tell you that you have to learn?”

“Just more loving, giving, accept people for what they are.”

“And you can learn this from Vera, can you?”

“Yes.”

“Good, are you like a passenger of Vera?”

(A passenger spirit, is a spirit who has been given permission by the persons higher-self, to be linked up on many levels, to the physical persons, body, mind and emotions, so that what the physical person thinks, feels and experiences will be felt and experienced by the passenger spirit.

But the passenger spirit has no communication or affect on the person who they are a passenger of. This type of attached spirit will be explained in volume three, where I first learnt about this phenomenon.)

“More or less, yes.”

“Is there anyone else there who wants to speak through Vera?”

“No.” “Do you want to tell us about yourself, Ann?”

“No, not really, I don't affect anyone in the room.”

“Can you see Vera's higher-self?”

“Is she a very shining bright light?”

“Yes. Does Vera's higher-self want to channel through Vera?”

“No.” “Thank you for talking to us Ann, bye bye, then.”

(Vera) “That's very funny, because that was her grandma in the bright light, but Ann isn't dead, because she's a relative of mine, because I recognise her grandma.”

“Well, some of us in this class know about spirits who come and be with other people, where their physical body can still be alive, but their spirits could be learning things from you, Vera, but still be connected to her own physical body.

I'm mean, the physical body doesn't miss its spirit, and that can happen. How old is this Niece of yours, Ann?”

(Vera) “She's forty.”

“And how old did she say she was?” (Vera) “Eighteen.”

“Yes, well, there is a difference there, isn't there?”

(Vera) “Yes.”

“Do you recognise her...?”

(Vera) “It was her grandma in the white light.”

(Shelly) “Something must have happened to her at eighteen, arrested her development, or something.”

“You can best get the answers to this, because I have a lot of questions here, and I'm not going to give you the answers, because I might as well tell you.

You know I want you to get confirmation from spirit, about what I have just found out. Like I know of cases of the spirit leaving the physical body, and a parallel-life spirit walking in to the physical body.

Because if her spirit was still connected with her physical

body, then she would say that she was forty, does that make sense? But because the spirit says she's eighteen years old, then at eighteen years of age, the spirit may have left...?"

(Fay) "Ah, yes."

"...walked out of the woman, and her parallel-life spirit may have walked in. Now, who was to get the answers to this, just ask your higher-selves, you can still talk to your higher-selves. You know, they are just not necessarily going to channel, because your higher-selves know the answers to this."

(Vera) "Yes, yes."

"Ask your Guides if the spirit of a parallel-life of Ann's, has come to be with her physical body, while Ann's spirit, who left at eighteen years of age, is...?"

(Vera) "Yes, yes."

"And is it planned that the spirit of Ann will go back into her physical body, later on?"

(Vera) "Yes."

"And the other parallel spirit will step out and go somewhere else?"

(Vera) "Yes."

"That's good, it's not confusing if you understand 'Walk-ins,' and parallel lives. It happened to me when I was nine, remember, which is written about in volume two."

(Shelly) "So, Ann is actually with Vera, learning...?"

"Yes, learning Vera's experiences, of her loving, and acceptance of people. So Vera is a Guide for Ann, in a way.

Sometimes the reason for the spirit walking out, is to protect the physical body, because if the spirit can't cope with the problem, emotionally or mentally, they could be a danger to the life of the physical body.

If the physical body is still needed, for some future purpose, then the spirit will leave, and another spirit will come in, who can handle the problem, which was too much for the first spirit.

And when the physical life has passed the point of crisis, and the problem is resolved, then the spirit may come back to carry on, you could say.

You see, the conscious mind and emotions are being

assisted by a spirit capable of handling the situation. You see if the past life conditionings and traumas of the first spirit, allowed the experiences in the physical, to get on top of the spirit, then the ensuing problems are then affecting negatively the spirit who doesn't know how to solve the problems.

So then it may be advised to walk out, and a spirit that does know how to solve the problems and set things right again, comes into fix up the stressed out emotions, and conscious mind. To keep the physical body alive, in case the disturbed mind or emotions cause accidental or deliberate death to the physical body.

Ask your higher-selves, if you are allowed to know if any of you have the original spirit with you, from the time you were born, if any of you have not coped, and your original spirit stepped out and one of your parallel-life spirit's have stepped in? And if you're allowed to know, you may receive the answers of whether this has happened to you.”

(Fay) “No. (Julia) “I got no.” (Vera) “No.”

(Shelly) “Yes and no. I don't know what that means.”

“I knew about yours, before you said it. Yes, your parallel spirit has been helping when your spirit hasn't coped, is that what you get?”

(Fay) “Yes.”

“Has she got one spirit with her, or two, now? We are talking about the original spirit, and the parallel-life spirit. Are there two with Shelly, now, or one with Shelly?”

(Vera) “Two.” “What do you get, Shelly?” (Shelly) “Yes, two.”

(This explains the answer Shelly got, of yes and no.)

“It's like one of your spirits, is sick, and the other is well, and the well one is helping you to keep you on track. It's also to keep you alive.”

(Shelly) “Yes, I got that.”

“Your body is like a car, and the driver has got sick, so your parallel life drives the car while the first driver gets well, but is still in the car.

But your Guides are never in the driving seat, and

passengers, like Ann, are also not in the driving seat, but when Jesus or other Masters link-up with a student, they are more like driving instructors, where the instructor has dual controls in the car, where they do have some influence on the person's mind, or emotions.

But if we had left the original sick spirit in control of the car, then it may have crashed it some time ago.”

(Shelly) “Yes, I've sort of sensed that. God, I should be dead by now. It makes a lot of sense.”

“But you can't overcome fears and problems by running away from them, so I help the spirit to release those past life conditionings, so it heals the spirit.”

When Fay channelled next, I asked a few more questions, to her Guide, Charlie.

FAY AS THE CHANNEL

“So, were you hearing, the conversation we were having before, about the passenger ‘Walk-in,’ with Shelly?”

“Yes, I've been talking to her.”

“So, it came to the surface with Vera and Ann, so that more about Shelly's helpers would be...”

“We are learning.”

“Yes, for the students to understand. Is there anything you want to say to Fay, or anyone else?”

“Just to tell Shelly to keep with what she's doing, she's going to come on fine. She has to start listening to herself, and realise that the voices that she's hearing, are her Guides who are here to help her, and to listen very carefully.”

So, to sum-up what I have shown you so far, a person doesn't have to be a great saviour of humanity to go through the experience of their spirit exchanging places with another spirit, which is most likely a parallel life of the original spirit. But I think we will all continue to learn more about ‘Walk-ins,’ parallel lives, passengers, and driving instructors, which you will come across in the future Volumes.

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HEALING CLASS 4/4/88,
ALAN, KAREN, JOAN, RUSSELL, BETTY.
THE JESUS VISIT MEDITATION

“In the centre of the circle, sitting on the chair in the column of white light, is a figure. He is getting brighter and brighter. The figure is Jesus. He has come to speak to us, and shows us individually, a scene from his life, that will help each of you in your own development. So that it will help you grow and understand, give you confidence.

As he talks to you, you'll start seeing the scene of what he's talking about. I will leave you now to listen to Jesus.”

(Approximately ten to fifteen minutes silence)

“I want you to now finish what you are seeing with Jesus, thank Jesus, and say goodbye. He can come again another time, and come back now, come back to this room, take three deep breaths, have a stretch if you want to”

KAREN'S MEDITATION EXPERIENCE

(Karen) “I saw a big, long, wide, white, road, that went off into the distance, and it went over many hills. And he said,

‘That's the road, you have to follow.’ And he said,

‘Walk along the road.’ And I thought, ‘Gee, I'm going to be walking a long way, because this road goes on forever.’ I just kept walking, and then I came to a stream that went across the road, and Jesus said,

‘Dive into the stream.’ So I dove into the stream, and I was swimming underwater, and I saw this little cave entrance, this little tunnel, and it was dark. I was wondering, if I could breathe, and Jesus said,

‘It's okay, you'll be able to breathe, because you will develop the gills of a fish.’ So I swam down this cave like tunnel, and inside it, was a

(2)

big round dry cavern. And there was this beautiful golden light coming from all these stalactites and stalagmites. I looked up, and there was this huge eyes looking at me, on the far wall of the cave.

Then I realised that there was a little treasure chest, on my right, on the ground, and I was told to open it up. And all this bright golden light flooded out, and I looked either side, and there was like a red velvet, and sitting inside shimmering in the golden light, was a Ruby, and it was glowing red. And I picked it up, and all my hand started to glow red, and I had to hold it above my head, and all the red energy went down my arms, and all through my body, and this energy was sparkling all over me. And it was healing energy, and Jesus said,

'Take the Ruby with you.' I then saw an entrance to the left of the cave, of another tunnel going down. So I went down the tunnel and at the end of the tunnel was this beautiful big paddock, and above the golden grass was a stormy windy sky, blowing the trees around and surrounded by big mountains. And in the middle of it was this big white horse, and Jesus said,

'Can't you see, she's champing at the bit, she wants to go, you have to jump up.' So I just jumped on her back, and held onto the rein, so I went galloping away, and Jesus said,

'You are going to the tree of life.' And I came to this huge old gum tree, and Jesus said,

'You have to climb up to the top of the tree.' So I climbed like a monkey, jumping from limb to limb, and I got to the very top, and Jesus said,

'You can see what's happening now.' I look down. And I could see that I was growing these white wings, and Jesus said,

'Jump off, and you will be able to fly.' And I flew up and up, and he said,

'Put the Ruby up in your hand, and it will reflect the light from the sun.' And I looked down, and I could see the planet Earth, below. And I could see the whole of the planet Earth, and he said,

'Now refract the light.' And the light from the sun hit the Ruby, and went down in this huge triangle, to cover the Earth. And this red aura was around the earth, healing it. So then I jumped inside the top of the

triangle, and zoomed back to this class, and Jesus kissed me on my forehead, chin, eyes, on both cheeks, and then he went.”

ALAN'S MEDITATION EXPERIENCE

(Alan) “He pointed out to me that I had a lot of scepticism, which is good. And that I was going to learn how much scepticism to have, and how to control it. And a lot of things he was saying, I figured out later. I was asking about things I wasn't sure about, and he was saying,

‘Yes, yes, yes, very sure.’ And so he was pointing out that I had perhaps too much scepticism, but he was saying that that it was good to have.

We talked about a lot of things. I got this message from him, and I should not say, read the Bible, and take too much heed of it. If I read the Bible, I have to read in-between the lines of things, and of the Bible, to give me a more correct picture of what may have been.”

JOAN'S MEDITATION EXPERIENCE

(Joan) “My lesson to be shown, was that I'm not to let myself be drained. And he said that he went through the same thing, where he gave them all, he gave them everything, he showed them the whole universe, but they didn't realise it. And they didn't realise that he showed it all, and they wanted more, and they were asking for more, and he couldn't give them anymore, because he showed it all to them anyway. So then they condemned and crucified him.

So he was telling me, I must not let myself be completely drained. There are times when I can give a certain amount, and there are other times when I will give less, and I can give some more. And I'm not to walk away and feel guilty, if I felt I didn't have enough. Any he said,

‘It's not the quantity of what you give, it's the quality. It's a responsibility to discipline yourself, and know your limitations, and not let things sort of take you off, or run off with you, to the point that you become so immersed, and the cup so to speak is completely dry. Because the dry cup, cannot draw any more, than if there was

some left in the bottom.'

And I wasn't to feel guilty about... I'd given so much today, and Kevin will be okay, and he was being looked after by all that was looking after me. At the beginning, I said, 'Are you this close?' And he said,

'I've always been this close, I've always been closer than you think.' That's all.

And after the others started, I was told that my life planned to such, where I had to give so much here, and so much there, so that I can even it out. I cannot give it all to one, it has to be divided up."

RUSSELL'S MEDITATION + CHANNELLING EXPERIENCE

(Russell) "He was telling me, to ask the Holy Spirit for the 'Holy Instant,' and that's all centred around communications, with not only God, but with people as well. The 'Holy Instant,' seems to be getting away from deception in communication, like having thoughts that you don't share, or you think you don't share with other people and then those thoughts would give you trouble. Well, the help was more to keep asking for the 'Holy instant.'"

"Hello, my friend. Have you been waiting long? Are you happy where you are?"

"Yes." "Where have you been lately, out and about?"

"Yes." "Come on, tell us where you've been.

What's your name (Brief pause) Come on my friend, you have to speak up. Are you man or a woman?"

"A man." "Are you an old man or a young man?"

(Pause) "Why don't you want to speak to us?"

"I'm just watching."

"Can you see this white light, standing next to me?"

"No."

"Why not? Look at this white light next to me, can you see it?"

"No." "Have you got your eyes closed?"

"No." "Have you seen any Guides?"

"They're everywhere, guides are everywhere."

"Well, if you come to this circle to speak to us, you have to

“speak, otherwise you're wasting our time. If you want to watch, you don't have to be with a person, wanting to say something.”

“Goodbye.”

“Goodbye, my friend.”

JOAN AS THE CHANNEL

“I don't like all these crowds. Why are they here? They told me to come this way, but there are too many here.”

“Well, don't look at them, just look at us in this small group. Who are you, my friend?”

“They told me to come this way, to look at all these standing. I don't know them, I've never seen them before.”

“Are you a man or a woman?”

“And man.”

“If you look over near me, on this side of me, there is a beautiful white light.”

“I know it's all around.”

“Well, in this white light, standing next to me, is a beautiful figure of your Aunty. Can you remember your Aunty?”

“Yes.”

“Have a look at this white light, and you will see the figure of your Aunty, and she wants to speak to you. Can you see your Aunty, now?”

“What are Guides?”

“Guides, are highly evolved souls, who help us grow and look after us, and take us to nice places, and show us things. Why?”

“Why are there so many here?”

“Guides?”

“Yes.”

“Everybody has got Guides, and guides help us to do lots of different things. We have Guides for different development. Each individual is developing different things, and learning new things, so we have new Guides. Why?”

“They're all here, there's many.”

“That's right. Did you see your Aunty?”

"Yes, she's there."

"Do you want to talk to her? She's come to show you a beautiful place."

"She says, where they'll take me, I'll see many of these Guides."

"Well, that's right. You've got your own Guides; you'll be able to see them as well. They're your friends and relatives from past lives."

"I've been on my own for so long."

"Well, that's right, you're going to have a companion, a friend now. If you go with your Aunty, she'll show you your Guides, because these Guides are for these students. Go and talk to your Aunty, and she'll tell you all about this."

"She says, it's okay. It's very confusing."

"Well, not really, if you go with your Aunty, she'll clear it all up. There won't be all these Guides around, if you go with your Aunty, she'll take you to your own Guides."

"We'll go. I'll go."

"See you next time."

"Bye."

"Bye."

"The purpose of this group, was to attract...." "The Guides?"

"The Guides, sometimes it is necessary to put on a show, so to speak, for the ones that have been lost for some time, and it is not as easy to convince them with words. If the attraction is there, they'll enquire."

"You mean the two spirits with Russell?"

"There were three."

"Have they been rescued now?"

"The first one, no, the free will cannot be imposed, even on a spirit. That one will be back, when he is ready to see. He hasn't been here all that long, it does take time. But not in your time, he is still in the belief of time. There's many more heading this way."

"Tonight?"

"Yes."

"It's all right, Karen and Alan can do some as well. Have you got any advice for us?"

"Do not be discouraged if one gets away, so to speak. They will return."

I've told you I'd come back. I can only stay for a little while."

“Do you understand what we are doing here?”

“This one, rescued me, and said, I could come back. Do you remember?”

“Which one was this, we've done so many.”

“I asked if I could come back, and you said, ‘Yes.’”

“Can you tell us where you've been?”

“Oh, I've been so busy, and it's rather early for me to come back at this stage. But they said, I could come, just for a little while.”

“Are you happy where you are?”

“Yes.”

“Are you remembering all what you had forgotten?”

“Yes, it's coming slowly, but much easier.”

“And you know how to get back, to where you came from?”

“Oh yes. But I wanted to come back and see this one.”

“That's good.”

“The more I learn, I'll be able to convey through this one.”

“You'll be able to tell us what you are learning, and where you've been, because we don't know much about where you've been. You know more than we do.”

“They won't tell me how I got here yet. They say, ‘I'm not ready.’ My passing over was very crucial, it's damaged my memory.”

“Did they say, it often happens like this?”

“Yes. But my memory has been lost for quite some time. They have to start backwards, they said.”

“Are you the one, who couldn't remember anything?”

“Yes.”

“It's all come back to you, though?”

“Yes, they said, go backwards. I have to go.”

“Thank you for coming.”

“Goodbye, I'll be back.”

“Yes, bye.”

“This one does not have to fear.”

“Have to fear what?”

“They will always come back.”

“What is she fearing?”

“Just like a lifetime friendship with these souls. They will always remember her, and they will always return. She must not wonder, what has happened to them, for they have been cared for. And she will see them, and hear them again.

There is much to do in the meantime, for her development. This is

all part of the process, of what she was shown earlier. She must give so much, and let go. **“Become more detached, you mean?”**

“Yes. Give the amount, and then detach. Do not hold on, do not draw back.”

“Become like a hosepipe, bringing it in, and giving it out.”

“Yes. But they will return. That is all, Goodbye.”

KAREN AS THE CHANNEL

“Hello. I have come to see if I can find a way to get out of here.”

(Betty) *“Who are you, my friend?”*

“I'm not quite sure.” (Betty) *“Are you a male or a female?”*

“I am male.” (Betty) *“Where have you been?”*

“I have been places.” (Betty) *“What places, my friend?”*

“The point is, I don't know where I'm going, do you? Does anyone?”

“Yes.”

“That's good.” (Betty) *“Can you see a white light?”*

“Yes.” (Betty) *“Do you want to move towards the white light?”*

“Yes.” (Betty) *“Can you see anyone in the white light?”*

“Yes.” (Betty) *“Who can you see?”*

“My sister. Tonight there's no out-light, dear girl. Missed her so. Bye.”

“Bye. Hello, my friend.”

“Hello.” **“What's your name?”**

“Peter.” **“Are you a Guide, Peter?”**

“Yes.” **“Are you Karen's Guide?”**

“Yes.” **“Do you want to tell us anything?”**

“Yes. I want to tell you, that you're all thinking too much. You're all thinking about yourselves too much, and how right or wrong you are. Why don't you just let yourself be? You will find the way; we'll show you the way. Yes, one must think, one must think, one must think, but one can think too much, you know. One can worry excessively, but a think, is of the logic, to worry is of the excessive.

We know we cannot tell you, which you are not ready to learn. But we wish to utter this, must you think of that which you want to make up. Do you think? So you cannot really see what it is, you know

you should be thinking of. Cut the clutter, cut the mess, and get straight to the point. Don't idle; don't fill yourself with selfish demands of proof.

Do not believe that you can accomplish everything, because you cannot, and shall not. Do not believe you can ever achieve this, for that will limit the very stage at which you are at. Can you not see my logic? Can you not see that it is time to listen to yourselves?"

(Betty) *"Should you not listen to your own scepticism, be balanced in your interpretation of what you hear, so as not hear, just anything?"*

"One should listen to what one fears. But one should not create one's own fears, for the sake of fearing fear. Fear is of the essence. You create complexities, that never need ever arisen. If only you just let yourself relax, and see what was really there.

The true real fears, will become much clearer to you all. Just be at peace with yourselves, and your higher-selves will show you what it is, you are meant to see. Do you not understand, the responsibility is not completely on your own shoulders, not of the conscious minds.

The conscious minds are of the tools, my friends, not of the essence. Do not limit yourselves. Do not thinking that to feel, shall leave logic behind. For to feel, is the only way of finding true logic. The logic, which lies much deeper within. Can you encompass what I say?"

"Yes."

"That is good, for there is much to learn, and we do our best, we do our darndest to assist."

(Betty) *"Can we be too open, to what we feel?"*

"Only if this necessitates your finding things which are excessively predominant, stopping you from what is really there. Do not create illusions for yourselves, for illusions are the very essence of fear itself. Can you not see, you continue to manifest, that which you are trying to find, to uproot. Do you try to understand? I'm sure you all do. It is good to see you, and try. I only hope you will listen, for your own good, and for the good of humanity."

(Betty) *"Must we rely on our own instincts, to tell as of the proof within what we see?"*

"Proof is always there, if you look deep enough. It is not always

given, at the exact moment you demand it, but it shall always be given, and shall always arise. Do not fear that it will never be given. Do not fear you shall not find it, for if you stop your feeling, you shall find what is really there. The message is quite clear, though difficult for you to comprehend. We are sure you shall learn, as everyone does.”

“You say that we had to feel, to find the truth of the situation. How do we know, that what we feel, isn’t what we are aware of, from past lives, and what we are not aware of, how can we feel something we are not aware of. Or does the mechanism go beyond that, and our feelings about the situation, are contacting the truth.”

“Your complexities are difficult, and for me to keep up with the scaffoldings you build around your minds, I could trail after you forever. Can you not see, your higher consciousness, has it all there waiting for you, as a gift for you my children. If only you will stop trying to build the blocks, yourself. The pyramid will come together with the greater ease, for the higher consciousness spirals within, and is the only one, that knows the greatest way.

If you stop, if you listen, if you are quiet, if you have patience, if you don't tire yourselves with such confusion, it shall be shown. Take the quiet of the time, take the time to be still, you're scattered energies delude you. But you shall learn, you shall learn, you shall learn. Take time to find peace within yourselves. This is how you shall find, that is when it shall be shown. Otherwise, you can create any illusion you want, because the possibilities are infinite.”

(Betty) “Is evil an illusion?”

“Evil is a reality, there are reality of the self, not of the outside world. Evil is a scatteredness, it is this sense of loss, a personal grief, and dissatisfaction, but breeds from within. Tis a sad state of arrival, tis an illusion, tis not a reality.

(Sorry, Evil is the consciously directed inflicting of pain, death, and suffering, on any form of life, incarnate, or discarnate.)

Imagine the white light within, being covered in a black soot, so that the inner eye cannot see out, but is strangled and cries for air. I do not wish to breed fear in your hearts, I only wish for you to be quiet, to your mind, to let them be the tools, they are focused to be. To let them be the expression of the inner self, they are meant to be. Instead of the very block, of that which they were meant to be the expression of. Do you understand?"

"Yes, my friend."

ALAN AS THE CHANNEL

"Look, in like a direct reply, from what we have just heard today. I just like to say a few things about what's been said. From the explanation, you just heard, it could be evident that you may misinterpret a few things.

Now, what one thing, you may misinterpret, is the way to apply this approach. This approach only allows us to be clear, what we read from ourselves. This approach removes the bull-shit, which we put in ourselves, the bull-shit between our eyes, and the page, the page being of us.

This approach only applies when trying to merely read one-self, to use this approach generally in the world. You would find that could be quite dangerous."

"Who are you my friend?"

"I am an ABC Footy commentator."

"Well, your name?"

"George."

"Are you a Guide?"

"Well, no really, I'm just somebody who was interested, and passed by, and seeing this intelligent conversation going on here, I thought, you know, I could show a different angle on this, so that we could know more about it."

"Well, this is true. Have you been in spirit, long?"

"No, no. I don't know, I can't really place time, as into how long. All I can say is that my Earth experience is very vivid, that's all I can say."

(Betty) "Can you see a white light, George?"

"What are we talking about now. What is the point of asking me a question? I thought we were going to discuss something. You just want me to look for a white light. Is this some sort of a... yes, right,

yes, I see this... Yes, I thought this was some sort of a joke.

Yes, I see this horizontal crack of white, its spots of light, which are horizontal, and then joined up, but they seem to be in some linear line, and a...

“If you stop talking long enough, Betty will tell you what's in the white light.”

“Right, well, it seems... what is in the white light?”

(Betty) “Can you see a figure there. George?”

“No, it's just these bits of white light going along, you know.”

(Betty) “Are you sure you can't see anyone that you recognise, in there?”

“All it is, is these bits of light, there's no one there, it's all in the head.”

(Betty) “Would you like to go towards the white light, George, and see if you can see anyone that you recognise in it? Will you not come closer to the white light?”

“Right, oh, yes, okay. I'll see if I can move towards it, okay. I'm having a lot of trouble... but I can't move towards it, you know...”

“The white light will go towards you.”

“Right, yes. Well, all I can see... I'll tell you what I can see. I see... I still see the crack I see before, but instead of being completely surrounded by blackness, I see shadings of light... of lighter darkness, where it's not so dark all around.

It's not so dark anymore, so maybe I'm getting closer, and it just doesn't look like it. All I see is.... I see... Now I see... I'm not seeing a crack anymore, I'm seeing fuzzy white and black. What's this.... who is this...? Is this...? What's this supposed to be, you know. Am I still supposed to see a person here or somewhere, what's happening to me, you know?”

(Betty) “If you look carefully, you'll see that someone in spirit, in the white light. I'm not sure who it is, I think it's a female figure, and it could be your mother. Is your mother in spirit?”

“My mum is...I'm sure, no.”

“Have a look.”

Well, see. I know if she's in spirit... You know, as in like...”

“See if you can see your mother in the white light.”

“Well, I can't see my mother, but ...I just can't see, I can't ...I'm

trying to see, but I just can't see, it might take me a while to see what it is. Could you give me some more help, ask to try and explain what I'm trying to see, or try and direct me how to see it more clearly, or where to go, to get closer. I just can't see."

"She's going to come closer to you, and if you hold out your hands, she'll hold your hands, and when you hold her hands, you will definitely see her much clearer. She's holding out her hands to you."

"Well, all I can see is a couple of arms with outstretched hands. I don't see any person."

"That's right, just hold hands, and the rest will be a lot clearer."

(Karen) "It's okay. The hands love you."

"They seem dark, they don't seem light."

"They are white, they are light. Just hold them. Feel the love coming from the person."

"Heck, me mates always said I was a big boy. Or as said, by my mum."

"Are you holding their hands yet?"

"Yes, I'm holding her hands."

"Can you see her? She's talking to you now."

"I can only see her arms, though. Or no, no, I can see some more of her shoulders."

"Can you hear her now, she's speaking to you."

"What is she saying?"

"Is she asking you, where you have been?"

"She's saying, leave Alan."

"That's right, you've got to leave Alan and go off with her. She's going to show you where she lives."

"She saying, 'Come on, George.'"

"That's right."

"Okay."

"Bye."

"Bye."

(Betty) "Bye, George."

"How do you feel?"

(Alan) "I wasn't sure about that last one, because I don't know whether he went to the white light. All I know is, I left him holding onto his mum's hands, and he ended up cuddling her, and putting his head on her chest. The whole time, I had this happening. I had this image of going into the SCG."

(Sydney Cricket Ground)

“He might have been an ABC commentator.”

BETTY AS THE CHANNEL

“Pardon?”

“I am sorry.”

“Were you speaking another language?”

“English is my second language. I wish to speak to you. My name is Mikhail. I dreamt that I was dead, and I woke to find it true. I had been murdered. My death has always been thought to be natural causes.”

“Have you been in spirit, long?”

“For some time. I have been to another plane, as you would call it, of time. I wish to give this message that I was poisoned by one in my household.”

(Karen) *“Have you seen a white light?”*

“Yes, I can see a white light.”

(Karen) *“Can you see if it is behind me? Would you like to go to it?”*

“Yes.”

(Karen) *“It is a good light. Look, and you can see your sister. She's holding her hands out to you. Can you see her?”*

“No, it's not my sister, it is my mother.”

(Karen) *“It is your mother. Go to your mother, and she's beckoning you.”*

“Yes, I am with my mother.”

(Karen) *“Goodbye.”*

“Goodbye, my friend.”

“Good evening my friends. We are pleased to see you all here tonight. You have done much good work tonight.”

(Betty) *“They're talking too fast.”*

“Can you talk slower, so that Betty can receive what you are saying please.”

“We are sorry, we sometimes forget that your speech organs cannot always keep up with the speed to which we are accustomed on the other plane. We wish to say that ... we are not sure how to express this. The entity, which was just rescued, was not really lost, but tended to have a bee in his bonnet, as many murder victims do.

You are doubtless all aware that sometimes, the energy of people who have died violently, remains in the place where they have been murdered.

This is not such a case, even the victim thought that his death was natural, until he had passed over to the other side, then he realised that he had been murdered. So he had a need to pass on this information, back to what you call the real world.

But he has been fully occupied on the time plane where he had not in fact... in that time-frame he had not died."

"Can you explain what you are talking about?"

"We can try, although unfortunately we do not have in this entity, the vocabulary, or rather we cannot find an adequate image to explain what we mean.

Some of the concepts of parallel time-streams, are hard to explain, when you are used to the idea of time as being a straight line. The very most, you can manage on as a variation, is time in a circle. But time is none of these things, time is not a thing but a place.

If we were to attempt to give you an image, of what the time continuum looks like, which we must stress, but this is a very inexact analogy, it would look something like a honeycomb full of holes.

And the different holes, are the different time streams. Most of them continue indefinitely in various directions. But some of them are on one plane only. Some of them converge, some of them cross. But the majority remain separate.

Now we come to a sticky part, we have great difficulty in explaining to you, that there may be more than one entity of a particular individual, on different time streams."

"Are you talking about two incarnations from the same soul?"

"Yes. Even this is a somewhat loose terminology. But unfortunately we cannot express it more precisely."

"Can both these time streams, be in the same plane, the same planet?"

"We are not sure how to convey this, because the same planet.... yes, we think we see what you mean. Because of the nature of time and space, two planets of the same planet, may actually occupy the same space.

We do not think we have put that over very clearly, and we ask

you to attempt to visualise this, or try to imagine it. You may get a clearer picture than we can convey, merely by words. If you can attempt to visualise these things, you may be more successful in grasping them. It is very difficult to express in words. The nearest that you can come to expressing these concepts, is in mathematics.

Unfortunately, the entity which we are speaking through, at this time, is mathematically illiterate, so we will not attempt anything along those lines. But we may do so at a later date, with a different channel.

Mikhail, or as the English translation of that name is Michael, you perhaps use that name, as it is easier for this English-speaking channel. He was a religious and political figure in this century. His death occurred about ten, we think of your Earth years ago. And after his death, he passed to a parallel time stream. So that in one sense, he is still alive, in an earthly body.

There again, we become tangled up in the difficulty in expressing this in ordinary language. Sometimes even a quite advanced entity, may find it very confusing to be alive, as it were, in a parallel time-stream, when they have died in another one. And that is quite rarely what happens, when what you have, appears to be a lost spirit.

We stress, that is, it is a very rare occurrence, but it does occasionally occur. And if there seems to be a discrepancy between the awareness of the entity, and the fact that they appear to be lost, this is sometimes the explanation.”

“When this entity went to this parallel time-stream, did he occupy a body that was his creation, or was there a body waiting there for him to inhabit?”

“No, he occupied the body that was already there.”

“And the spirit of the person that was in the body, what happened to the spirit of that person?”

“It appears that the spirit of that person went to occupy this body. We are again faced with the difficulty, which brings up what we mean, but some of you will instinctively grasp what we mean, having already learned this.

This entity is now living in that time-stream, the life which he would have lived had he not died on this Earth. So of course the history of that time stream was rather different, in fact we can see that there are several differences, both in his personal life stream, and in the historical stream of his parallel world.”

“Does that mean that this entity was occupying two bodies, in two parallel time-streams, and when one body died, he went to the other body?”

“Yes, it is difficult to explain precisely what we mean, but that in effect is what happened.”

“And as Seth, do you understand, who Seth is?”

“Yes.”

“As Seth has said, that we can change our probability universe, and leave this world, and go to another parallel world, if we don't like the way things are going in this world, and we don't believe in where this world is going, we could go to another parallel world, is that possible?”

“Yes, we understand what is meant by this, but is quite an unusual occurrence for an entity, who is occupying a body in a particular temporal reality, to achieve this.

Mainly, because of certain rules, or shall we say that these worlds have laws, just as your physical world has laws of physics, laws of thermodynamics, etc.

We do not feel up to trying to explain some of these laws, with this present entities vocabulary. But we might attempt this at a later date, and we will direct her to try to expand her vocabulary.”

“I was thinking, if they can circumvent the laws of this world, like when a person teleports from one side of the world to the other, they could teleport from this world, to another parallel worlds, is that possible?”

“If such an event appears to circumvent the laws of this world, this is not so. It is simply making use of laws, which are as yet, unknown to your temporal realities.

Scientist.... but there are laws governing events, such as teleportation and similar events, and we hope that at some later

stage, when you have all progressed considerably, we will be able to explain this in great detail. Indeed, we look forward to being able to do so. We have said all, we wish to say on this subject tonight. So we will leave you now, be blessed, goodnight.”

(2010 INSERT. At the time of compiling this chapter and volume, I was unaware of the main purpose of my reason for my spirit incarnating into this body, but over the years a few student/patients who would attend my classes, we found out by being shown our past lives, where we had incarnated and lived our lives to either be recorded and written about, to eventually influence many millions of people, where our lives are part of this Earth’s history, or we lived these lives together on a parallel Earth, where one of us had a parallel life on this Earth, who wrote what on this Earth would be classed as fiction, the events that happened on the parallel Earth.

The main purpose being that those lives were to teach and morally influence souls who had incarnated into physical existence, these stories or detailed record of their lives have larger conscious and subconscious influence on the reader of them, than dry historical education in our schools.

At the time these past lives were put to paper, so to speak, and the following decades, and over a century of the world’s population translating and reprinting these books, which includes lifetimes recorded in the bible, lifetimes recorded by the Romans of their principal historical families.

These are just the non-fiction ways that recorded historical lives can be turned into books that are so popular, that eventually they would be made into television series and movies, but I am getting ahead of myself.

The timing of these books, whether they are the works of Shakespeare, Charles Dickens, or Claudius, to have the largest impact on the world’s population was the best time, as humanity for many decades didn’t have the distraction of television, which would eventually considerably reduce the amount of people who would read books, but even that was used in the first few decades to turn these books into television series, and also the movies that had been already made and shown on cinema, would also be re-shown on television repeatedly, especially the biblical stories

around religious times of the year.

And the good thing about early television, was that not only would colour television open up the public to all the colour movies, which had been made over the previous decades, but the percentage of time allocated for soap operas and so called crime drama series was very low compared to the time allocated for showing movies and classical works.

But as we see today the content of most free to air television channels today, is primarily driven by ratings, which is tied to consumerism and advertising, which is catering to the morality and intelligence of the largest section of the population. Thus we have mostly contemporary programming to thrill, and cater to their fears, with the primary focus on suffering, whether it is the news or crime drama.

Over the years I have stopped watching the news or most of the, what I would call Cop shows, as they are not helping my spiritual growth, and are wasting my time.

Now the reason I started explaining about my higher-self's primary purpose incarnating into this body, is because she said that she and the higher-selves of the other students in the, you could say team who, also incarnated to help with this primary purpose of influencing many millions of souls on not only this Earth-plane, but to ensure that this mission is accomplished.

My higher-self said that she had incarnated her spirit into approximately fifteen other Raymond's, on fifteen parallel Earth's, and that the student team higher-selves had also done the same, because our conscious minds have free will, and may not follow through with the mission, also as we were to find out, a few years after the date of this chapter, that on one of these parallel Earth's, the majority of the population died in a nuclear holocaust and subsequent nuclear winter.

And many of their spirits travelled to be assimilated with their reciprocal spirits on this Earth, I don't know how this is done, but my higher-self said that the affects subconsciously on humanity on our Earth, put an end to the cold war, and the powers that be who influenced which Earth these migrating spirits went to, also modified the spiritual growth destiny of many millions of this world's population, by in effect switching off the number of the world's population who had chosen before they

were born to contract A.I.D.S. which was one of the main purposes of my original text books, especially in the connection with past life therapy.

But our mission was designed to be very flexible, as our higher-selves had been apprised of the possibility of these far reaching events, and in effect plan B was utilised, but plan B was on a different time frame, for activation, and because of the predicted likely-hood of the nuclear holocaust, my first books printed by me, were only guided to be printed to attract the other players in the team, so to speak, for print volumes one to five, and after the fifth volume I was still attracting more parallel lives of advanced souls of the first team, who were recorded and printed in volumes 3 and 4, which will now be the content of the third disc volume.

But my higher-self didn't incarnate into any past lives with this later group of students past lives, which you will read some of their class-nights at the end of this second disc, but nevertheless they still incarnated together to learn and release things between them, as they found out more of their desires and conditionings from these lives together.

I firstly and then the students recognised that they were past parallel lives of the students I had attend for volume 3 and 4, and this was why my Guides allowed them to buy volume three and four, after they had seen enough past lives of their own to be able to recognise the connection with the other students past lives in volume three and four.

So these students were influenced to join my classes, so that they could release more past life conditioning to what the other students released, and also to add new experiences and material for more volumes, to help with plan B, when the time was right.

I feel that the first group of students released emotions and conditioning towards me, so that the next would have less subconscious friction with me, because of what the first group released, and also got to know my desires and motivations connected with the purpose of the classes.

Well, these series of discs is in effect plan B being put into operation, as I can afford to send out these disc to most of the spiritual Churches in the world, and they can be copied by anyone with a lap top computer, for a few cents, the price of a blank disc, and no government or powerful religion can interfere with or censor the distribution, and if I am

prosecuted or taken to court, this will not stop the discs from being copied, only increase the populations awareness of them.

And if I am fined, I am relatively poor, and if I am imprisoned, I will be over 60, and I could handle that.

In the next chapter, now that parallel lives have briefly been explained to you, I will show you a tree representing incarnations of myself and students of my classes over the nine years I was running them.

It is only a rough outline but it will make a lot of things much clearer.)

RAYMOND AS THE CHANNEL

“G’day. Who are you?”

(Karen) “We’re here to help you, who are you? What are you doing?”

“Peter.”

(Karen) “What are you doing here, Peter?”

“I don’t know.”

(Karen) “Can you see the white light behind me, Peter?”

“Oh yes.”

(Karen) “Look into the white light. You want to go to the white light, don’t you?”

“No.”

(Karen) “There’s your friend there.”

“What friend?”

(Karen) “Your good, old, friend, Jeremy. Look, he’s waiting for you. You remember him, Peter. Can you see him?”

“Yes, I can.”

(Karen) “Are you going to walk towards him?”

“Yes.”

(Karen) “Of course, you are, go on.”

“Goodbye.”

(Karen) “Bye, bye.”

“I am lost.”

(Karen) “Would you like to find a way?”

“Yes.”

(Karen) “If you look behind my shoulder, you’ll see a white light. Can you see it?”

“Yes.”

(Karen) “Look who’s in the white light. It’s Martha. Look in the white light, can you see her?”

“Yes.”

(Karen) “Go to her, go on, go to the white light. Have you gone to the

white light? Go in, my friend. Hello, who is there?"

"Greetings, my children. Tonight we have allowed you to practice rescuing many souls, from many realities. You have learned to be confident in what you tell these souls. They are from all walks of life, and you will gain more intuition, if you are able to allow your personality to flex, so that you can speak to the lost soul with the most appropriate personality.

To help them believe, you have to be very flexible in how you say, what you say to the soul, or you will find some times a soul can be overpowering, or you can't get a word in edgeways.

Your confidence and lack of any fears when you're talking to the souls, will allow you to relax more as you are talking to the soul, which then allows us to give you the correct person who is in the light. Or any other idea, which will help convince the lost soul.

You have been practising tonight, and do not think that you fail, because all were rescued, except the ones that were not ready. But nothing bad will happen to them, and they will learn.

We will help you to gain more confidence, the more often you do this. As convincing the soul in this class, applies just as much to convincing the soul that you see clairvoyantly, and speak to mentally, to help convince them, and doing a rescue anywhere outside this circle.

We thank you for listening tonight, God bless you all."

(Chapter continued on next page.)

**HEALING CLASS 5/4/88 LYDIA
THE JESUS VISIT MEDITATION**

“In the centre of the circle, sitting on the chair in the column of white light, is a figure. He is getting brighter and brighter. The figure is Jesus. He has come to speak to us, and shows us individually, a scene from his life, that will help each of you in your own development. So that it will help you grow and understand, give you confidence.

As he talks to you, you'll start seeing the scene of what he's talking about. I will leave you now to listen to Jesus.”

(Approximately ten to fifteen minutes silence)

“I want you to now finish what you are seeing with Jesus, thank Jesus, and say goodbye. He can come again another time, and come back now, come back to this room, take three deep breaths, have a stretch if you want to”

LYDIA’S MEDITATION + CHANNELING EXPERIENCE

(Lydia) “When we went into the meditation, as soon as you said that we were going to have a visitation, I immediately got the image of Jesus in the centre of the room, it was spontaneous.

Then what I was being directed towards, was the healing that Jesus did on various people during his life-time, and that capability within, to both heal myself and others. And then the learning side, and how he learned a lot, and how he studied, and studied under various.... in various places, and under various people.

And that this study and was very important, and the learning was very important. So there were two aspects of his life, that I seemed to be led to.”

“Hello, my friend.”

“Hello.”

“Have you been waiting long?”

“Yes.”

“Would you like to give your name?”

“My name is Joseph.”

“Are you, Lydia's Guide?”

“No.”

“Have you been long in spirit?”

“Yes.”

“Can you see the white light, sitting next to me? There's a white light, sitting next to me.”

“Yes.”

“In the white light is your uncle. Have a look, can you see your uncle? He's holding his hands out to you. Do you remember your uncle? Do you want to speak to him? He's come, to help you.”

“I didn't come to speak to him.”

“Do you want to speak to us?”

“Yes.”

“My friend, if you come to the circle you have to speak, talk to us.”

“It's nice to be here. I will talk with you on what you are doing. It is difficult. I have seen many things which I would like to tell you all, places I've been, that are not of this world. Higher places of learning, other worlds, or the energies.”

“Have you ever spoken to your Guides?”

“There are Guides.”

“Have you ever spoken to your Guides?”

“I speak to many.”

“Are you happy where you are?”

“Yes.”

“Do you feel fulfilled? What is the reason why you are here tonight?”

“To learn.”

“To learn from whom? What do you do, when a bright light comes close to you?”

“I move in the light. The light's with me.”

“Have you seen any relative of yours?”

“I'm not sure.”

“Are you in touch with any of your relatives?”

“I'm in touch with many.”

“What do you want to talk about? You have to use the voice box, because we can't hear your thoughts.”

(Lydia) “I kept getting pictures, as I was going through that, of Suns and different scenes, out in the middle of space, I guess, and spiritual

Teachers.”

RAYMOND AS THE CHANNEL

“Greetings, my children. You have been practising channelling again tonight. We wish you to take full advantage of the time to do this practising, to help you relax and let things flow. We hope you find the communications from the other students, when they channel, are helping you to understand and feel more at ease with your own channelling.

You will have to control this analysing, though, because if we do not give you anything to analyse, it will not stop you analysing in the future, if you do get things, that you want to analyse, and the more channelling you do, the more you will want to analyse.

Try not be too concerned about what you say, or how you say it, while you are channelling. Have the attitude, that you do not care what is said, and you will be more successful, and channel more material from spirit. Then when you read it, you can do all your analysing, and look, and say, how good you were at allowing the channelling to occur.

You sometimes have found that your head wants to move while you are channelling, you tend to restrict it, and keep your head still. But there is a reason for the head moving while you channel. It has something to do with the balance of the two hemispheres.

To switch off certain parts of the brain, and mind, analysing parts, which allows more of the intuition and communications side, to come in. You will find that your guides will help you to develop your senses, in relationship to your bodies.

We still want you to practice together when you're at home, with your past-recalls and your channelling.”

(Lydia and Brian were helping each other, at home.)

“I wish to say hello. I have been waiting for some time now. My mission is here, and I must learn to use this vehicle, for I am ...I need time to adjust to this one, and yes, he's now ready to be used as

