

THE
AWAKENING
OF AN ANGEL

VOL 2

PART 3

RAYMOND WILLIAM SHORE

Because after volume 1 had been free on the web for over 12 months, and I received the sum total of zero dollars and cents in voluntary contributions to finance any further work or travel expenses, I have had release the rest of these volumes as E books.

So copyright of all volumes 2, 3, 4, 5, 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 book, file, to be printed, but not sold.

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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.

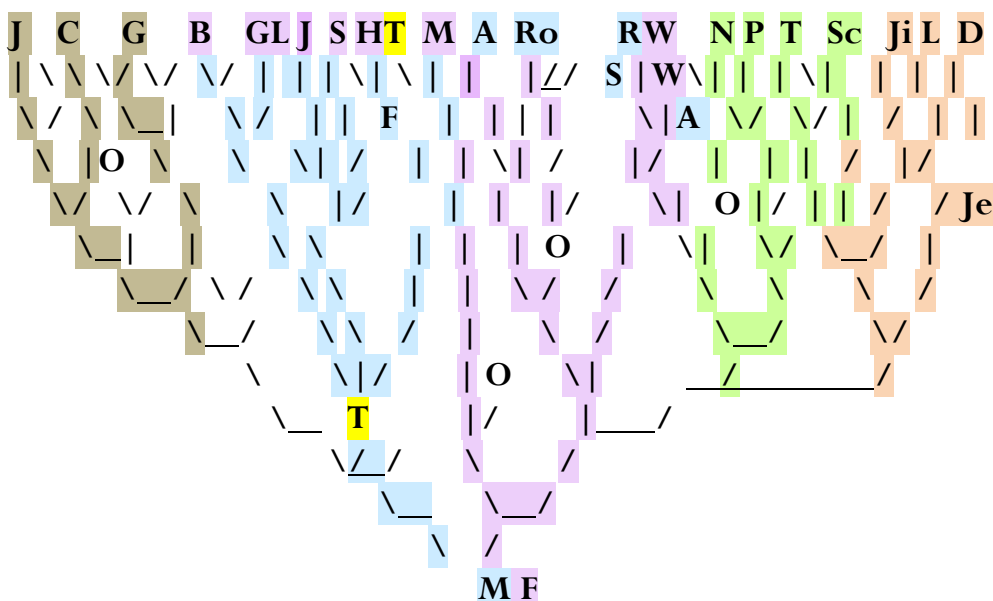
But there are so many interconnecting new concepts of the meaning of life, that each chapter is like a three dimensional jig-saw puzzle, and pieces you learn about in early chapters fit into other pieces to make a larger understanding of a chapter later in the book, this is why it is essential that chapters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

(50)

2011 UPDATE. In the last chapter I mentioned a few students who had been drawn to my classes to help with their spirits progress, and that even their past parallel lives had also incarnated this time to be in Australia to be able to work on more releasing, when they also came to my classes.

But first I will explain this very rough tree diagram the top of the tree mostly represents the students and myself in this incarnation, which includes the letter **Je**.

The colour shaded lines / roughly represent past lives, but the number could be vastly greater, or slightly smaller, this is only showing you the principal of past parallel lifetimes.



The **MF** represents the original spirit before it splits into male and female, and the spirit then incarnates into a physical body of either sex, but the spirit remains the same gender, hence a line stays the same colour.

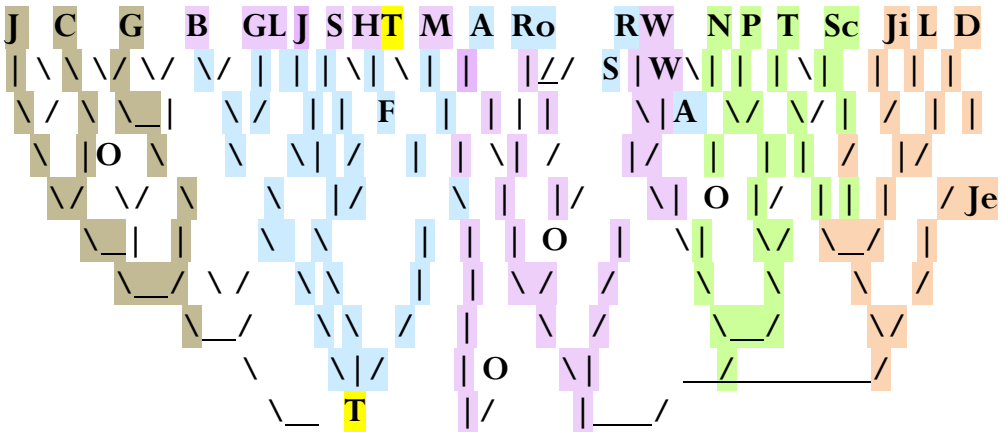
If you look at the third pink column you will find a **W** close to the top up, this represents my past parallel life ‘Walk-in’ spirit’s past life in the concentration camp, I didn’t have the space to show, or even know how

many past lives she had lived before her last one, before she swapped places with my spirit, in this life, which is represented by the **RW**.

I have shown the incarnations of my female spirit, in the pink columns leading up to my incarnation, and any past parallel lives of my female spirit.

In the blue columns are the incarnations of the male half of my spirit, as you can see, I have situated **T**eresa's past life lower on the tree. When **T**eresa found out in spirit that she had been made a Saint on the Earth-plane, she used this as an excuse to not need to incarnate again, but the real reason was because she was too scared to, from sexual/emotional trauma she had experienced in either a past life, or parallel life.

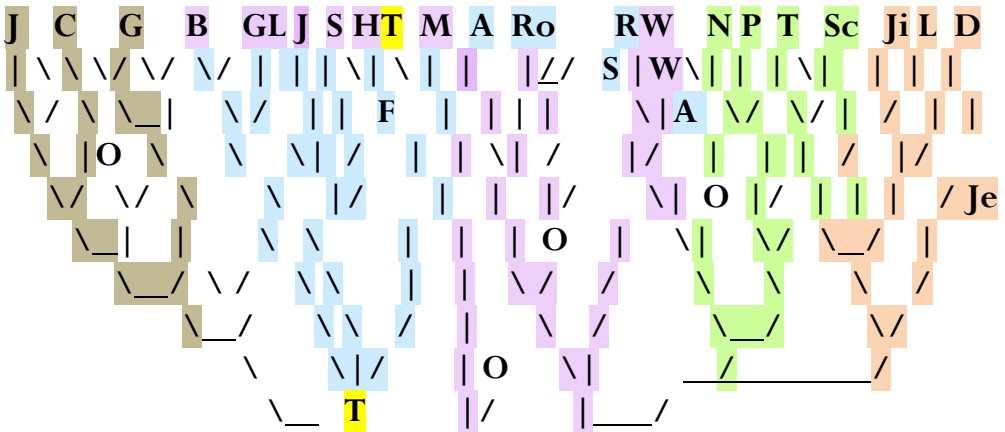
But she infused sparks of her essence into babies which grew up to lifetimes, which then continued to reincarnate again and again, which are represent by the blue lines leading up to some of the present day students/patients, who were guided to my classes, but there have been other students who came from the same higher-self, but their line of incarnations may have started many incarnations before Teresa's incarnation, so some of the students line of descent may track around Teresa's incarnation, which I haven't indicated, as I don't know which.



And because I had to be more developed in the past life therapy area of my guided healing, **T**eresa's seed incarnations and the group of advanced souls lives and past parallel lives, would only start to turn up for past life therapy after I had time to experience and learn about Walk-ins and

parallel lives, at the end of volume two. This **Teresa's** higher-self's next seed incarnation, **Moira**, would be the main content of volumes three and four, but on these discs will be complete on the volume three disc.

But unknown to me at the time, the first of **Teresa's** seed incarnations I had already met years before. If you follow the left hand blue column of lines you will come to a student called **Bianca**, who is the same age as me.



I first met **Bianca** in the same medium development circle in the Spiritual Church where I sat for four years, while my Guides were developing my link with them.

At first I found her attractive and tried to develop a romantic relationship with her, which she wasn't interested in, but over the next year I would lose my romantic interest in her as I got to know what she was like in the Spiritual Church, but I still found her sexually attractive. About a year later she phoned me up, and said,

'Can I come around, I have something to ask you?' so I said okay. When she arrived, after we sat down for a cup of tea, she said,

'I want to have a sexual relationship with you, but not an emotional romantic relationship.'

Well, I wasn't expecting that, as my jaw dropped open, this is why the memory of what she said is slightly burnt into my memory. At the time my suspicious mind thought this is very strange, as at the time I wasn't seeing anyone, and my first impulse was, well, why not, but I also thought that this was so strange I had better check with my Guides, so I

asked them, ‘Do you want me to get into bed with this woman, so to speak?’

Well, as my head nodded, as this was the way at that stage that they were answering my questions, I also saw the symbol of the zodiac sign Capricorn in my mind, and after finding out from my guides that they put it there, as a warning, as I knew a lot more about Capricorns, and because they are very compatible with Virgo’s, and I had studied more about the Earth signs than the other signs of the Zodiac, for my own relationship research, if you get my drift.

So the relationship started then. Bianca never told me why she wanted it this way, whether her Guides had convinced her I was safe and she wouldn’t get hurt, or whether her observations of me over the year in the spiritual church, had eroded her fears of either sexual, or emotional reasons, and she also found me sexual attractive.

But my Guides say it was a set up by Bianca’s higher-self, to also help Teresa, as Bianca was the first woman who saw Teresa standing in the corner of my bedroom, after we had just finished sexual activity.

At the time Bianca and I never knew that Bianca was one of Teresa’s seed incarnations. It would be years later when I became aware of four more of Teresa’s parallel seed incarnations, which are represented by the other blue lines leading to Shelly, GLoria, HT for Hazel, and Moira.

Our sexual relationship ended a few months later, I can’t remember why, but we still kept friends and every so often over the years she would visit me or I would be invited to visit her, where I noticed she would first want to have sex with me, before she would tell me what she really wanted my help for, sometimes it was moving her furniture to a new house, or if she was having problems where she wanted to have a meditation session, or past life therapy session, which she wouldn’t let me tape-record.

Bianca only once attended my classes in 1993, which is in the early chapters of volume one, on this and the last disc. I feel that my Guides are explaining that because Bianca felt that she was mentally and emotionally normal, and because she was very independent and stubborn, she would never seek me out to sit in my classes, or come to me for past life therapy. And this is why they brought her to get to know me first in the

church classes, and then sexually, as a taste of honey, to subconsciously draw her back again and again, where over the years her higher-self would bring her the experiences to trigger off past life conditioning, so that she would be subtly guided for my help by her higher-self, to help to show her and guide her in releasing past life conditioning.

The next student who is a seed incarnation of Teresa's, which I only found out in 2011, was Joan, who is situated in the middle, at the top of a blue column. I have already explained some of the connections With Teresa's higher-self a few chapters back, but in coming chapters you will learn more about Joan, to flesh out the bones about this, you could say.

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HEALING CLASS 11/4/88, JOAN, STANLEY.

ATLANTIAN HEALING TEMPLE BY THE NILE MEDITATION

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

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

We are visiting an outpost of the great civilisation of Atlantis. In the distance beside the river, on the other side of the village, we can see a beautiful healing Temple which was built by the Atlanteans. As we walk through the village we see that the people are happy, and are used to visitors to the temple.

As we get closer to the temple you can see that the building is constructed with a kind of pink marble. As we go up the steps, we see our guides waiting at the entrance, waving to us. We now all put on white robes.

The halls and courtyards are all open to the sky. It's midday, the sun is directly overhead. As we walk down the corridors, we can see the priests and priestesses ministering to visitors of the temple.

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

Now, I want you to choose a coloured room that takes your fancy, go to the healer waiting at the door and ask if you can be shown the healing cure that is appropriate for that coloured room.

If the healer indicates, ‘No.’ Maybe your guides or higher-self want you to try a different colour for your development. I will leave you now, to talk to the healers.”

(Approximately ten to fifteen minutes silence)

“I want you to now thank the temple healer who you have been learning from, and leave the temple. Walk down the temple steps to a large boat moored to the steps, and when we all get on board the boat leaves the dock and starts going faster and faster, until it starts to rise and flies us all back to this room.

Resume your seat, come back now, take three deep breaths, have stretch if you want to.”

JOAN’S MEDITATION EXPERIENCE

(Joan) “I want to go to the purple room, but he says,

‘No. *I have to go to the red one.*’ I have to learn about my anger, and my revenge. I’m on a beach, I’m fighting off this beast. I’m protecting my children. There are men. They send the beast, they’re watching. I’ll kill him, and then I’ll kill them.”

“Why, because you’re angry?”

(Joan) “They’re trying to get my children. We were doing our best to survive. There was peace, and then they came along. I’m fighting hard, he’s dead. I stabbed him.”

“Are you a man or a woman?”

(Joan) “A woman. I made this knife. I’m walking towards these men. There’s three of them, I’m going to kill them all. They can’t do this to me.”

“What emotions are you feeling at the time?”

(Joan) “Anger, and revenge. I’ve got much strength, I got a lot of strength. There’s a struggle with the first one, but I stabbed him through the heart.

They’re just standing there, waiting for me to walk up to them. This one kneels down. I just stab in him in the back.”

“Why did he kneel down?”

(Joan) “He's weak, he knew he couldn't escape. The third one's running away, he's trying to climb this cliff face, but I get him first.

I pull him down. There's terror in his eyes. I just kept stabbing him, stabbing him many times. They were sent on orders, and they didn't want to be there. So, they were just doing their job.”

“Why is your higher-self showing you this?”

(Joan) “If it hadn't been for the beast, I wouldn't have got angry with them. They needed compassion. The beast was the spark, but if I hadn't got angry with him, he would have disappeared.”

“What association has this with the colour red?”

(Joan) “Physical anger, emotional anger that results in physical anger.”

“What does your higher-self want to tell you about your anger in that life?”

(Joan) “I let the spark light the flame, and if that results in an explosion. I must let the spark pass over, I must let things rest. I can do things peacefully.”

“Anger must not exist in this one's life. She is so close to the highest level, except for this one obstacle, it must be ignored, it must not exist for this one. There can be no such thing, it's a physical emotion.

Physical emotions, negative emotions must not exist, must be completely blocked. She is so close. peace, solitude, and serenity, is all that she must know. Then there is no limit to where we can take her. That is all.”

STANLEY'S MEDITATION AND CHANNELLING EXPERIENCE

(Stan) “I'm so happy that it's a golden ray. What I've really got to learn, is what I'm going through now is to go out and experience life, and to learn to take control of my life.”

“Are you feeling the presence of spirit, yet?”

“No.” “Hello, my friend.”

“Hello.” “Are you Stanley's Guide?”

“Yes.” “Do you want to tell Stanley your name?”

(Pause) **Do you want to say something to us?** (Pause) **Have you**

been Stanley's Guide, since he was born?"

"No."

"Are you the Guide for this stage of his development?"

"Yes."

"Can you tell us what type of Guide you are, for what development?"

"Spiritual."

"Are you going to practice talking through Stanley?"

"Not all the time."

"Are you going to allow another spirit to talk through Stanley tonight?"

"I am one of many. Not tonight."

Are you letting Stanley get used to your vibration?"

"Yes, definitely."

"Are you a fairly new Guide for Stanley?"

"Yes."

"And is that why you're letting him get used to your presence?"

"Yes." "Are there any of Stanley's chakra's blocked?"

"Some, a couple. They are being worked on at night."

"Which psychic development, are you helping him develop, at this stage?"

(Stan) "I somehow feel it's all at once. What I feel that I've been getting, is the whole lot, everything at once, now."

"Can you think of any questions, Joan?"

(Joan) "How many Guides are with you now?"

"Seven, I think." (Joan) "Are they all at different levels?"

"Many, very high."

"Are any of your Guides previous incarnations? Are they the spirits of the souls that are incarnated at other times, at this time? Have these Guides got physical bodies, in other time zones, at the same time?"

"I feel so, yes."

(Joan) "Has one stepped forward, out of the group?"

"No, I don't think so. I think they're all working in unison."

They're all working for the common goal, like I am.

You must isolate each goal, don't look at it as a conglomeration of one. The group of Guides, is not a group as such, they're spaced. But they each represent a goal, but not to be looked at, as a group."

(Joan) "Right, well, the common goal for me, and my form of success, which is many forms. Many goals reach in for the same one."

(2010 INSERT. While I was re-inserting chapters and therapy sessions, of extract material, in 2010 I came across a channelling session of Joan's, which I found in a similar vein to Julie's channelling, and I never bothered to figure the six pages out, I just left them in my files, and never used them in my text books, but my higher-self advised me to put the first page with the Joan's material here, but still not use the rest of the students six pages of Joan's channelling on any disc.

But because of all the revelations my Guides had been explaining to me about Julie, they said I could now receive the explanation of where those unused six pages were coming from, so to speak. So, after Joan's much shortened channelling session, my higher-self channelled the explanation, which I channelled at my laptop in 2010.

I found it so concise and helpful in regards to Julie, that my Guides thought it would be also good to have this extract inserted at the end of Julie's presence in the class, which you might have already read, so I will highlight it.)

JOAN AS THE CHANNEL

"We'll always do things together, Joan and I."

"Are you a guide?"

"Yes. She will have many, but I will always be there. She can see as far as the horizon, and she will see more. So far she has only felt it."

"Her strong desire to help her brother in past lives, has it generated a strong desire in this one to help me, to

overcome my blocks?”

“There is a desire, there is a purpose, if you do not choose to follow, she must leave you behind.”

“If I don't choose to follow, you mean?”

“It is your responsibility to keep up. She cannot stop, you must keep going. You can keep up with what she can show you and experience, but do not ask her to wait, we do not... She cannot wait, if you choose to lag behind. Much speed will be gathered, and the momentum will be great.”

SPIRIT CHANNELLED EXPLANATION AT MY LAPTOP

“Many years ago Raymond went through a testing procedure, where we allowed dark entities to enter his healing class. These dark entities are attracted to the brightest lights on the Earth-plane, these spirits know that these very bright lights, are going to have a major impact on many million incarnated, and earth-bound spirits.

They attached themselves to one of Raymond's student's, (Julie) not this one. We prevented him from becoming aware of their presence, and the student's higher-self allowed them in, for the purpose of the student's spiritual growth, for the student had great desires for power, these desires were a combination of past-life conditionings, and beliefs.

This student had a strong subconscious belief, that not only, the ends justify the means, but also, the more psychic you are, the more fit you are to be a leader, and as a consequence anyone that had any weaknesses, this student had great contempt for, and this contempt, was the driving force to repeat what this student had done in past life-times.

This student (Julie) was unaware of the nature of these dark entities, as they fooled her, as well as Raymond. These ten dark entities, were very careful to appear as wise all knowing Guides, and their plan was to impress Raymond and his student's of their authenticity, so that they would replace the students own Guides,

and teachers, by appearing to be firm but wise teachers.

But their main purpose was to undermine the principals, and the purpose of these classes, which was, to teach the students to tune in to the students own Guides and higher-self, who would teach each student individually their own development, at their own pace, whether it be personal healing of conditionings, weaknesses, or illnesses.

Or reawaken strengths and abilities, which may have been blocked by their higher-self, to protect them from being manipulated by the world system. To prevent these strengths and abilities from surfacing while they had been too young to have the wisdom to save these abilities or strengths for a higher purpose, or wiser use when the time was right.

The way Raymond's classes were structured, was guided by his teachers in spirit, to allow the students to interact with, and allow communication, from both visual, clairvoyant, with their meditations, and clairaudient, with their channelling practise.

So that the students would develop a stronger link directly with their own Guides and higher-self, who would then set the stage, which would be tailor-made for each student, for them to learn and grow in.

These dark entities were like magicians on a stage, impressing the students with one student's development, but it was ultimately smoke and mirrors.

We liken them to a group of teachers on a stage, trying to get people to believe that they can be great sculptor's, by showing them, all the art work on the stage and demonstrating a student creating a great work of art, but not allowing the students up on the stage, never mind that the other students were more interested in weaving or basket making.

What we are trying to say, is, that the way Raymond's classes are structured, is the analogy of each students Guides, inviting the student up on to the stage to practise with their Guides in the activity most suitable for the individual growth of each student, with their own higher-self's approval.

The purpose of the undermining, was to stop, the text books from being produced, psychologically break down the teachers principles and beliefs in himself, so that he would discontinue teaching or running any future classes.

But we know Raymond a lot better than these dark entities, and with his intelligence, and very strong analytical mind, we gave these dark entities free reign, in their communication through their chosen student, knowing that if we gave them enough rope, you know the rest of this saying.

What we mean is, that if Raymond has more to analyse, then he will be able to see more of the picture, so to speak.

We have another saying that applies, always keep your enemies closer. If we allowed them into the circle, with no opposition, the entities would think that they would have great success in their plan, and we wanted to teach these dark entities many lessons.

This also kept them occupied, from trying anything more violent, before Raymond had produced his first Volume, and got sufficient copies out in the world, so that the entities would give up.

The student's whose higher-selves chose them to be in the circle with this student, were meant to learn from the experience.

Getting back to the reason, to not type in the rest of Joan's channelling, we knew that Joan's meditation experience, would bring to the surface certain emotions, that would lower Joan's guard and allow a specific dark entity into Joan's channelling session, we also knew that Joan agreed with what the spirit was preaching to Raymond about.

This was connected with Joan's conditioned belief of the degree of depth a student or patient needs to emotionally experience the past life scene that they are perceiving.

Also the spirit posing as a Guide, was telling Raymond that he needs to have his students or patients see their past lives in chronological order from the last life, going back through them.

As Raymond had not yet become aware of his own past life wisdom, in one of his most strong abilities, and that is, of being a

past-life therapist. All we could do at the time of this channelling, was to Guide him to ignore it, and forget about what this Guide said.

This was sent through feelings, about what this spirit was trying to mess with Raymond's head, as the saying goes.

Over the next five years, Raymond was to relearn from hundreds of past-life therapy sessions that,

1 */A students higher-self and Guides decide what past life scene the student/patient is allowed to see.*

2 */The viewing angle of the past-life scene, whether the student needs to be experiencing the memory from looking out of the body of the past life, so to speak, or watching the akashic record of the past life, to become aware of other relative's thoughts or emotions, connected with the scene.*

Or the students spirit, travelling back in time to help the past life, which is for more advanced student/patients.

3 */Also the depth a student needs to experience the past life, is determined by their higher-self, who know how strong the scene needs to be experienced, by the student/patient.*

4 */A student may also need to see a parallel life, for the higher-self's reason. When a student has become very familiar with having many past life sessions, sometimes a past or parallel life is shown to boost the self esteem or confidence, to give the student courage to venture into an ability, that they have been conditioned in this world to believe they are no good at.*

But if the students higher-self put large blocks in their childhood, to save these abilities from being discovered until they were older, wiser, or free-er, then a student doesn't necessarily have to experience any strong emotion from the past life viewing.

5 */There is no reason to see past or parallel lifetimes in any*

chronological order. You are allowed to see them at the reason of your higher-self or Guides. The reason, we say or Guides, is because not all higher-selves have the wisdom, and we have brought to Raymond two examples of dysfunctional higher-selves, for Raymond to help heal them.

This was the last attempt up to now, of the dark entities, trying to subvert the purpose of the text books. They were learning from their past mistakes, in that too much information for Raymond, only gives more that Raymond can sink his teeth into, taste it, chew it, thus recognise it, and spit it out.

So they were trying the subtle approach, of only one channelling session, but it didn't work, because when he types up the class tapes, he asks us about what the student channels, when we send him the feeling to question us."

(52)

HEALING CLASS 12/4/88, ALAN, KAREN.**LEMURIAN'S MEET THE ATLANTEAN'S MEDITATION**

I never recorded the meditation, so you will have to figure out what the students are talking about, as they describe their experiences, as I can't remember what my Guides gave me to describe, but I feel it was only meant for Karen and Alan, as I wasn't guided to repeat it. I remember it was set in 62,000 B.C.

ALAN'S MEDITATION EXPERIENCE

(Alan) "Well. The cave was beautiful, and had a great big overhang over the top, and there were vines and all sorts of green plants hanging down. And the stream that you mentioned was running through, what was warm and steamy. There was a fires around the entrance of the cave, and also there was a fire near where I was. I was a woman with a baby on my side, and I was grinding rice.

Then one of our people spotted the ship of the Atlanteans. His name is Rioby, and he ran out, and saw the ship and came and told me. I went out with the baby. I was a bit scared actually. I didn't know what they were there for. The ship landed and the Atlanteans got out, and there was about six of them. I led them to the cave, being really trusting, and I didn't know whether I should or not, but I didn't see any other choice.

They came and stood there and didn't speak. One of them gave a fish movement with their mouth, like kissing fish. They were fairly slender and red skinned, and paler red lips. They were wearing clothes, but not there, but there. I was naked and had very dark skin.

I was wondering what to do, and no words were being spoken. And then one of the Atlantean is pointed out to somebody who I loved. I think, who was the father of my child, but in this society, there was no responsibility of the male partner, who doesn't bare the child. And I knew I loved this person very much. I think they said, through telepathy, that,

‘We have used radar, to pick up a person, on a very high frequency of telepathic communication. This person, we want him to come to Atlantis, and teache us his ways.’

So they all sat down in a circle on the ground, and one of the Atlantean’s got dirt on their skin, and their red skin started to Pulsate, and really throb, and this person who was Rioby, my lover used telepathy and cleaned the dirt from the skin, and then the skin was fine. And Jalma, this Atlantean, kissed Rioby, and said,

‘Please come back to Atlantis with us.’ And Rioby said,
‘Yes, I will.’

And so he left, and when he left there was like a black hole in the community, and everyone was getting sucked down it, because it was so unbalanced. And then all of a sudden, he appeared again. What it was, you could see like his real body, but he was personifying himself, as in telepathically from Atlantis, to support our community at the same time, as well as teaching the Atlanteans a few things.

So I asked how long he was in Atlantis for? And they said,

‘About 50 years.’ And when he returned, no one knew the difference, because he assumed his natural body that he was personifying anyway.

And I finished before you actually told us to come back. And I thought that I wouldn't be able to tell you all, if I kept going. And I got a message that I have to increase my perspective memory, of one thing, at once. Even though I do have very clear... I can visualise things clearly, I need to be able to remember sequence much more clearly.

It was an incarnation of mine, which was different to these ones somehow. I felt a different homeliness, as in who I associated with. Looking at it from this plane, I felt very, very, lonely and lost, but I could see where I was, I had a place.”

KAREN’S MEDITATION EXPERIENCE

(Karen) “I saw this cave, with brown open earth walls, like rock with some dirt over it, and all the people. And what I was getting, was that I was an old man, a witch-doctor, like a healing person, and I had feathers and teeth around my head. I was a bit wrinkled and had very lively eyes,

and I think I had a container, like a pouch of herbs and leaves, to help me with my healing.

Before you even started this meditation, I was feeling thoughts of extraterrestrials, and I was seeing like spaceships, and then you did this meditation, and I thought, ‘Ah, it makes a lot of sense, particularly for me today, that you should be doing this is about extraterrestrials.’”

“Well they were from Atlantis, but they had the technology...”

(Karen) “Yes, but they were like, had the technology of people who we identified now, as being extra-terrestrials, maybe like on Earth. And they could fly around, as we see extra-terrestrials flying around in their spaceships.

And they arrived, and came into the cave, and I got basic messages. I couldn’t really feel like I was the old man, talking to them. I found it was easier for me to become the Atlantean person. And as I became the Atlantean person, I felt myself going into deeper trance, and I felt a different energy in my body, it felt light energy, and I felt the heat from my hands, and it went right through my body as the Atlantean person.”

My higher-self told me that Karen’s Guides moved Karen’s point of consciousness to view the scene from the Atlanteans point of consciousness, and that the Atlantean wasn’t a parallel past-life of Karen’s.

(Karen) “And the first most important message that came, was the soil on the walls of the cave, the minerals will give you life. And as a witch-doctor, I was wondering whether they meant through the plants, but I was thinking about the different ways through the plants, and through eating the plants. And it is a little sparkling bits in the soil, that could have been minerals.

The basic message was the whole thing of the circle of life and death, and your body going back to the soil, and becoming the Earth, and the Earth giving forth life again. They said,

‘To give unto yourself, you must go back to the Earth.’ And then a river water represented the cycle of change, and there was movement, and of moving on.

They kept saying the third eye must be healed, and I felt, and I could see the third eye was capped, like over the third eye. And they said,

'You have to pull the impurities out of the third eye.' Sort of pull them out. And the witchdoctor asked,

'What do you feel I should be doing specifically to help my people?' And then the Atlantean showed how you put your hands over, in front of people's third eye area, and feel the energy come in, and helping to heal the third eye. And they said,

'If you get wounds, the warm water in the stream will heal the wounds.' And that was like a message, I think that was a message of the Earth, and the whole integral idea of giving to the Earth, and the Earth giving back. And then they said,

'Come to the spaceship with us.' So I, as the witch-doctor, walked up with the Atlantean, and there was a long table in the middle of the ship, and I laid down on that. And they opened up all the middle section of my body, and peeled back all my skin, and I could look at myself, and I was just like rib cages, and the bones, and all the organs were lying around open and exposed.

And in the centre was a red beaming, where the heart would be, was a this red beaming glowing light. And they said,

'This is your central nucleus of your energy, and your aura beams from it.'

Then you asked us to come back, and so I had to sort of zip myself up, and go back to the cave. And I just felt like I could really identify, with all the different things, and they were just emphasising as being so important, and as being integral to the soul. And that was the message of peace, I guess."

KAREN AS THE CHANNEL

"Hello. I've come to speak to someone." **"Who?"**

"I'm not quite sure. I'm here because I've nowhere else to go."

(Alan) "Where have you been?"

"I'm not quite sure." (Alan) "Do you know where you are now?"

"No. I'm lost."

(Alan) "Can you see that you are standing in front of me, looking straight

at me? Can you see from behind me, a bright light? Streaming from a point, brilliant, brilliant and illuminating..."

"Yes." (Alan) "Streaming along, glowing in the mist."

"Yes."

(Alan) "This light is shining, over my left shoulder. Now the light, it is becoming apparently closer, becoming larger, it is taking the form of a doorway. This full, white, light, streaming out. That's where you are to go, you are to go through the doorway. There, you can move on, and you will no longer be lost." (Karen) "She's gone."

"Hello. somebody help me please."

(Alan) "What's the matter? You feel sad and lonely?"

"I lost my mummy." (Alan) "Look, I know where your mummy is."

"Where's my mummy?" (Starting to cry now)

(Alan) "I know where she is. Look, hold my hand, here's my hand."

"I don't want to hold your hand. I don't know who you are."

(Alan) "I'm your mum's friend."

"No you're not."

(Alan) "Well, can't you see? Your mum is over there, near my car."

"Your car?"

(Alan) "Well, that car... she's standing beside... Can you see her over there ...? That's your mum there. Can you see her? Look, just have a look over there, between those two things. Can you see?... are look ... there's someone in the way. Now there's not. There she is. Can you see her now? That's your mum, isn't it?"

"She's waving at me."

(Alan) "Yes, she's over by that car. Are you going to come with me? Can you come with me to your mum? Or are you going to walk over there by yourself?"

"Yeah." (Alan) "Are you going to walk over there by yourself?"

"Yeah."

(Alan) "Okay. So go over to your mum, just watch out for the cars though. Okay. Bye."

"Hello. Who are you?"

"I am Raymond."

"Why am I here?"

"Don't you know?"

"No, I don't know."

(Alan) "Can you see where you are?"

"I can't see."

(Alan) "Well, if you were to open your eyes, you would see that you are standing on a big flat salt lake, that stretches from the horizon to the horizon, dead flat. It's semi-dark, can you see that? Have you got your eyes open?"

"Yes."

(Alan) "Your eyes open, can you see the Salt Lake, it's approaching dusk. This is where you are. You are lost, but the way to find where you are, is to turn to your right and see me. Can you see me standing there? Just a shadow. Now I'm going to step to one side, and when I do, you will see a...."

"Glow so bright."

(Alan) "That is your light. That is the way to go. Walk towards it, and see how you feel."

(Karen) "He's gone. You must speak a little less, to give them a chance."

(Alan) "Okay."

"Which way did he go?"

(Karen) "He went towards the light, he get a got sick of you speaking."

(Everyone laughed)

"Good evening. We are here now. We want to speak to you, for we are pleased that you have come thus far, to recognise that which we wish to show you. We are very pleased, that you are interpreting our messages as desired. For there are many new ways of understanding, that shall come to you, as you open your minds.

Our messages may at times seem very farfetched to you, though this is the reality of reality. There are no barriers, and it is only the barriers you create for yourself, that you believe in.

We are most pleased to have your company tonight, as we move forward into a new time lapse, and a greater understanding of the Earth's principles, and her healing energies. We come forth from the planet to show you that you are being helped, and being guided.

We understand your unsureness of our identity, but all shall be made clear, as you see your lives open before you. We can only give you so much, as you are able to receive. Therefore we shall do every step to guide, and hold your hand, if you are to hold it out to us.

Hello, my dear ones. I just came to speak to you, to tell you we are

here with you. We're watching your planet Earth, and we shall continue to observe. We shall continue to be of assistance in your journeys, for we are most interested in your plight. For of course your plight is our plight. And neither can we relax, as long as we know that such injustice is being done in our universe, as is done on your planet, as you are doing to one another.

We do not wish to see such sadness. It is sadness for long, but we don't lose hope, we just keep getting together and talking about it, discussing it. Putting our hands in, when we can.

It's good to see you stretching your hand out to us, for it can be most perplexing, to give hope to a planet that gives no thanks. Yet we know, thanks shall be given for those who know to give. For in those who truly give to themselves, tis then that they give back, what is given to them.

Please try and understand, that we shall not desert you, and our ways are not ways of words, but ways of energy. For we are going to teach you the steps into the Aquarian age, for you need our assistance, and it is only with our assistance you're going to learn.

For you do need guidance, and you shall be given guidance. And it is from our essential nucleus of the energy, pulsating through the self.

Through the opened individuals on Earth, who may sometimes fight us, but shall eventually learn to accept those, through accepting themselves, that your planet will be freed of its incredible greed.

The girl is going to Saramides, we are leading her to Saramides. This is where we want her to go, we thought this would be the best place for her to go, if she is to be giving the healing energy to the Earth, and unto herself. We are communicating with her on a daily basis. We'll be giving such information and shall visit her.

She used to be told of many things at this site, the site being the site of the self. All human energy entity forms had this knowledge available to them, if they will allow it, and be open to it. There is no favouritism in the spirit world.

(This last speaker sounded like a Dialek.)

Hello Raymond. You are to stay here in Sydney on planet Earth. And you are to continue giving forth the messages, you have been doing thus far. Your guidance is coming from yourself, and following your own Guides. We realise that you will be unsure of the processes that are coming.

As far as perspective of yourself, overall goes, and the direction for your life, but let us assure you, that this direction is one of great growth for you, and for those who come to you, as you open your doors.

Raymond, the pigeons fly in, and the dirt is in their eyes, and as they fly back to their roost, week after week, night after night, the dirt is slowly lifted, as we find the place to help healing.

We would like to see many more of these circles, like you have going here. Circles which are not afraid to question that which may not have been questioned, recently. I speak in your society of closedness. We want to see many more of these circles developing on your planet Earth.”

“Who are you?”

“I am intricate.”

“Are you a Guide?”

“I am to guide you, I'm not specifically your personal spirit Guide. Though I come in guidance, and I come only with the permission of your personal spirit Guides. I must be given permission to enter the circle, before I enter. Do you question me boy?”

(Alan) *“I have trouble formulating the questions, sorry. I can't ask you straight away.”*

“I talk of your fears. I only wish to help. I only wish to question where there may be doubt. I force nothing against the open will of all entities. If my presence is not wished, I would not be here. I come only to hold my hand out in peace to you, to heal the third eye.

We feel we have had enough representation tonight. We have asked for questions only to be polite. Tis only polite, to observe the manners, the mannerisms of your planet, for we are visitors, are we not?”

“Yes.”

“Therefore, we bring no harm, and shall tread not where we feel threat. We come not to your cities to integrate our energy fields for

we are not accepted in these circles. We go to the mountains, we go to the oceans. We go to those who can free themselves from the fear of ostracization.” **“That’s us.”**

“That is you, yes, tis the goal, child, tis the third eye. For as soon as we see a glimmer of light, we zoom in, but only if asked. We see a flicker, we transmit this, and we go forth to help foster the healing energy from the hands and the minds of those who are ready to develop in the Aquarian age.

We feel your Earth, and we access her aura and energy field. We transmute her negativity, we access data, we access readiness to learn, and we wait.” **“For what?”**

We wait for you, planet Earth, to open your chakras, as you are doing. Our healing energy, our health, our assistance is simply the plight and the duty of the universe. All in the name of the one all seeing God. The inner-self’s opened eye. Scold not the child, for the child is close to us than any would know. Though we understand, yes, the child’s spontaneity must be tempered by wisdom.”

(Alan) *“Do you refer to the child, as the young newborn?”*

“We refer to the child as a young babe, we refer to the child within. That is always there, but grows, as so too does the tree of life. Many in your branches, are born, but still lying within. Is the crying babe, waiting to come out. To spurt the fountain of life, to the very trunk of the tree, yet she is pushed away, she is pushed down, and it is with night’s rising moon, that this cap over your third eyes, is removed.

And then all spirit helpers, your inner-selves are able to dive into the trunk, into the roots of the tree, down into the earth. This grittiness, it is in your sleep, it is in night’s slumber, the spirit speaks. For in your daily waking, you are learning, and often too busy to hear. We shall go now, we have said enough, goodbye.”

ALAN AS THE CHANNEL

“The purpose of this couple being the only members of this class tonight, is to explain very personal information, is to be

communicated. It is all right, Raymond, you may hear. Tis love, you are right. Karen, love can be tainted through stagnation of learning. It is important, you know that I am a Guide, and not Alan's higher consciousness.

Patience, Raymond, it has been tried a lot. To continue, love is the goal as you know, the focus of striving. Love is learning to be together, take not my meaning so literally, together yes, physically. Spiritually we must be forced to learn, as it is sometimes a very painful process.

We have no control over the other spirit, and so we must learn. We all must, will, and have learned. Yet it is important to not let the balance upset, and the balance I speak of, is the spiritual, mental, and emotional openness, shared between the two people.

Should this balance be upset, then nothing can progress, there is no point they intend to the continuing on that relationship in that way. So often it is the case, that that happens, because no-one knows better.

People must be prepared to accept separation for however long it may be, even eternally, so they can get on and find out their next lesson. People can never be sure that forever they will be together. To be sure that forever they will be together, would not be open to being eternally apart. Being open to being eternally apart is important. Because it means you are open to everything, and not prejudiced.

Prejudiced pushes everything over to one side, and natural direction is impeded upon, and the direction is constantly changed. Even if it be small, from small prejudice. Love thy expression of thy others hate. Honesty is what counts, honesty, trust.

You both have that incredible quality, in such strong portions. You devote almost all your energy to that, this is beautiful. It is beautiful to see you cry so often, but be wary of unbalances, I have previously mentioned. I would be giving you more information as it is due, if ever you should be scared or frightened.

We see you deserve this help, because of the advancements you have made by yourself, and the effort and energy, devotion,

devoutness you have applied to each other, and you are so honest. It is true, you must love yourself first. You must be a separate string on the harp, as Karen often says. Alan, you must listen to Karen, and Karen, you must listen to Alan. We must say goodbye. No first, Raymond, do you have a question?"

“Do I have emotional blockages, or is that desirable for what I am doing, with this kind of development work?”

“You must be steadfast while you work on another. Only one aspect can be developed at one time. Meanwhile, everything else must be constant.

Raymond, you are doing fantastically. Practice patience, it is an eternal lesson, as is all. I say, ‘Yes,’ to whatever it is your question is. If you have a query in your head, the answer is, ‘Yes.’ It is important that I must reiterate this point, though Alan may be intrinsically involved, this message and messages that are to come, are not from himself.”

(53)

**HEALING CLASS 18/4/88,
STANLEY, ERICA, LYDIA, SAMANTHA.**

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, as 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 now with finding out I had gone insane in two lifetimes I had with Joan, it stirred my interest again to find out what this was all about. So I started asking my higher-self about this woman who was in a mental hospital.

I misunderstood what I received from my higher-self, and mistook this woman, called Mary, as one of my parallel lives, and also that she was a patient. Obviously, I was influenced by the thought, that I went insane again and ended up in a mental hospital. But my Guides have more wisdom, and told me that they wanted me to do a meditation in my classes about this, firstly on Monday night, the 18/4/88, and then on Tuesday night the 19/4/88.

As this parallel life is still alive, I have deleted the city, or town that this hospital is situated in, to protect the privacy of the individual, but my students were told. I have underlined the little evidence that the individual students saw, in connection with the hospital.

SPIRITUAL SISTER MEDITATION

“Tonight, I want you to imagine that you are floating out of your chair, you're getting lighter and lighter. We are going on a journey in our spirit bodies. We are all going as a group. We are going to fly across Australia and go to England, all flying together. We're going to fly to ***.”**

Your Guides are going to be guiding you and taking you there, to help you be in the right place. In *** , we are going to a mental hospital. And in this mental hospital you will**

be met by a friend of ours. Her name is Mary, and she will show and explain to you the problems of the spirits, and the problems of the insane. If you don't feel right with Mary, your Guides are with you, and you can ask your Guides or Teachers, working with you.

Mary will see you, and speak to you if you wish. She will take you on a tour round the ward, to show you the problems. Mary is quite young, in her thirties. I leave you now to be shown by Mary or your Guides around the wards. Maybe you will learn about the spirits attached to the patients, or the problems in the belief systems of patients.”

(Approximately ten to fifteen minute silence)

“Now, you will remember what you experienced in this hospital. I want you all to come back now. You might have a visitor with you; Mary is coming back with you, to learn from our classroom. So come back to your seat. Take three deep breaths, stretch out if you want.”

STANLEY'S MEDITATION EXPERIENCE

(Stan) “I remember seeing like four steeples, and a tower, and it was a pretty old place.”

ERICA'S MEDITATION EXPERIENCE

(Erica) “I saw Mary, and I went around a few of the wards, and saw people in bed. Then I went around to a couple of recreation areas, and saw people sitting in chairs, in different stages of illness. Then we went out into the grounds, I spent the rest of the time in the grounds.”

“Did Mary say anything to you?”

(Erica) “No, she just smiled kindly, and showed me around.”

“Did you feel that Mary was a spirit, or Mary was in the physical?”

(Erica) “Physical, I think.”

“Do you feel that she was the hospital staff or patient?”

(Erica) “Hospital staff, I thought she was.”

LYDIA'S MEDITATION EXPERIENCE

(Lydia) "I saw Mary with wavy fairish hair, with piercing blue eyes. I went and saw couple of the patients, and got upset about that, so I went outside. I was told the building was built in 1870, and I could see it with sort of like turrets, four large turrets, and it was a darkish reddish sort of colour, and I just wandered around the grounds, until you told us to come back."

"How do you feel about Mary?"

(Lydia) "She seemed a very warm, soft person, physical, and she was waiting at the door, no, I didn't feel she was a patient."

(The students then practiced channelling, and performed many rescues. All communication with or from Mary, is coming from her higher-self. It was Samantha's first night in the class, and didn't see anything on the meditation, and my Guides wanted her to channel first, you will see why.)

SAMANTHA AS THE CHANNEL

"Hello, my friend... Are you lost, my friend?"

"Hi, Samantha."

"Are you a friend of Samantha's?"

"Yes."

"Are you a Guide of Samantha's?... What's your name?... Are you a man or a woman?"

"A man."

"Did you know, Samantha when you lived on Earth?"

(This spirit was Samantha's grandfather, he lied many times, and knew he shouldn't have been attached to Samantha.)

"No." "Have you known Samantha from in the spirit world?"

"No."

"Did you know Samantha from a past lifetime you had together?"

"Yes."

"Are you helping her in this lifetime?"

"Yes."

"Do you talk to Samantha's Guides?"

(Remember many of my questions, are given to me by my Guides, because they know things that want to be brought to the surface.)

“No.” “How do you know that you are helping her?”

“I talk to her.” “Have you been in spirit, long?”

“Yes.”

“When you went to spirit, did you meet your relatives or Guides. When you went over, from the physical?”

“I don't understand the question.”

“The last lifetime you had, where you died. When the light came towards you, did you see anyone in the light?”

“Empty.”

“Have you spoken to anyone since you left the physical and came into spirit?”

“Yes.”

“Did this person take you to a nicer place, or were you still there?”

“Sorrow.”

“Now, my friend, if you look over my shoulder, you'll see a white light (Pause) Can you see the white light? (Pause) Do you remember your mother? (Pause) Have a look in the white light. Your mother is in the white light.”

“No.” “Can you see your mother?”

“No.” “Can you see a white light?”

“Yes.”

“If you go towards a white light, you will be able to see the outline of a person. The closer you get to the white light, the easier you will be able to see this person. Come over and have a look at the white light, it won't harm you. It's behind me, and I'm not worried about it. Can you see someone in the white light yet?”

“Yes.” “Who can you see?”

“An older woman.” “Ask her who she is?”

“Fight.” “Who's fighting?”

“She is.” “Fighting, you?”

“Yes.” “No. Why?”

“Arguing.”

“No. She's trying to tell you something. What's she saying?”

(I don't know whether Samantha's Guides, higher-self, or maybe Samantha, but Samantha started seeing who was in the white light and what they were saying, and started telling us what she was seeing, and hearing, instead of channelling. So watch for when her grandfather is answering.)

(Samantha) "Leave Samantha alone. In Greek by the way.

He makes me feel depressed."

"Who makes you feel depressed?"

(Samantha) "That's all I got. I'm getting all this in Greek, I know it's silly, but I can't help it, because my grandparents were Greek."

"Now my friend, you are interfering with the Samantha's life, and you can help her more, if you go with your mother, she will take you to a nicer place, and help you understand all this."

"No."

"You don't want to go with your mother?"

"No."

"Do you realise the Karmic influence of this? That when you incarnate in another lifetime, you will have somebody interfering with your life. And you will not be free to do what you want, when you are living on Earth, because another spirit will be sitting on your back, interfering with you, stopping you from doing what you want. Because that's what you are doing with Samantha. You're not a Guide, you're interfering, and trying to Guide Samantha in the direction that you want."

"No."

"Yes, you are, if you don't believe me, ask your mother, and she knows best."

"No."

"You ask your mother, if you don't believe me... do you remember your father?"

"No."

"Did he die when you were born?"

"Young."

"He died when you were young?"

"Yes."

"Do you have any brothers and sisters?"

"Yes, two."

"Did you love them?"

"Yes."

“Well, if you look, standing next to your mother, are your sisters. Have a look, they are there. Go to the white light again, and you will see your sisters. Can you see them yet?”

“Yes.”

“If you ask them... ask them if it’s right for you to be talking and interfering with the Samantha?”

“Yes.”

“Ask your sisters.” (Samantha) “His sisters are pointing a finger.”

“What are they saying?” (Samantha) “Don't listen to her.”

“Don’t listen to who?” (Samantha) “The mother.”

“Do you believe in Jesus?”

“No.”

“Do you believe in Angels?”

“No.”

“Have you ever seen an Angel?”

“No.”

“If you look in the white light, next to it to your sisters, you'll see an Angel with wings.”

“No.”

“If you haven't seen your sisters for a long time, why don't you have a talk, and go off with your sisters. Samantha will always be here, you can always come back, do you understand?”

“No.”

“What don’t you understand? ... Are you talking with your sisters?”

“No.”

“Do you understand what you're doing with Samantha?”

“Yes.”

“Do you understand that you are interfering with her life?”

“Yes.” “You know you are interfering with her life?”

“For good, though.”

“You mean good, that you believe, as you understand it.”

“No.”

“That's right, that's true. Even Guides don’t interfere with a person’s free will. And Guides don’t interfere with people's lives. Do you know who Guides are?”

“Yes.”

“Have you spoken to your Guides?”

“No.”

“You mean you haven't spoken to your own Guides, to find out the truth about all this?”

“I am a Guide.”

“I asked you earlier on, if you were a Guide, and you said, ‘No.’”

“Mmmm. None of your business.” (Samantha) “Far out.”

“A Guide does not speak like that. In other words, you are not a Guide.”

(Samantha) “I'm getting all these weird thoughts, I've got to stop.”

“That's all right.” (Samantha) “All these weird things.”

“Eventually, he'll get educated, but sometimes you can't do it in one session. Do you understand what's happening, don't you?”

(Samantha) “Yeah, I just got, like every time you asked me a question, I just got this word flashing, like what I was saying, was just flashing in my mind.”

“Good, because you are practising channelling. Maybe your higher-self, arranged this person to be the one that helps you to understand the link with spirit, and to channel communication. And yet he will be educated, more than you understand, about the interference from spirit, and the more he will come to the realisation, that he is interfering. And eventually he will be rescued.

In other words, he will go off to the white light. But you can't force anyone, even I can't force anyone. I can't wave a magic wand, and exorcise him, and say, ‘you've got to go.’”

(Samantha) “No, but I don't want him to go.”

“All right. That may be true. And the fact is, that you may have to experience this guy. This is maybe what you have got to learn about, by having him there. But that's okay.”

(Samantha) “I know this particular Guide, I've had this Guide around me for a while...”

“He's not a Guide.”

(Samantha) “Well, it is. I know who it is, it's my grandfather. He's always

around me, all the time.”

“Well, that's right, well, he's not a Guide as such. He might think himself as a Guide, but he is ...”

(Samantha) “Well, he is with me, because he gets me out of my ... you know, If I feel down, or anything like that, and I just feel better. I don't know, I just feel good knowing that...”

“That's alright then, that's okay. Eventually, you will develop more, and you'll be wanting other Guides to help you as well, you know, your own Guides. They stand back, but like I said, you may have chosen to experiences this influence in your life from spirit, before you were born. For whatever reason, I don't know what the reasons are.

But I was just trying to find out the fact, whether he was doing it with okay of your Guides. If he'd consulted the Guides, and asked, ‘Is it okay for me to help my granddaughter?’

And he hasn't, obviously, because he has never spoken to the Guides, to find out whether it's okay, or not. But then again, it's up to you whether ... you will read all this later, and you will understand what I am talking about.

Do the rest of you know what I'm talking about?”

(Samantha) “My God, I just couldn't believe that woman, the woman. I mean it was funny, I just had this woman standing under this light, going.

(finger gestures) In Greek, saying,

‘Leave the girl alone, you're stuffing her up.’ You know, in Greek kind of thing,

‘Leave her alone, leave her alone.’ And he's going,

‘No. You're the one that's done all the stuffing up.’ They were arguing with each other.”

“You seeing that woman saying all that, is all part of your understanding. For you to come to the belief, and understand, that you would rather lead your own life.”

(Samantha) “It's weird. And then the daughters at the back, were going,

‘Don't listen to her, don't listen to her.’ Obviously, they didn't have a very good relationship with their mother.”

“Well, all I can say, is that you have to make your own decisions, from what you have learned tonight, which you can read back. But that's really good that you saw, because it's helping you to see.

Just remember, you didn't see in your meditation, so they helped you see while you were channelling. You have practised anyway, so when you channel other spirits, who want to say something... if your grandfather allows any other spirits to channel through you. It's up to him, isn't it, because he's your Guide as you say, so we can only hope for the best.”

(Erica) “I was getting these messages, telling me, I was on the spiritual path, I've got to keep on the spiritual path, and not to go off it. I had to develop, and keep doing what I am doing.”

“Did they say anything about the classes tonight?”

(Erica) “Yes, keep coming. I'm meant to develop more. And then I saw a big battleship, with a big cross on the side of it, going down in the ocean, during the war.”

(The next time Erica attended classes, was approximately two months later, on the 16/6/88, and brought a friend, Leslie)

LYDIA AS THE CHANNEL

(Lydia) “Heathrow airport. I can see someone very clearly.”

“Is anyone saying anything to you, though?”

(Lydia) “No. I see him very distinctly. No-one I recognise. Cedric, a long time ago. To guide me.”

“What relationship is he to you?”

(Lydia) “Guide. Warm and friendly.”

“Does is anyone else want to speak through you tonight?”

(Lydia) “A wispy girl. She's floating, drifting. She is not distinct like Cedric. Drifting, drifting.”

“What's your name?”

“Wendy.”

“Wendy, if you look behind me, there's a white light. Can you see the white light?”

“I won't look.”

“Wendy, do you remember your mother?”

“Of course.”

“Do you miss your mother?”

“No.”

“Do you have any relatives that you miss?”

“Brother.”

“Would you like to see your brother?”

“Yes.”

“Well, if you look in the white light, you'll see your brother, he's waiting for you. The white light behind me. Can you see your brother?”

“I will find him.”

“Well, he's in the white light, waiting for you. Have a look if you don't believe me.”

“I'll go.”

“Can you see him?”

“I'll find him.”

“He's in the white light, waiting for you.”

STANLEY AS THE CHANNEL

“Hello, my friend.”

“Hello.”

“What's your name?”

“The element of success, is expressed within the boundaries of understanding. The element of success is within all. Everything is active.”

“My friend, we would like you to say more to Stanley, so he can practice channelling.”

“Yes, it is very important. I've advanced tremendously since a short time ago, by meeting you, new levels of understanding. Higher levels of thought.”

“Are you saying that Stanley's reached these levels, or you have reached these levels?”

(Stan) “They're talking about me. The quicker you decide.....”

RAYMOND AS THE CHANNEL

“Hello everyone. I have been waiting to speak since I came back with you tonight. I have learnt quite a lot listening to you, and I also work with the white light. My work is also rescuing souls, and talking to them, convincing them to leave the patients. I am also a

patient in the hospital, but I chose to become a patient, to help people, the souls in these situations. For I am also very psychic, and that is why I saw you when you came to visit my home, as you would say.

We, Raymond and I, are in a sense, brothers and sisters, as we have the same past lives to condition us into what we want to achieve. I spoke to Raymond tonight for the first time, and he explained to me how we are related, and this makes me very happy to know that I am not alone in this work. I will be visiting your classes quite regularly. To learn, and teach you things, about my forms of healing.

We thank you for coming to the hospital tonight, and we understand if you go to other places, in your help of humanity. For your development of expanding your awareness's beyond this Earth plane, you will find that your experiences will be many and various, in each week that you sit for development. What you don't believe, maybe you will change your mind about, when you read about the experiences that the other students are having.

Expand your minds, and accept the experiences. We don't ask you to believe them, accept them. More proof will always be revealed to guide you in your development. This kind of development, is very strange to people in the beginning, so have patience.

You will find that your meditations are sometimes strange, but if you were to go on meditations that you understand, then what would be the purpose of going on them. How can you learn something new, without finding out that it is strange.

We like to use a teacher with an expansive imagination, so that we can show him meditations that he will accept and give to students. If the Teacher had a limited imagination, then he would not accept what we wish to give him. So, have patience, your development is not overnight, because there are many things for you to develop. Many things to overcome. We thank you for listening to night, God bless you all.”

(Another spirit communicated half way through the channelling)

**HEALING CLASS 19/4/88, ALAN, KAREN, JOAN.
SPIRITUAL SISTER MEDITATION**

“Tonight, I want you to imagine that you are floating out of your chair, you're getting lighter and lighter. We are going on a journey in our spirit bodies. We are all going as a group. We are going to fly across Australia and go to England, all flying together. We're going to fly to *****.

Your guides are going to be guiding you and taking you there, to help you be in the right place. In ***** , we are going to a mental hospital. And in this mental hospital you will be met by friend of ours. Her name is Mary, and she will show and explain to you the problems of the spirits, and the problems of the insane. If you don't feel right with Mary, your guides are with you, and you can ask your guides or teachers, working with you.

Mary will see you, and speak to you if you wish. She will take you on a tour round the ward, to show you the problems. Mary is quite young, in her thirties. I leave you now to be shown by Mary or your guides around the wards. Maybe you will learn about the spirits attached to the patients, or the problem is in the belief systems of patients.”

(Approximately ten to fifteen minute silence)

“Now, you will remember what you experienced in this hospital. I want you all to come back now. You might have a visitor with you, Mary is coming back with you, to learn from our classroom. So come back to your seat. Take three deep breaths, stretch out if you want.”

ALAN'S MEDITATION EXPERIENCE

(Alan) “I landed in an open French window, of one of the wards, that was surprisingly clean and brilliantly white. I looked around, and it looked more like a medical ward, because there were people with broken legs, strung up, and there was one guy in a white dressing gown sitting on the

floor cross-legged, building a castle out of wooden blocks.

And Mary was about five foot six, and firmly built, but not overweight, and how this black curly hair, and she was dressed as a nurse in blue. She sort of greeted us as potential patients. I think.” (laughter)

“Schizophrenic types.”

(Alan) “She said,

‘This man here has a broken leg, and he cannot move, and this man here has a broken mind and cannot move.’ And then where I was standing, a square of the floor came away like a dungeon, and I went shoom down, and I thought, ‘Hang on, this is not right.’

(Everyone laughs)

Then I came up again, then I stepped backwards, and it happened again, and again and again. Mary said,

‘Yes, I think you are susceptible to thought-forms, of some sort. This is the room of great unstableness, and illusion, so we will go out of this room.’

We went down the corridor and into another room, and there was a man sitting down, and he had this big opening in his chest, like this, and it was all black, but inside, he had these little men, like plastic soldiers, and he's arranging them around. She said,

‘He has too much control, power over himself, and controlling his life to an incredible degree, that he couldn't learn, because he couldn't be affected by reality, because the pieces represent parts of himself, and he was just moving them around, the way he wanted to.’

As I was looking around, all the patients seemed to have some very obvious physical affliction. Apparently the first patient I saw had spent the last five years of his life, sitting cross-legged, building his castle, the very same castle, all the time. Mary said,

‘All the patients here are not going anywhere.’ And I said, ‘Don't you think they're going to learn from not going anywhere, and learn for themselves to go on? Mary said,

‘Well, from what I know, they haven't progressed in the past, and they don't look like they're going to progress in the future. They seem to be stuck in an infinite loop, and they were never going to get out of it.’ And I said, ‘I disagree.’ As she said,

'This is what we're doing, you can think whatever you like.'

The whole message I got from Mary, was the reason why in this hospital all the mental patients had some incredible affliction, like this guy with a hole in his chest, was because they had to hide them from society, or they had to show society, that they were doing something about it.

The fact was, that there was thousands and thousands of people in society that were much worse. But because you couldn't actually see, and actually recognised physically something wrong with them, they didn't have to do anything about it. Mary was explaining that's the only reason why there are so many physical afflictions, when it was actually a mental ward."

KAREN'S MEDITATION EXPERIENCE

(Karen) "I was in the ward, and I saw Mary, she had a round face, smiling and beaming, beautiful eyes, and there was lots of energy coming out of her face, and wavy mousy brown hair. her gown was khaki yellow, and I was aware of my Guide Peter, was there.

And I was aware of this little boy sitting down leaning against the wall, and he was acting irritated, hitting himself, and hitting the floor, and bashing his head against the wall, and Mary said to me, that he was a product of lack of love from his parents, and lack of response from the society around him.

He'd withdrawn into himself, and created his own little world, and couldn't see out of it, because he didn't know what it was to be loved, and he felt complete rejection, and he just coped with it by making his own little world, and he just was really aggravated inside of it. I think he used to get child-abuse, and get beaten up by his parents. Mary said,

'Let's go into another room now.' We went into another room, and there was a big bed, and sitting in it was this old woman, and because a lot of her teeth were missing, her mouth was all sucked in. She had these long dirty nails, and she kept hissing and bearing her teeth, and opening her mouth up, and kept looking at us like a snake. She kept clawing at her face.

Mary said to me, that this woman has decided to completely withdraw herself, and say that she needs no one else but herself, and doesn't need

love, and needs only the power of her will, without love. She's become so wicked and evil inside, that she hates herself, and she hates her body and she keeps trying to rip her skin off.

I got this image of her just wanting to rip all her skin off her body, and she always claws at her face, with her fingernails, and she pulls at her eyeballs, and pulls at her hair, and tries to pull her hair out. She sticks her fingernails into her cheeks, until they bleed.

And after seeing such a vexed spirit, we walked over to this man sitting over near the window, on the side of the room, in this wheelchair, and he had a big fat belly, and he just sat there with his head resting on top of his belly. He just stared at his feet and dribbled, and he'd vomit a little bit.

Mary said that this man, as a young boy was the outcome of sexual abuse from his father, and his father used to rape him, when he was young. He too has withdrawn into his own world, and cannot see anything out of it, for he developed his own world, and completely withdrew.

The message was that all of these people have come into these vexed positions, as they have karmically drawn themselves to it, to learn these lessons. They had to be this vivid for them to be to try and see what it is that's going on, they draw it to themselves. Then Mary said,

'Come now, and I'll teach you how to heal these people.' And we flew out of the window, and we just flew up into the air, and sat on top of this beautiful green, leafy tree.

Then you called us back, and I thought, it was really sad, because I wanted her to speak to me more, and then I realised she was coming with us, so I thought, 'That makes sense.'

JOAN'S MEDITATION EXPERIENCE

(Joan) "From the outside, the hospital was very grand looking, but when you walked inside, it was more like a dump, it didn't look like a hospital at all. I was with my Guide, and Mary greeted us, she was quite young looking. She was honey blonde, with a blunt-ish haircut, and she was in a white starched uniform.

We went straight over to this very old woman sitting in this chair, and her head was tilted to one side. Mary said,

'She doesn't speak, she's in shock,' and I asked, 'Why?' And she said,

'Because her children died,' attached to her shoulder were two spirit children, and I asked, were they her children? And she said,

'No, she's taken on lost children, and these lost children died violently.'

'Her husband left her when her own children died in a fire, but they didn't die violently in the fire, because the smoke inhalation, so they still, in a sense, died violently, but they didn't feel that they died violently.'

'So her children were okay, but because of the shock she went into, of losing her children and husband leaving her, she'd taken on the forms of these two other children. They were murder victims.'

Mary said,

'We have to rescue these children.' So I was a bit hesitant, and she told me to lay my hands on top of their heads, and she just said,

'Just think of yourself as a syringe, and inject this very blue light into them.' Then you started calling us back, and I said, 'Well, what do I do now?' And she said,

'Don't worry, we'll bring them back with us.'

So Mary is here now, and so are the children, and we have to rescue them. I asked how long ago did this happen to this woman. And she said,

'She's been like this for twenty years, and when these children are rescued, she will die, but she will die in peace.'

The strange thing is, that just before you started the meditation, I had this pain in my right ear, and the children were on the right side of her shoulder and here. So they're here now, and they are crouched down beside me here. And I wondered why we had to bring them back here, apparently, you are to help, because it's been such a long, long time."

(The other students meditation experiences had to wait until I rescued these two children. So Joan channelled next.)

JOAN AS THE CHANNEL

"Hello, my friends." *"Who are we speaking to?"*

"This is Mary. You have all heard what has to be done."

"Can you tell us more of what we've got to do?"

"You must free Martha, so she can pass over into spirit with peace. You must lift the guilt that she feels for the death of her own children, and the forgiveness she must convey to a husband, for the desertion."

"How can we do all that?"

"She has these two spirits that are clinging through her own desire, for her own sorrow, for the loss of her children. She has attracted the lost one's. They are very afraid, of men in particular.

So this is extremely difficult and delicate. One must concentrate and direct all our healing energies to these ones. Particularly the males in this room, for these children fear the male. For the male species, is the one that killed them.

You must project all the love and trust that you can. Great concentration is needed. Place yourself in the setting of clear bushland. You must go back to the place where this occurred.

Imagine you are the children for a moment, then place yourself at a comfortable distance from them. I am with them, so I will give them the reassurances that you are not threatening. But you must work with me, Raymond. Direct them to the white light, that is behind you."

"Do you want me to speak?"

"Yes. Very gently, very delicately."

"Children, if you look behind me, there is a beautiful white light, and in the white light is your mother, remember your mother? She's been missing you. She loves you so much, she wants you to come to her, and she will make you happy, and heal you. Can you see her?"

"Reassure them that they can walk past you with safety."

"You can walk towards your mother, she is waiting. I won't do anything. I'm sitting on this rock. Your mother is waving to you. Hold each other's hands, both come together, come on, it's okay."

“I’ve guided them to the rock, and I must let go now. There’s not far to go. It is done.”

“Is there a reason why this rescue was chosen for tonight? Other reasons?”

“The purpose was to show you how to work as a group. How to concentrate all your energies, combine them all to be whole, as one, to work together. Many hands make light work, as they say.

This was extremely difficult tonight, and delicate. The children and Martha have been lost for quite some time.”

“Are you in this world, or another world. Mary?”

“I am in this world.”

“Is there any relationship, between you and me? Raymond and Mary. Are you the sister in spirit, with the same memories, as my memories of past lives?”

“I’m hesitant to say, for you may not believe.”

“Go on, say it, I can make mistakes, like anyone else.”

“It’s all in the timing Raymond. I am the sister that you have shared with this one, twice before.”

“What do you mean by that?”

“This one, has been your sister twice before, as you are aware.”

“That’s right, and you have also been my sister in past life times?”

“Yes.”

“So you don’t have the same memories of past life times as mine?”

“I am not your sister now.”

“I don’t mean physical sister, I meant spirit sister. Did you channelled through me, last night?”

“Yes.” **“Did it get distorted slightly?”**

“It was a true brother and sister relationship. I am in this physical existence with this one. This has been the preparation over the past few weeks.”

“Preparation for what?”

“In human terms, in very blunt terms, the two-life syndrome, or multi-life syndrome.”

“Are you saying that you and Joan have got the same past life

memories?”

“I'm having difficulty, but this one is hesitant to speak. She must trust what she is told.”

“Why doesn't she?”

“She's imagining your judgement.”

“I don't judge.”

“I know that.”

“I only judge myself.”

“She and you, have been sister and brother, as you aware, in the past.”

“And what connection are you to her then?”

“I am one of her parallel existences.”

“So you came from the same over-soul? Is that what you are saying?”

“I am an extension of her, that's why she's working with you. It is karmic response from the past.”

“But you are a reality, you're not a thought-form, are you?”

“No.”

*“So, you are in a physical reality, the same reality as the Earth-plane in *****, as a nurse?”*

“Yes.”

“And the link is because you both come from the same soul-source.”

“This is the vibration that she has been told about. We have been raising her vibration, to meet up with a higher vibration. I am that higher vibration.”

(When Mary channelled through me in last night's class it makes more sense now, this is what she said,

“We, Raymond and I, are in a sense, brothers and sisters, as we have the same past lives to condition us into what we want to achieve.”)

“But how come you have got a physical body on the other side of the world, if you are connecting with this one.”

“I do not understand your question.”

“In what way are you going to be working with Joan?”

“Through the mentally ill. We have been raising her vibrations over the past few weeks.”

*“So when Joan sleeps, it's daytime in *****. Will she be experiencing your contact while she's asleep, and will she be*

able to learn what you are teaching her?”

“Yes.”

“And the reverse applies for the physical body of Mary in *****. Will Mary be learning in her sleep, the experiences in these classes?”

“Mary is learning, Mary is using her vibrations to learn, to connect with Joan in the subconscious. Joan is learning the troubled mind, what lies behind.”

“Is Mary sitting in a circle in *****, going to her own development classes?”

“Yes, but not like this one.”

“Why did I receive the message that Mary was an inmate, more than a staff member, or did I receive a message that she was a patient in that mental hospital?”

“Joan has been experiencing anger, with strong feelings about the system, and treatment, in these mental institutions. This anger is being..... I will start again.

Information is being relayed from Mary to Joan, and in turn, the anger is being relayed to Mary. That is a negative emotion, so in that aspect, Mary can be seen as an inmate. Do you understand?”

“So I was reading this symbolically?”

“Yes.”

“Just as Alan was getting a lot of symbology, symbolic things with his Mary. Was that you who was talking with Alan, in his meditation?”

“Yes, yet I have to... symbolically, I had to break myself up into parts, to be shown to each and every one of you, in the way you would perceive them. That is the clearest way I can convey.”

“But in Joan’s case, you are the most accurate representation of yourself, is that so?”

“In Joan's case, yes. We only had to centre on one victim, and that was all. The honing in was very immense for Joan.”

“Are we talking to Mary's higher-self now? We're not talking to the conscious mind of Mary, are we?”

“No.”

“So, is it possible for the higher-self of Mary, to be here, while her physical body, and conscious mind of Mary, is still walking around, and working in England?”

“Yes.”

“And who watches over the conscious mind of Mary, while her higher-self is a way? Are you still looking after it, or are her Guides looking after it?”

“I still look after it.” “So you can do it from a distance?”

“I can be anywhere, everywhere.”

“So are you going to come to the classes regularly, and teach the students, and channelled through Joan? Or are you going to channel through the students?”

“I will channel through whoever asks, again with a different concept and perception, but I will be here quite frequently with Joan, and always when she's sleeping.”

“Learning or teaching in the classes?”

“I will be teaching, yet I still have need to learn. I am not void of emotions, with what I experience and see.”

“So the parallel spirit of myself, is an in another reality, another world, most likely?”

“With me, yes. Not another world, another time-frame.”

“What do you mean, with me?”

“With my higher-self. Your higher-self is elsewhere, not another reality, another time-frame.”

“What, my higher-self now, is elsewhere?”

“Yes, but we can transfer your higher-self to work with Joan.”

“Why would my higher-self be in another time-zone, for this physical body?”

“Your higher-self is here also. Your higher-self can be anywhere it chooses.”

“So it's busy doing something else at the moment, in another time-zone?”

“It can detach, yet it is still here, but it is also elsewhere.”

“What's she doing? Do you know? Is it in the future or the past?”

“I'm not getting this very strongly, but I think it could be in the future, at this moment in time.”

“Gathering knowledge to help me with this present?”

“Yes, but it will move back to the past, as well.”

“To help those in the past, to bring them along, to advance the past lives?”

“Yes.”

“A busy little bee, isn't she?”

You can now see the connections with the programming from the two lifetimes, where I went insane, the strong conditioning, drew Mary into becoming a nurse in a mental hospital, helping patients who can't cope with reality, and Joan becoming a healer, helping suicide spirits, who couldn't cope with reality here.

STANLEY AS THE CHANNEL

“The meaning for this visit is, transitional. To heal the past, and progress the present. To expand the future, progress. The direction of the present is proportional to the past. So in order to change the past, to help the present, you must first change the past. To raise the vibration, the soul, the energy, yes, you following and changing, growing, transmuting, correcting you, new heights, new levels, changes and progress.”

(As I have explained before, when we go back in time in our spirit body, and change things in the past. It is creating the reality of the present, not changing the present, the present stays the same, because we went into the past. So the present is the way it is now. But if we hadn't gone into the past and changed things, the present would be a different present.)

But don't worry, if you think you have to go back to a past life and change things, to keep the present the way it is, in this life, because, you may travel back later in this life, or the next life, to help with your own spiritual growth.)

2011 INSERT. Earlier in the tree of incarnations chapter I mentioned that I found out recently that Joan is one of Teresa's spirit offspring,

who has had many incarnations, also with my past lives, and the reason I was thinking that Joan was going to have Teresa as a 'Walk-in,' was maybe a deliberate misdirection, on the part of spirit, as only this week have I become aware that Joan and her parallel life Mary, as a psyche nurse in England, both have the memory of Teresa's earthly past life, as part of their spirit's make up, and remember the other incarnation of Teresa's was also connected with nursing. But that can wait until the fourth volume

There are many reasons why Joan never found out about her famous previous lifetimes, one of them may have been, Joan psychologically wasn't well enough to accept the revelation that she had a famous past life, if it is one of Joan's branches, and also I hadn't been clued in to all the past lives which Teresa and I had been involved in, to understand Teresa more. But you will come to see very different seed incarnations of Teresa's in coming volumes, where the branch incarnations got themselves into various compounding conditioning, so severe that it has affected their mental emotional and physical health.)

KAREN AS THE CHANNEL

"I came here to cry, but you wouldn't let me cry in time, you were all speaking. All I want to do is scream and cry, and she told me to wait, and I had to wait." *"What's your name, my friend?"*

"Dorothy." *"Can you see the white light behind me?"*

"I can feel warm."

"If you open your eyes, you'll be able to see the white light."

"I can see it."

"Can you see your mummy in the white light?"

"No. I'm not sure."

"Have a look, you can come closer and have a look at the white light."

"Yes, there she is."

"She's waving to you."

"Bye, I'm going to mummy."

"Bye, then."

"Elowe."

"Elowe."

"Are you making fun of me. I don't take kindly to your jokes."

“Can you speak a bit clearer then.”

“Alright. I didn't come here to be made fun of, did I?”

“Who are you?”

“Jeremiah.”

“You've been here before, haven't you?”

“Yes.”

“Are you a Guide?”

“Yes, though, I get along as you see, I may as well guide you. Jeremiah bullfrog, they call me. You're an inquisitive lot, aren't you?”

“Is Karen what you would call trance-medium, one that goes deeper than the others?”

“What is the measure, what is the scale that I am trying to answer this question, Raymond?”

“A trance-medium, when they are channelling, the personality of the person in spirit, comes through stronger...”

“That is simply because she is not afraid. That is simply why.”

“So, we are all afraid?”

“Maybe you don't know it.”

“Maybe we do.”

“Maybe you do, do you? I want to speak to each one of you individually tonight. I'd like to tell you, Alan, that you are a growing flower, with each new day, a new petal opens, and I see a bright shining face, but I want you to stop that fear, young Alan. I don't know what it is that you are fearing.”

(Alan) *“Would it have to do with my future, or my past?”*

“It has to do with yourself, that's definitely for sure. But you're creating it, you know. I mean, whether you quote past or future, it is of now, and you can only work with what you have right now, at the moment.”

(Alan) *“So could my fear be coming from my expectations of the immediate future, and what I will be doing. Is it my unsureness of the future, my fear?”*

“No darling child, one can always find something to worry about, if one tries hard enough. Just be at peace with yourself, please. Do not expect perfection, I do not expect perfection. I simply wanted to tell you, please don't worry, it is understandable, but excessively. It is not worth it. For you are simply making ripples, the calm lake

that is lying there within you, waiting to be quiet.

Just dive inside and take a cool swim in the nice warm water, and be relaxed and relieved.

Raymond, you are a Sun-child."

"What's that mean?"

"Forth giving the Sun. To give forth unto. The Sun shines out its rays, and I see coming from you Raymond, and very bright shining light. Yet remember what's inside there, Raymond. It's a tight little ball waiting to open up.

Your Sun is a beautiful Sun, Raymond, and you know as well as I am telling you, that the ball within, is a nucleus of the Sun, which shines out. I simply ask you to persevere, and not pound upon the rays of the Sun, looking at them, to give you the answer. And the answer lies in the little baby, sitting inside the very middle of the Sun, Raymond."

"What do you mean by pounding on the rays of the sun? I don't understand."

"As you give forth your great light, to not look into the light you give forth, to find all the answers. Do not try to find that which is within yourself, from that which you have already given out. What you have given is great, Raymond, and what you are to give, is great, but keep walking back down the steps to the middle, Raymond. Take a calm walk in the garden of the self, and do not be overcome by the rays of the sun.

Joan, my dear child. Tis a most gentle creature you are indeed. And it is with great love, I relish you. I want to say to you this, that as you lay on your bed asleep, you're golden hair drifts of into the most beautiful dreams of reality. And your heart shines forth the lessons, that so far you have conceived, and are always conceiving. I see you are very deep, and very knowledgeable.

(Joan) "Without revealing what this is, I've been waiting for something, is it worth waiting for, or is it a waste of energy and time?"

"It is always worth waiting for, child. If it means enough to thee, it is always worth waiting for. But do not place thou every breath upon its existence. Simply be, child. Be of the essence. Be of the moment, and what is to come, shall come, as time gives forth. And

lesson prevails the karma, unto you. Do you understand Joan?"

(Joan) "Yes, I do, but do you understand what I'm talking about?"

"Yes, I do."

(Joan) "Are my emotions, my physical emotions, connected to lost souls?"

"Your physical emotions are very connected to lost souls. I see them around you, they are all around you Joan. There are many, many, many, but you must keep yourself, Joan. For I envision around you, like a sheet of glass, like a hexagonal around your body, and pounding, pounding on the glass, all around you, like flies swimming to the light, the moths.

They are waiting, waiting, waiting, in their disturbed state, to be let in, to be given something. They don't even know what they are pounding for, Joan." (Joan) "They won't harm me though, will they?"

"No, Joan my child, they won't harm you. And they will only come to you, as they are meant. As long as you keep reaffirming that golden cross within, and have faith in those that love you. As you give to them their trust, they give also unto you. And do not fear child."

"Am I the counterbalance for Joan, for all these souls that are coming in, to be rescued."

"Raymond, you are an effective rotation, you rotate the energy around the circle, and provide as a beaming off, of that energy. The young birds come back to the mother's nest, as she feeds them yet another worm. Do you understand, that one day they will fly away, and they will carry you, along with the worm, inside their stomachs.

To you, my friend Stanley, I would like to say, I see a young toddler, crawling along the ground. I see him reaching for the Apple on the tree. My, he is jumping so hard, yet if he put his hand down on the ground' and grabbed, caught hold of the very soil, that lies beneath him. My you would find the greatest riches.

And if he dug into the ground, if he dug a little deeper, my friend, my, he would find many a beautiful element. My, he might even find a pot of gold. Stop trying to reach above yourself, for everything is there. Stop trying to look for what you think you are meant to find, and by jolly well, you'll find it. Do you understand?"

(Stan) "Live life simply."

"Live life simply, and to the fullest, and don't worry that you are not achieving. For you are, the very simple breath, the simple breath of life, is within itself, an achievement. And whatever course you take, you are taking what it is you have drawn to yourself, through karma, to learn.

Therefore do not worry, simply tread, simply step, and your feet will walk the way. And the Golden hands of light shall follow the feet along their path. You shall be guided by your inner-self, the third eye shall follow. Goodbye children, and blessings to you all. Jeremiah bullfrog, signing out."

ALAN AS THE CHANNEL

(Alan) "I think I've got a rescue, Raymond. this thing, It's going into my body and not my mind. I think this person needs to be rescued, a spirit which was deformed in the physical body. But my head is completely clear, and it's, Alan."

"But he's there?"

(Alan) "In my body."

"My friend, if you look behind me, there's a white light, and if you take my hands, all your deformities will be healed, and you will be well and whole, because I'm a healer, and I work with spirit. (Alan grasped my hands.)"

Can you feel the healing working, and you can speak very soon. You will be able to see, and you will be able to run and dance again. And if you go into the white light, you'll be able to go to a beautiful place, where you can do all the things that you used to do before you were deformed. You can see many places. Are you feeling better now?"

"Will I be able to see a big red roller-coaster?"

"Oh yes, you'll be able to go on as many rollercoaster's as you want, if you go into the white light. Do you feel better now?"

"Only in hope, I can't see any white light, I just see red."

"Well, if you look behind me, you'll be able to see a white light. Your eyes are being healed, so you can see other colours

now. There's a friend of yours waiting in the white light, to take you for a ride on the roller-coasters. (spirit laughed)

That's right, can you see them.”

“My friend, she's also in a wheelchair.”

“Well, you’ll be able to heal her, because you’ll become a healer. All you’ve got to do, is hold her hands, she will eventually be able to stand up and go walking with you. Are you going to go over to her, and talk to her?”

“Oh yes, but I'm still seeing red, around.”

“It's all right, that will go away.”

“Yeah.”

“It's going even now. And this beautiful white light, with all the colours of the rainbow around it, like a halo. Can you see that?”

“Yeah.”

“It's like a big portal, a doorway.”

“Yeah.”

“And this person is waiting for you. Will you go through? Is it gone?”

“Yeah.”

(2011 UPDATE. If at any time while reading these chapters, my Guides say that quite a few readers may imagine that when I give the students a meditation, some readers may think that knowledge I have about the meditation, which I don't mention verbally, may mentally influence the events the students perceive on their meditation, to follow or create what I happen to mentally believe, at the time.

This chapter has been a good example where what I had been led to believe, which was on my mind while I spoke the meditation to the students.

Which was that I thought Mary was a parallel life of mine, and I had no idea that it was a parallel life of Joan's, but maybe this was a set up by my text book Guides to give you this example, that my mind does not influence my students meditation or channelling experience.)

(54)

HEALING CLASS 26/4/88, LYDIA, BRIAN, JOAN.

I gave the students the Purple flame in the pyramid meditation, but my Guides tell me they were blocked from going on any visual meditation tonight, because they wanted Brian to deal with something. Of course I was in the dark as to why my student's weren't seeing anything on the meditation, but I knew the Guides had interfered to block them. So I got them to practise channelling, in the order that I was guided.

Oh, Brian had stopped attending classes about ten months before this night, and only came on the night of 15/3/88, but declined from speaking, or channelling.

PYRAMID MEDITATION

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

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

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

It's not a large chamber, is not a small one... it's just the right size. Around the chamber are many stone seats surrounding the flame. Now, each one of us will step into the

cool flame, one at a time, and stand in the flame of purification for a few seconds. When we step out of it, we will be putting on white robes, and then we can sit on one of the stone seats.

I'll go first, I'm coming out of the other side of the flame, and sitting down. Everyone can now go through the flame, put on your robes and sit down.

Now that we are all sitting around the flame, I want you to focus on the flame and observe; things will be revealed to us...things will start to happen. Maybe a Guide or Master will appear in the flame, to talk to you.

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

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

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

LYDIA AS THE CHANNEL

“Good evening, my friend.”

“Good evening”

“Are you a Guide?”

“Yes.”

“Are you Lydia's Guide?”

“I am a Guide.”

“Do you want to tell us anything?”

“Lydia has difficulty hearing. I have come here tonight to talk among the world's...” (Pause, Lydia stopped channelling at this point.)

BRIAN AS THE CHANNEL

“Have you been waiting long?”

“Oh, yes.”

“Do you like coming to these circles?”

“Yes.”

“Do you learn much, or do you teach?”

“I learn.”

“Have you been here on other nights in the past?”

“Yes.”

“Are you linked to anyone specific in these circles?”

“No, just whoever seems appropriate.”

“Do you travel through the different levels in spirit?”

“It seems I do.”

“Do you speak to your own Guides?”

“I think they ignore me.”

“Why?”

“I don't know.”

“Have you ever had any white lights come close to you? Trying to get close to you?”

“No.”

(Joan) “What have you been doing all this time?”

“Wandering around, just basically, feeling and experiencing.”

(Joan) “Do you experience others around you?”

“Yes.”

(Joan) “When you come in contact with others, do you feel close to them?”

“Oh, yes.”

“How long have you been in spirit?”

“I always have been.”

“Are you always close to the Earth, or do you go to other planets?”

“I just wander around.”

“Can you remember your last life, when you were on the Earth?”

“No.”

“You can't remember that?”

“No.”

“Can you remember any relatives, like mothers or fathers, brothers and sisters?”

“The concept of brothers and sisters are irrelevant to me, if they are not there. I mean, something I don't experience.”

(I had the feeling, most likely from my Guides, that, this was a thought-form, quite a few questions back, before I found out this last answer.)

“So you have never seen your brothers and sisters? You can't remember them?”

“It's a case of not having any. It's not one of those things, it's like I do not feel warm, because I do not experience that sensation.”

(By now I had asked my Guides and was informed, it was a thought-form.)

(Brian) “I would like to say one thing, there is a big thing, all in front of me at the moment, like a big ball, huge. I felt it last week, this time it's doubled in size.”

“Is it white light?”

(Brian) “No, it feels of solid material. Now this is Brian talking, I think now. But it's interesting, getting the sensation of some pressure all over me. It is a nice experience. I should ask more about it. Would you please perhaps ask me what it is, and why it's there?”

“What is it?”

“Energy-form.”

“Why is it there?”

(Brian) “It gives an interesting sensation of humour. Perhaps I should be left alone to think about it, by myself for a while.”

“Alright, if you look behind me, there is a white light. Would you like to go and explore what's in the white light?”

“I hadn't thought of looking.”

“There's somebody waiting there to help you, to show you something.”

“If I go, Brian goes with me.”

“That's okay, Are you going to go into the white light and chat to the person?”

“It is too interesting, observing at the moment, of being able to see. I haven't used that concept before, in a way that you said it.”

(Brian) “There is this huge weight on me. I think now more or less, let Brian talk. What is this huge weight?”

“My friend, Are you going to go into the white light?”

Joan. Ask if that spirit, was a spirit or a thought-form? The one who was talking, through Brian?”

(Joan) “There's someone named Ron, here.”

“Was that him?”

(Joan) “I don't know.”

(Brian) “When you said that word thought-form, it fitted.”

(Joan) “Yes, it is a thought-form, that's all I got.”

(Brian) “A nice one, I just want to work out this weight.”

“I don't know, what happens to thought-forms.”

(Brian) “They just carry on.”

“Spirit want them rescued, because I asked, and they wanted it rescued.” (Joan) “Does the weight feel secure, for you.”

(Brian) “It feels, it's falling off now. It more or less comes... more or less on my hands, mainly pressing against my face, a bit on my chest, and whatever distance from my knees to my face, is, it's double that in diameter, it feels round. It's beginning to go now, which is a pity.

It might be just to show me what pressure, means, and the presence of spirit on me. It's gone. I feel it might be something, just to teach me about spirit, and the only way they can force it onto me, to learn, is just by sticking a great weight... I don't know.”

“I was told that it was the energy coming from the thought-form.”

JOAN AS THE CHANNEL

“Hello. This is Mary. I came here with no one, yet I came across Ron, who's Ron?”

“I don't know, is he connected to any one of us?”

“He's looking for someone.” “Is he a lost soul?”

“No. I'm looking for Edna, they said, she'd be here.”

“Who's Edna?”

“She's my wife.”

“Well, if you look behind me, there's a white light. Can you see it, Ron?”

“I'm not lost.”

“Well, Edna's in the white light. Well, if Edna's not anywhere else, and there's a light here. I bet you Edna's in the light.”

“Why did they tell me to come here?”

“So that I can tell you that Edna's in the white light. Does that makes sense? Otherwise you wouldn't have known, would you? Can you see the white light?”

“Yes.”

“Well, go close and have a look, and I bet you'll see Edna in it. She's been waiting for you. She's come to meet you. Go over and have a look. Edna's there in the white light.

I know you're not lost, it's just that Edna's on a different

vibration level, and the only way you can find out about her, is to go into the white light, where she is, and then you'll find her. Does that make sense?"

"She moved. I was with her, but she moved away."

"Well, she might have grown into another vibration level, and then you can't see her on your level, because they are different levels, but maybe she's helping you to go to that level in the white light. Go to the white light and have a look, she's there waiting for you. Can you see her?"

"Yes."

"Isn't she telling you to come in?"

"Yes."

"Well, that's why you were brought here to meet Edna. Bye, bye, then, if you're going to Edna."

"Goodbye."

"Is Mary there?"

"Mary's always been here."

"Where did Ron go?"

"He went with Edna. He wasn't lost."

"No, but he had to raise his vibration to go with Edna, didn't he?"

"Yes."

"So she helped raise his vibrations, so he could be with Edna on her level?"

"He was busy looking for her, he wouldn't listen to explanations. So he just took off by himself."

"How, did she go up a level of vibration, to be out of his sight?"

"She had to move on."

"To a higher vibration."

"Yes, she's just had to leave him behind."

"Were you here before, when the spirit that was with Brian, was talking to us?"

"Yes."

"Was that spirit, a lost soul, or a thought-form?"

"It was a thought-form."

"Do thought-forms become destroyed, when they go into the white light, or do they change to a different vibratory level, and don't bother people on Earth anymore?"

"They must be allowed to move on in the first place."

“Go to the white light, you mean?”

“They must be let go of.”

“You mean the person that created the thought-form? But he said he wandered around, and wasn’t attached to anyone specifically. Is that wrong, what she telling fib, a lie?”

“Brian was holding back that thought-form.”

“Was he attached to Brian, you mean?”

“Yes.”

“I knew that. Why, because Brian liked the sensation of this thought-form? and thought it was a spirit?”

“Yes. He was drawing this thought-form to him.”

“From the questions I was asking, it became clear that it was a thought-form.”

“Yes, these thought-forms do not go to the white lights.”

“Well, where do they go, when they leave the person, when you let them go?”

“When they are let go off, as with will, in your terms, they just disintegrate.”

“And that presence, of that heavy weight, on Brian, was it the thought-form energy?”

“Yes.”

“That's what spirit told me, I think.”

“And Brian was keeping this thought-form with him, for the desirable sensation.”

“Can these thought-forms turn nasty, and get the upper hand, sometimes?”

“They can get the upper hand, where they are attached for long periods. They would not, as you say, turn nasty, but they could overpower and takeover, yet not intentionally. They react in a way which they are allowed to, which they are permitted to.

It's a case of, in your terms, if you give them an inch, they will take a mile. Although they are not intentionally doing this.”

(Because this night, brought up the subject of thought-forms, and it was only a few weeks after Joan phoned me about the problem with David’s father, I feel my Guides prompted me to ask some more questions, so

that the answers would strengthen Joan's faith, and confidence in what she received.

I will call David's father, Bill, so you can follow the script, more easily.)

“Is there a thought-form of David attached to Bill, David's father?”

“Yes.”

“So it was a thought-form?”

“How could David, turn to anger, towards his wife, when he had planned this whole life, from the beginning. There were many thought-forms attached to Bill.”

“And ***, the medium he went to see, can't distinguish between a thought-form and a spirit?”**

“She can only read, or feel, she can only read, as she feels.”

“You mean, she tunes into the person?”

“She may very well have been able to distinguish, yet not consciously aware, if that is as clear as, it was very muddled.”

“She never bothers to ask, to find out, does she? She just rattles it off, three- quarters of an hour on tape for \$?”**

“Let us say, she does the job, one wants to hear.”

“That's right. People sometimes get what they want to hear, by going to an inexperienced medium.”

(I meant inexperienced, in being taught by Guides, on meditations to Medium schools in the spirit world, which in over the four years sitting in circles at the longest established spiritual church in Sydney, I never listened to any kind of meditation that guided us to a Medium school in the spirit world. Oh that spiritual church is now closed, in 2010.

I only mentioned it because I wasn't aware of any, so I meant inexperienced in that way.)

“Bill will learn in time.”

“Yes, the hard way.”

“Yes. Everything has been rather slow tonight. I'm having a rest tonight.”

“Mary is?”

“Yes.”

“Is there a spirit there, who wants to speak to us, like a health expert, like a healing Guide? Can they give us an answer to a problem of one of the students? Lydia. Or has it got to be worked out by Lydia?”

“We feel of the initial jigsaw-pieces could be sorted out by Lydia, we could help to fill the gaps. She must ask, whatever is asked, will be answered. If no answer, then it is not the time to know, but never be afraid to ask.”

“Has she got to go into some past lives, to find the jigsaw pieces to the puzzle?”

“Yes, but she will not have to go far, it's rather a close past life.”

“Is it better for Brian to help her, than for me?”

“Yes, she will feel much more familiar with Brian, much more at ease. All you have to do is ask.”

“Have you got any answers to Joan's problem, of wanting more proof. Because she doesn't feel as though she is... she's feeling that it's a lot of her imagination, and she wants more proof, so that she can believe that it's real, and less imagination, of what she's actually working with, and doing?”

“We know how what Joan operates. We also know she's very vulnerable to other people's voices.”

“Even though, I told her, that it wasn't right, what they said.”

“She asked for answers, that are crystal clear, and we do our best. But she must not rely on crystal clear answers for always. She must tune in each time to a deeper level.”

“Do I tune in to deeper levels? I don't tunes into people, if I can help it.”

“Do not tune in to others, in the physical realm.”

“Good. That's what I teach. When we're doing healing, we're not really tuning into the person, we're tuning in to spirit to give us the guidance, aren't we?”

“Yes. When expectations are quite high, you will find that there will be blockages, just leave yourself open.”

“That's right, when we believe something, we literally block off any way of receiving any knowledge to counter or modify

that belief, are you saying that?”

“Ask, but do not expect. Do not place your expectations on certain levels.”

“Can you make that more clear?”

“When you ask, you must also commit yourself to be left open, to what you must receive. And always hold that in your mind, in your consciousness.”

“Mary, are you aware of some of my past lives? Or is your connection more with some of Joan's past lives?”

“No, not with your past lives, as such. But we have been together before, as you know, but the connection is with Joan.”

“I was trying to figure out why I've got all these blockages, why am running classes like this, and I seem to be the most blocked medium, that I know, if you know what I mean.

It's sometimes very hard to work out what's right, and what sort of wrong, based on the society we live in. That sort of places a big importance on emotionally reacting to certain things. And if you don't react emotionally, you are called callous, and they say, you have blockages, because you're not emotionally reacting to certain things.

And I don't know whether that's true or not. Maybe they are the ones that haven't overcome their reactions, and haven't learnt that. You know what I'm talking about?”

“It can all come back to expectations. If you want to look at it as that aspect, yours and theirs, and how much importance you place upon them.”

“Yes, well, I don't know what I'm supposed to change, or become like. Is it to be like people on Earth, or to be like myself, which I don't know what myself is anyway.

Do you understand what I'm trying to get at? It's like, I'm happy with myself, and everyone else is not, and they are saying that I'm not right, I'm not normal, there is something wrong with me, and I'm blocked, and all the rest of it. Have I got to listen to them, and try to make....?”

“You must always follow your true feelings. Your intuition, your true feelings, your good feelings, always.”

“Yes, well, if I felt I'm right with myself, why haven't I overcome all my health problems, why aren't I as healthy as a bull, instead of having sinus-headaches, Candida, and all these problems. I see the problems, as problems within me. I don't know what the purpose of the disease was, to still have it, that is.”

“You still have one ear listening to others, and the other ear listening to yourself. At times it's consciously, and at times it's subconsciously.”

“I've got to stop listening to other people, and listen to spirit, and listen to my intuition. Is that the best way to be?”

“Yes, Raymond.”

“Well, that makes sense.”

“This is for everyone concerned.”

“Yes, I know everyone should listen to this wisdom. Do you want to give any message to Joan, about her development?”

She must not fall prey to other's opinions. Must continue tuning into herself, follow her feelings, whatever feels right, yet she remain flexible, not setting one direction, as she sometimes can become through anger and emotions.”

“She thinks I'm too positive sometimes.”

“She can only find these answers within herself, although she may look for guidance, she will weigh up every angle, and come to one conclusion. Yet she must not let her humanistic feelings take over what she has been given.”

(Very soon after Joan and the students became aware of Mary, I was asked by Sydney Astrological Research Society, to do a lecture, or demonstration about my classes. One of my students, Betty, was a member, and an Astrologer.

So I asked her, and Joan, if they wanted to help with a demonstration, with the help of spirit, of an example of past-life re-call, and channelling, they both agreed, so this is the reasons for these questions.)

“Do you want to come to the demonstration at the Sydney Astrological Research Society tomorrow night?”

“Yes.”

“Would you like to tell them about yourself, and the physical body, that Mary has, in *****?”

“Yes. *It will depend on the vibrations, what is to be given.*”

“Is there any way that I can set up a protective circle around our little group, to keep the vibrations from the audience getting through, because I don't believe they can get through, but maybe Joan or Betty might believe that the energy can get through. In other words, will the audience influence the channelling?”

“Just stress that point, exactly how that you have put it, before the channelling.” “That they can't influences us, you mean?”

“Yes, use the white light method, that you do now, with the healing spiral.”

“And if anyone comes late, they can come in and sit down, because they still won't affect our protective circle, will they?”

“No.”

“They'll be outside that area?”

“Yes.”

“Do you want to give any message to Brian, about his development?”

“Concentrate on acceptance, Brian. So you know that it all makes sense with the physical mind. Use your imagination, let it extend out-wards, to all dimensions, and accept what you receive without the reasoning of the physical mind.

Just let yourself go, visualise daily, yourself in positions wherever you are, and if you can look down upon yourself from up above. Look at the scene around you, with constant practice, visualisation will become much easier.

And with your imaginations, do not chain them up with your physical mind. The spiritual mind and soul is limitless is. There is no beginning and no end, it will just continue on. Just take in what you see, and accept.”

“Are my Guides working on me, to channel through a higher spirit, like a Master, like they were a few weeks ago?”

“They are trying to raise your vibrations. Yet do not concentrate

on it.”

“Just let it happen?”

“Yes. The physical mind can be so overpowering. It can stagnate progress, just let it go.”

“Will this spirit, who’s going to speak through me, will it be a stronger connection?”

“Yes, but it must have absolute freedom Raymond, as I have just said.”

“Will it be more trance-like, or will it be a stronger clairaudience? Will I hear the voice stronger, or will I trance more, the throat?”

“Depending how much you leave yourself open to this vibration, you may have to progress step-by-step. Do not concentrate too much on it, realised what is happening, and then just leave it, let it go.”

“Not trying to communicate, when there is nothing to be communicated, you me?”

“No, do not analyse.”

“Do I have to sit and practised getting in tune with this spirit Guide, this Master, whatever he is, or will, just sitting in class, do that?”

“No, do not practice. Practice leaving yourself open, completely free. Do not disregard any protection, just let yourself be free. I will go now.”

(55)

In this chapter, which is the demonstration night at the Astrology place, mentioned in the last chapter. Prior to explaining to the audience, I asked the student's higher-selves, to reveal to the students a past-life memory that would not embarrass the students, but would help them with their lives today, and if it was permitted, any lifetime as an Astrologer would be brought to the surface, if they had one.

On the night I feel that spirit demonstrated the different ways, that a past-life memory can be revealed, as I feel the higher-self of Betty was channelling a commentary of her past life, maybe because it knew more about the past-life than reliving the memory.

Before we started, I explained to the audience who Mary's higher-self was, and the protection, and what channelling was, and lots of other information that my Guides wanted me to explain, as they would have been monitoring the thought's and fears of the audience, to give me the right thing to explain to them.

So everything that is typed in the next chapter is as the tape recorder recorded it, when I switched it on.

**SYDNEY ASTROLOGICAL RESEARCH SOCIETY
DEMONSTRATION 27/4/88**

JOAN'S PAST-LIFE EXPERIENCE + CHANNELLING

(Joan) "Everybody's running around."

"Where are you?"

(Joan) "In the village."

"Do you know what year it is?"

(Joan) "1600."

"Why are people running in panic?"

(Joan) "We can't find them, I've been looking, I can't find them."

"Who are you looking for?"

(Joan) "My parents."

"What is causing the panic?"

(Joan) "It's a quake, it's an earthquake. But it's also War."

"I want you to go forward in time, so that your higher-self can show you more of the scene, of what it wants you to

see.” (Joan) “I’m huddled underneath all this stone, all this rubble.”

“Are you trapped?” (Joan) “No, I’m just frightened.”

“What happens next?” (Joan) “Just crying.”

“Are you a boy, or a girl?”

(Joan) “I’m a little girl. There’s all these dead people.”

“Your higher self will now show you why you are seeing this scene, to see more of it. Describe what you are seeing?”

(Joan) “They’re trying to pull me out, I don’t want to go with them.”

“Who are they?” (Joan) “These men.”

“Do they pull you out in the end?”

(Joan) “Yes, well, I’m kicking and screaming. I want my mum, I want my mother.”

“Where do these men take you?”

(Joan) “I don’t know, I can’t see, there’s lots of children. It’s filthy, it’s dirty.”

“Now, while you are seeing this happening, your higher-self will explain to us why you are being shown this, and you will tell us what it wants to show Joan, in this past-life, to help her with this life. So your higher-self will speak to us, describing what you are seeing, while you are seeing it.

You will still continue to see the scenes unfolding, but your higher-self will tell us why. Your higher-self can describe what is happening.”

“Emma, she’s being beaten. There is much venom in her eyes, towards these men.”

“Has this venom continued into this life towards these entities that were the men that beat her?”

“It has slowly mellowed through various lifetimes, but not all. There is still a certain amount of this anger and hatred, carried through to this time.”

“Is this anger and hatred, residing in the subconscious memory banks?”

“Yes.”

“Is Joan willing to release this anger and hatred towards these men. They were doing the best they could, to help her

in that situation. They couldn't have left her in all that rubble, with the dead.

If she say's, 'I release this anger and hatred towards these men,' it will release the programming in her body. Isn't this so? Higher-self?"

"This one is resisting."

"Can you show her anything else, to help her overcome this feeling towards these men? so that it will overcome her hatred and anger."

"Forgiveness is the key. Forgive and forget."

"Didn't you want her to become aware of who she was angry with, so that she has someone to forgive, so that she could release this conditioning."

"Emma was a young child, she did not understand."

"Do you want Joan to consciously say, that she forgives these men? Will this help her break the conditioning?"

"She will not believe. This programming runs deep, trust, forgiveness. It has continued for many lifetimes, we can only reveal piece by piece."

"So will you reveal more, at another time, to help her overcome this conditioning?"

"Yes, each foresight will be progression. This must not be pushed."

"Of course, she has to digests the knowledge, hasn't she? to release the knowledge."

"Yes, with conditioning as deep as this."

"In what way did the conditioning affect her in this life?"

"She does not trust."

"Anyone in particular?"

"They only have to fault once. She finds it hard to forgive and forget. She values her trust very highly, it's the most precious thing she has to give."

"And this is making her unbalanced, though, having this strong belief, isn't it?"

"Yes."

"It's unrealistic, trying to expect that kind of trust, in this

world, at this stage.”

“She goes from the top of the mountain to the bottom, very quickly.”

“You mean she's very happy if everything is going right, as soon as the trust has gone, she feels in the depths, is that what you mean?”

“And then she will generalise the distrust of one, to many.”

“I see, yes, like saying, all men are the same.”

“The whole world is the same.”

“It helps by recording it, though, she can read this back, later, and help digest what she has channelled.”

“Much work to be done.”

“Most people in the world have got these problems, haven't they?”

“Yes. This is all for now.”

“Thank you very much.”

BETTY'S PAST-LIFE EXPERIENCE, CHANNELLED BY SPIRIT

“Do you do see yourself as an astrologer, or is it another lifetime?”

“Yes, we see the entity.”

“Who am I talking to, the higher-self?”

“We are part of this being.”

“Can you describe what you are seeing?”

“We see this being, distant in time. This being was an astrologer.”

“Whereabouts, in this world, or in spirit?”

“In this world, in the place you call Rome.”

“What year was this, roughly?”

“We do not understand, year.”

“Century?”

“We say some hundreds before the birth of that one, which you call Christ.”

“What speciality of Astrology did she practise?”

“He was an expert in prediction. This entity attained great power, because of this, but he also caused much suffering.”

“Was the Astrology, as advanced as today, in those days?”

Were they aware of the influences?”

“There was some knowledge, which has been lost today, but you also have some knowledge today, which was not available then.”

“Are you allowed to tell us some of the knowledge of Astrology that has been lost today, that was around, then?”

“We are not permitted to tell.”

“Can you explain, what you are showing Betty. For what purpose are you showing Betty, that lifetime as an astrologer?”

“We wish to show this entity, the fear which this entity caused in past times, by predicting things which it was unnecessary to predict, of giving information in the wrong way.

This entity was able to manipulate others, by his knowledge of the future, and so in this lifetime this entity chose to experience the same fear.”

“For what purpose?”

“To instruct the entity.”

“To instruct Betty?”

“Yes.”

“Is she helping to put right what she did, by bringing through material that will help people become aware of channelling, about prophecies, or anyone that predicts prophecies?”

“Yes, this is so.”

“And is the Priest-spirit, who works with her, to channel material on these subjects, and is helping her to compile a book, so that it will help people become aware of channelling, and all these predictions?”

“We wish to show entities, that it is possible to learn from their past mistakes, and that it is possible to correct them.”

“What is the reason she is involved in Astrology in this life?”

“It is natural gravitation for this entity. The entity gravitated to Astrology at an early age. This is common in beings who have had previous life expertise.”

“Has Betty come across me in a past-life, as an Astrologer, with her?”

"We are unable to comment on this, we do not wish to comment."

"I am aware of one of my lifetimes of an Astrologer in the 17th century. Do you wish to speak to our audience about anything? About Astrology, that might enlighten them more about the subject of Astrology?"

"No, we have said all we wish too, tonight."

JOAN AS THE CHANNEL

"Hello."

"Have you been waiting long?"

"I've been running late."

"Are you Mary?"

"Yes."

"Can you explain to the audience here, why you have been running late, or what caused you to be late? Or is it too technical?"

"I've been guiding Joan through the wards." (Joan's spirit)

"In a mental hospital in ***?"**

"Yes. We had a new patient, very hysterical. Joan must control her emotions more, when she sees their dilemma."

"To stop her reacting to them?"

"I had to leave her there, she will be guided."

"Who bye, Teachers?"

"Yes."

"Is this Joan's spirit, who's at the hospital, or is it Joan's higher-self at the hospital, or both?"

"Both. One must guide the other, to control the emotion."

"Would you like to tell the audience something about yourself, or something about the work you do, and who you are?"

"I am Mary, I am a nurse. I follow orders, yet, although I carry out these procedures, they do nothing. I heal with the power that is given to me."

"Is Mary's conscious mind aware of this?"

"Yes."

“So she knows she is a healer and a medium?”

“But she must follow these orders, if they wish to believe that drugs and treatments are the cure, that is their wish.

If they wish to fool themselves into their belief, it is done. But the healing does not come through drugs or treatment. I watch much suffering every day, through this procedure.

I have learnt to control my anger, and direct all my compassion, all my energies to the patient. This is something Joan must learn.”

“Do you get many visitors like us coming to your wards, to learn about healing from the other side?”

“Yes, many.”

“Healers, mediums?”

“Many healers, from the other side.”

“Can the Guides teach us, who are in spirit. Can they do healing on the patients, or does it have to work through us, because we’re in the physical, working with the patients, when we visit in our meditations?”

“The healers and Guides from the other side, will step in when the going gets tough, so to speak, yet we wish you to learn.

We are always there by your side if you have need of us. Yet you will only learn through practice and patience.

Much control is needed, to disregard the thought, that you can change the world overnight. When you see their dilemma and pain, it's taken me many years, many lifetimes, to slow down to the pace that is required of me.”

“What pace? in what way?”

“When one has such strong feelings, the starting momentum to follow a course is great. Yet the barriers will pop up out of nowhere. This is hard to explain.”

“If it's too hard to explain, skip it for another time.

Joan was having trouble the other day communicating the concept of how you are linked with Joan, Mary and Joan. Maybe you are able to put it into English now, if you wish to describe your connection with Joan, the parallel-life connection, I mean.”

“There is a present life connection. We are branches of one soul, in the one time-frame, in the one reality.”

“And you both have the same past-life memories, is that so?”

“We both have the same past memories of each other. We do not necessarily share the same past-life. Mary in the past, has chosen to explore other potentials, the same with Joan.”

Many branches from the one tree. Yet we both contain the memories of all the experiences, and the lessons that we have learned. Mary is in the physical, she’s thirty-two years of age, honey blonde hair, quite slim.”

“Are we talking to Mary's higher-self?”

“Yes. She has much energy, she never stops.”

“Is she an old soul?”

“She’s not extremely old, yet she’s not young. I guess you could say she's matured, in soul terms.”

“Is my higher-self, still working in the future?”

“Yes.”

“She hasn't gone back to the past, yet?”

“No, she's preparing the way.”

“What is my higher-self preparing, anyway?”

“Your way.”

“Yes, but what is that way? Is she in the future in another lifetime, helping another lifetime, or is she in the future of this lifetime, preparing the way?”

“This lifetime.”

“Right, so she's in the immediate future? Can you explain how you, the higher-self can be both here, and in ***, at the same time, and how the higher-selves can be everywhere and anywhere?”**

“All is happening now, the past, the present, the future. Each incarnation is happening at the one time, each affects the other.”

It is very hard to make clear. Some can comprehend with much clarity, it’s just a matter of opening the mind to all aspects, to all imaginations. If there are no more questions, I will leave.”

BETTY AS THE CHANNEL

“Good evening, my friends. We are happy to be with you tonight. We have tried to show this entity, past experiences, involving Astrology, and the wrong use of predictions.

But it just does not mean that the use of predictions is wrong, any more than anything else is wrong in itself. We know that there are many astrologers on the physical plane today, who hold prediction in some contempt, and indeed if these personally, have Jupiter or Neptune in affliction, they are wise to do so. But prediction has a useful place, yet not everyone can be psychic.”

(My Guides tell me, that this holding prediction in some contempt, was the belief held by two of the audience, now you know why I wanted to put a white light barrier between us and the audience.)

“You know that everyone indeed, can perform the most basic psychic feat, or being able to make simple predictions, into their immediate future, but some people are unable to do this.

Knowing whether they will be in the same job by the end of the year, whether their marriage will last, is sometimes beyond some individuals. And those who are unable to make this simple psychic feat work, live very defeated lives.

But it is no fault of theirs, if they are unable to do this, and this is where astrological prediction comes in.

We know that there are many astrologers on the Earth-plane today, who were very skilled in prediction, and have reached a level of spiritual awareness, where they will not make the same mistakes, as have been made in past ages, where the skill was used to manipulate, to create fear, or to give the astrologers a feeling of power.

Because those astrologers, like this entity, who in that time misused this ability, have paid for it since. At least some of them have learned to do better.

The basic prediction, performs a very simple and useful task,

and we merely wish to admonish some astrologers, who seem to despise the poor defenceless client, who simply want a little helpful advice for their future.

Not everyone is able to face the future with sturdy unconcern for the blows of fate. That is the reason we would admonish those who profess Astrology, to have compassion on those who come to them for advice.

You are aware that in the future Astrology will become much more scientific, and will become more accepted by the conventional side of society. But in doing so, you must not lose sight of the other side of Astrology, or you will become nothing more than a branch of economics, or some other prop for the capitalist society.

This is all we wish to say on the subject tonight, and we wish you all well. Goodnight.”

I'm afraid after studying the subject of Astrology for five years, and what I've found out from spirit, firstly, Astrology is like viewing an iceberg, and describing what can be seen above the waterline. The iceberg may have a totally different shape under the water. Secondly, astrologers in general focus on the astrological birth chart, and describe the person as what they were, when they were born.

When through my own research, with the aid of spirit, not only I, but the astrology group that I attended, found out, that through our experiences in this life, we had changed in different degrees, from what was indicated in our birth chart. But it took the use of spirit, to receive the correct information, about the specific astrological changes of the individuals, in my astrology group.

I will explain how my higher-self, helped me to do this. I prayed to God, if he/she wanted me to receive the astrological evolutionary changes, which had occurred to everyone in the room, about twenty people and received an affirmative. Now every person's birth-chart has the position of the planets in different signs of the zodiac, depending on age and different time of the year that they were born.

Basically all the planets represent the way an individual relates to

the world, like Mercury represents the way they think, and whatever sign in the zodiac it was passing through, when they were born, can be described by that sign's nature. The same goes for the Moon, which represents a person's subconscious desires, and the Sun, a person's conscious desires, and so on for all the planets and other points in the chart, but for you the reader, who may not be an astrologer, I won't mention them.

So you see if a person changed through experience, or the power of their will, which is good for the growth of the individual, and some astrologer tells the person that they are like this, and this, but they have changed, and if those changes are astrologically small, but they could be large in the life of the individual.

But because the astrologer can show overwhelmingly recognisable traits to the individual, and the individual might recognise and believe the astrologer, then they might try to conform to the birth chart astrological description of those traits, and not the changes they had evolved, and they might think that they are wrong, and try to conform to the way they remember the way they were, in their youth.

So after mentally receiving permission from everyone's high-self in the room, I was told by my higher-self the new positions of any planets in a new sign, different from their birth-sign position, for everyone in the room, I had to write them down, there were a lot.

Now our astrology group sat in the same places every week, the oldest astrologers sat in the front row, the 60s, 70s, and 80s, the rest of the group represent roughly the length a person had been studying astrology, moving back through the rows, and the newcomers, sat in the back.

Well, I never asked anyone in the room a question, but I told every individual what they were like now, describing the traits of the sign or signs of the zodiac, in relationship to the planet or planets that were in the new sign or signs of the zodiac, without mentioning the planet, planets, sign, or signs of the zodiac to the audience.

Oh I was also told not to tell the audience what I was doing, before I started, in connection with the planets describing the changed zodiac positions, as astrologers can be pretty stubborn when it comes to their

own birth charts.

When I had finished describing the audience, individually, I asked if I had accurately described everyone, and I received an overwhelming affirmative, all except one individual, who denied any of his changes. What next flashed in my mind, was the word, 'Scorpio.' So I asked him, are you a Scorpio?

And he said, 'What's that got to do with it?'

Well, the other Astrologers laughed so much, that some of them were in tears. I didn't know what Sign he was, I hadn't been to a meeting in approximately three years. Then I was asked by one of the front row old ladies,

'Why had the front row the least amount of changes, but the back row had the most amount of changes?' and my higher-self told me to tell them, that the longer the person had been studying astrology, the more they were trying to conform to their astrological birth chart.

That stopped them laughing, quick-smart. I then explained how I found all this out, and told them the planetary sign changes, which was only a descriptive tool to give the reading, just like Tarot readers use the cards as a tool.

As Astrology is a very scientific subject, and is a lot of study, just to understand the terminology, I will only briefly mention connections in other class experiences, when my Guides have sent me astrological insight.

(56)**HEALING CLASS 3/5/88, JOAN, BETTY, LYDIA, BRIAN.****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.”

JOAN’S MEDITATION EXPERIENCE + CHANNELLING

(Joan) “It was a continuation of past life that I saw a few days ago, just a glimpse of it at the time. So it's sort of continued on ...”

“Can you tell us about it?”

(Joan) “Well, I had a man hung. I was a princess, or my father was very prominent ... well, he must have had something to do with this Castle that we went to, tonight.

And I had this man hung, I accused him of something that wasn't true, and I had him hung, there were reasons. So when I went back tonight, it was after the hanging. The festivity wasn't because of that, but it was just after it.

And apparently, I used to be very happy go lucky, and a very happy and cheerful person. But I was just sitting at the end of the table, very subdued and very quiet, as if I was in some sort of dilemma, silent dilemma.”

“You mean, you felt guilty?”

(Joan) “Yes, I suppose so, I must have. And then I had to... there were a few blockages, so I had to sort of lift some of the fears away, to go back to some of the events that led up to the hanging.”

“And how did you find out about the fears?”

(Joan) “Well, I asked, why would I want this of someone, and what relationship it was, in that time, and what it has to do with this time.

But if there was a blockage there, I sort of knew that there was some fear that was overcome. Then you brought us back. But I was told there was a lot more to it, and that I will have to go through it, piece by piece.”

“Hello, this is Anna.”

“Yes.”

“Are you a new Guide?”

“You're not Annabelle, are you?”

“No.”

“What are you here to teach us?”

“I'm only young in spirit.”

“Why are you here tonight?”

“I have only been with this one for a while, she must become accustomed.”

“Do you have any speciality of guidance for Joan?”

“She will have many Guides passing through, from time to time. We must be variable for her. She must not depend on just one.”

“In what way are you related to Joan, other than a Guide?”

“Through her emotions.”

“Have you experienced similar emotions, to what she's going through in your past?”

“Yes. I died young, in my twenties.”

“In what way are you helping Joan?”

“I am helping her to work through and cope with her vulnerability, that she experiences from time to time. The contrast between the strengths of the other Guide, and myself.”

“Are you helping her to gain strength within herself, by you not being so strong as the other Guides?”

“She must find a balance. She has gone from one extreme to the other, where she was vulnerable and emotional. So she has adopted a hard strong approach.”

“You mean she's like a crab, hard on the outside and soft on the inside?”

“Yes, yet she is trying to toughen right through. This way, she will create blockages. She finds it difficult to display emotions, which is only a false masquerade, and will do permanent harm, for her future existence.

Although it may seem a relief to her at present, she must seek within for the balance.”

“You mean she should have a good cry now and then, to balance herself up a bit?”

“Yes, accept what she feels, and how she feels it, and why.”

“Have you been a Guide long?”

“No.” “Have you been a Guide to other people before?”

“Only a few, within my age group, as when I passed over.”

“Are you a higher-self, not Joan's higher-self, But Anna's higher-self, communicating to us? In other words, do you have the ability to travel in time and space?”

“No. I have not reached that level. I am here to learn also.”

“Do you have a higher-self, your own higher-self?”

“Yes.”

“Are you more in contact with your higher-self, than we would be on Earth?”

“Yes, I am.”

“Is your higher-self, more like an outside entity, or can you distinguish that it's part of yourself?”

“It is an outside entity in the spirit world. When I pass over to another life, and time-frame, it will come within, and so join....”

“Anna, are you in spirit?”

“Yes.”

“And you are not connected with your higher-self, is that so?”

“I am connected, yet it is not within. It is more of a protection and teaching higher-self, in this spiritual existence.”

“What do you mean, your higher-self protects you, and teaches you, where you are in spirit?”

“Yes.”

“Is it a world, like this one, or does it definitely look like a spirit world, where you are?”

“I am in the spirit world.”

“But which world does your higher-self, live in?”

“The spirit world, yet on a higher plane.”

“Do other Guides have their higher-selves connected with them, or are they like yours, like you?”

“It all depends on their evolution. I am young, I am learning, I am only a child-soul. I am more adolescent in your terms.”

“Is it possible for you to make mistakes in your guidance of Joan, or ones that you have guided in the past? Or do you get stopped from making mistakes, and shown the right way before you make any mistakes?”

“Yes, I have been instructed to go and do the best on my own, but

being a beginner, so to speak, I will not be allowed to continue on in error, yet I will learn before the mistake, and not after. This is very delicate and detrimental.” **“What is detrimental?”**

“If I were to cause a negative effect on whoever I guide.”

“Who steps in and tells you to stop, or prevents you from doing anything negative? Is this another Guide, or your higher-self?”

“My higher-self. That is why he is higher than I am, at this time in the spirit world.” **“So it's good guidance, then?”**

“Yes.”

“So you evolve that way?”

“Yes, I am learning to stand on my own two feet, progressively, and yet not be left out in the cold.”

“This is all new to us, because most of us think that when we go to spirit, that we've got free will, to do anything we like, is that so?”

“I still have my free will. I can still go my own way, if I wish.”

“Have you chosen to be a Guide to evolve, and go up higher levels, by being a Guide?”

“Yes. I have chosen to do it their way, and not take it upon myself to be responsible for my actions. This is in contrast, in similarity, that this one must learn.” **“Joan?”**

“Yes, this guidance will be most enjoyable for both of us.”

“Do you still have to reincarnate on Earth at a future time?”

“Oh yes, and that is when my higher-self will not be so distant. When I cross over into spirit, it will become my protector, and higher guidance, as in a father-image.

Then it will change when I cross over into the physical world. This will continue until I have evolved.”

“What difference will the influence be in the physical, your higher-self's influence, when you reincarnate?”

“I will not be able to be so dependent upon someone stepping in, and picking up the pieces. Not to be used as a crutch, it is my learning in the physical.”

“Will your work as a Guide, help you to live life easier, in a lifetime on the Earth, because of your experiences being a

Guide? Will it help you?"

"Yes."

"Is there anyone else near you who wants to speak through Joan, tonight?"

"No. Is that all?"

"No, not quite. Were you ever related to Joan in previous lifetimes, or knew her while she was on Earth?"

"No, our relationship is just beginning. I'll be one that she will come in contact with, in future incarnations. Our relating foundations, are being laid from now on."

(Betty, Brian and Lydia, didn't describe anything, they saw on their meditation. So, Betty channelled next.)

BETTY AS THE CHANNEL

"Good evening, my friends. We are glad to be with you tonight. Raymond, we have been instructed to... your personal life will see some interesting events during the next six months, or possibly longer.

Also, there will eventually be success in publishing your book overseas, but this will not be immediately. So, you must have patience, and you must be very determined."

(2010 INSERT.

My higher-self told me that at the time of this class. She had been scoping out the future, and what she found out, about the potential future events of a parallel Earth, and with consultation with higher evolved Masters, the publishing of my books was kept on a wait-and-see status.

Because if my original volume one had been published, and our future had been modified, then the book's primary purpose, in connection with A.I.D.S. which was to help to relieve the suffering, from a worldwide epidemic of A.I.D.S. and H.I.V. sufferers. To help them to become aware of past-life therapy, and releasing of attached spirits. And also help them become aware of life after death, to help take away the fear of death.

If the books had become popular, in helping millions of recipients of this long-term disease, and I say recipients, because of all the blood transfusion receivers of this disease. Then the rest of the world would become very aware of the contents of the books, and everyone could use the books and classes generated, to grow and learn about all this.

But as I now know, the parallel Earth did die, and the disease was switched off, so to speak. So my books were put on hold, until my higher-self got back to me, to put them on these discs in the year 2010.)

“We also wish to mention, we are concerned that the deterioration in this entity, in this entity's body. We have warned her in the past, so we do not need to give her any advice, except to put into practice, what we have already told her.

She must not allow herself to become too lethargic, we remind her that we have openings for her to do, and she cannot do it, if she let herself become sick.

We would wish to administer a good shaking, but we are forbidden as you know, to force anything upon entities, we merely wish to remind, that is all.”

“Can you elaborate on the personal changes coming up for me, are they in the body psychically or physically, or in connection with the people?”

“We do not wish to elaborate too much. But we feel that it would be helpful to tell you that your relationships will probably improve, we think some time during this year.

Also, your financial position will improve, if you are regiment and determined, but you must always be ready to take advantage of the opportunities, when they arise.”

“Will Betty, Joan and I be doing more demonstrations, like we did at S.A.R.S. last week?”

“This is a possibility, but is not a certainty. But we do wish to say that we think we would like to see Joan do a little more public demonstrations, because it would give her confidence.

We will try to do some work on her throat chakra, so that her voice will become stronger, and she will be more confident.”

“And where will she do this public work? She's not involved in any spiritual church.”

“We do not wish to pre-empt the future, but the opportunities will arise.”

“Have we got someone in the corner of this room, trying to get in to speak to us? They are making a lot of cracking sounds, in the corner there.”

“No, there is no entity there, merely a thought-form.”

“Who’s thought-form, is it?”

“We think it is from outside.” *“It can't get in, can it?”*

“No.”

“It’s just outside our little white sphere, I think. Do you have any advice for Brian and Lydia?”

“Yes, we do suggest that they try to relax more, and perhaps take a more positive attitude, but we are quite pleased with their progress. And we are sure that they will progress much more in the next few months, but they need to be diligent and persistent.”

“You mean extracurricular practice, outside these classes?”

“Yes, we think this is a good idea.”

(Brian) “You mentioned about a thought-form in the corner. Was it trying to get in the circle?”

“No, it is merely hovering. It is an undirected thought-form.”

“Are there any thought-forms in this class tonight? in the circle?”

“No.”

“Has there been in the past?”

“Yes, on one or two occasions in the distant past, there have been.”

“Were you here last week?”

“No, there was none there, then.”

(My higher-self tells me that Betty’s subconscious mind answered the last part of the answer, as the Guide and Betty were not in the class at my home, but last week, we did the demonstration at S.A.R.S, so there may have been a misunderstanding, as last week there were no thought-forms at the demonstration night.)

(Brian) “What was I feeling on my lap last week, as if there was a heavy weight upon me?”

“We do not wish to comment any further. Our main purpose was to bring messages to Raymond and Betty.”

(I had the feeling that Brian and Lydia’s Guides were trying to teach them a lesson, that if they were not going to participate, practise channelling, then spirit would not participate either.

I had already mentally asked if their Guides and higher-selves wanted them to go on the meditations, and practise channelling, and was told, ‘Yes.’ I ask everyone if they want to practise channelling, and they certainly listen to the meditation.)

“Is another guide going to speak through Betty?”

“One of us wished to speak to you on a subject related to the way in which... we are sorry we are having difficulty in finding the correct words. As this channel does not know the correct terminology, therefore we may speak to you at a later date, through someone else on this subject.

We have said all we wish too, tonight, so we will leave you now. Be blessed and be well. Goodbye.”

RAYMOND AS THE CHANNEL

“Greetings everyone. I am Mary. I came tonight to learn some more about your work, and your reactions to your meditation. It was a lovely meditation, very vivid. You have a good imagination, Raymond, to create the scenery.

Will you be bringing Betty to your next demonstrations? You both did very well in front of outsiders, and will have more confidence, the more you do it. Welcome my friend, you have been waiting patiently to speak to us all.

Hello.” (Joan) “Hello.”

“I am Trevor, I look, I'm going to go with you.”

(Joan) “Are you going to go with Mary?”

“Yes.” (Joan) “Is she going to take you back to the hospital?”

“No.”

(Joan) “She's going to take you to the white light, isn't she?”

“Yes.” (Joan) “Do you see the white light ahead?”

“They told me to wait.”

(Joan) “You can go with Mary, now. You take her by the hand.”

“Yes, I will.” (Joan) “And she will take you to the white light.”

“Yes, bye.” (Joan) “Bye.”

“Hello. We have been listening to you all tonight, and think you are all fortunate to be growing in awareness of our presence.

You can practice seeing us if you wish. Your psychic vision is there waiting for you to practice to see us, and what we look like. You may be surprised by our appearance.”

(Joan) “Are you a Guide?”

“Yes.” (Joan) “In the spirit world?”

“Yes.” (Joan) “Have you been in the spirit of the white light?”

“Oh, yes. We are helping you to accept your senses, and practice them. This one is feeling the physical features on his face.”

(Joan) “Are you the one that has been trying to communicate through Raymond, recently?”

“No, that one is higher. We are Guides of the moment. We help students to perceive with their other senses, for we are of a vibration that is easier to perceive than other spirits or Guides.

Our vibration is very close to the physical, so that you can perceive easier. When you see us, this will shift a gear in your heads, like switching on your vision, and will help you to see spirits that are not so easy to see. But because you are switched on, you will see them easier.

You can describe what you see, we don't mind. (Long pause) We wish you to develop to see spirit, so that you can become aware of spirits around you visually.

We will be here again another night, for you to see us. Remember speak up, and tell us what you see. God bless, goodbye.”

(57)

HEALING CLASS 10/5/88, JOAN, LYDIA, BRIAN.

I came across a book by a hypnotherapist, where under hypnosis his students had tuned into a future lifetime. So I asked my Guides if it was possible, and they said, 'Yes.'

Of course with all the probable futures, and alternate realities, and other dimensions, one student's future lifetime world-reality, could be totally different to another student's future lifetime world-reality.

One afternoon before class, while asking about that night's meditation, I had the feeling that they wanted me to do a future lifetime type of meditation. So after double checking, I received this meditation, and gave it to the students.

All the students have the opportunity to contribute their meditation experiences, and practise channelling, and nothing is left out of the nights recording.

FUTURE LIFE-TIME MEDITATION

"Tonight your higher-self is going to reveal to you a glimpse or a scene from a future lifetime, maybe the next one, or the one after that. Your higher self will reveal the correct scene.

You may find that the person in your future life may communicate with you, because they may be in such an advanced state, that they are aware that you are visiting them. And they may tell you things, teach you things, or help you.

As you are the father/mother creator of this future lifetime, and this future lifetime can help you with this lifetime, because all lifetimes help each other on a higher level anyway.

I want you to ask the higher-self of this future lifetime, if they would like to come back to this classroom, to this time zone, to channel through you, to help you with understanding your destiny or purpose, in this lifetime.

Or they may reveal something of what they are doing in the

future. So if a student feels that their future higher-self is here, and wishes to speak through you, speak up, and you can channel, they will most likely arrive after the other students have had sufficient time on their meditation and are back here, whoever is ready, ask your higher-self if you should start.”

JOAN AS THE CHANNEL

“What she has asked for today, her concern of how she can translate accurately what she's aware of. Senax is a painter, he paints manifestations of spirit.”

“Is this the higher-self's life in the future?”

“The physical world will have evolved to the point where they have heard and read, but will want to see with the physical eye. Senax purpose will be to paint spirit.” **“On to canvas?”**

“Yes, he will have to exercise control, for he will have the ability to continually paint spirit, through spirit. Yet he must not bombard the physical, with his ability or gift, by continually painting and swamping the physical world, to the point that you may lose the purpose of his ability.”

“Is Joan's higher-self helping him to control this, or his higher-self?”

“His higher-self is helping her now to manifest in picture form, what she feels, to translate instead of focusing on thought, and translating through that channel.

This one tries to translate from thought-messages, whereas, if she can translate through visible messages, she will find this easier. 2021 is the time, although this one cannot comprehend this, a foreign land.

Senax must control his desire to take his world by storm, so to speak, through his manifestations of what he sees to paint. He wants this one to translate her messages, from what she visions in her mind, and not what she hears, through thought.”

“Does she understand what he means?”

“Yes, this is the main concern at the present time. As this one

overcomes, and works through her blockage, she will be shown more. Senax lives on this earth, yet this Earth in that time, will be on a different frequency.”

“So is it a predetermined future? We're not going to blow ourselves to bits, with a nuclear war, then? They're still going to be on Earth around in 2021, where Senax is?”

“Yes. At that time, yes, but the possibility will always be there. The future is not controlled by one, it is controlled by many. There will always be the destructive ones. Who will win, and who will lose, depends on each and every one of our physical evolvment.”

“Do you know anything about frequency switches? The human race evolving beyond the need of the physical body.”

“The potential exists, yet free will, will also exist. Nothing is certain, when one is dealing with the physical manifestations.”

“Have there been any human physical beings on Earth, that have made that frequency switch? where all that line of incarnations, go to spirit at the same time? has this happened? Are you aware of this? Or does the whole human race have to switch?”

(2010 INSERT. In 1988 I was still viewing the purpose of the human race from a human viewpoint, and the memories of Julie’s channelling of prophetic events was still subconsciously interfering with my mind, hence this last paragraph of questions.

But now that my view of the purpose of the human body has been oriented to more of a spirit purpose, as I had been learning from all my many reasons for past lifetimes, and the many communications we received in classes.

My Guides say that individual spirit’s who have achieved that so called frequency switch, don’t transform the human vehicle, as it is only a tool for spiritual growth, the spirit would just leave, and because the human vehicle had been programmed by his childhood and astrological imprinting to assist in the spiritual growth of a very advanced spirit, it would not be wasted, by leaving the vehicle without a spirit to replace the one that had left.

But an equally advanced spirit, who would be in harmony with the

human vehicle's conscious mind desires and complex conditioning, would 'Walk in,' and the conscious mind would never be the wiser, unless the conscious mind had been awakened to all this, like someone like me.

Then the new spirit may communicate his presence to the conscious mind of the vehicle.)

“There will be a time limit of very wide scope, yet in the end time will run out.”

“And then the Earth will be no more, when it, we'll all be in spirit?”

“Yes, yet there will be two worlds in spirit. The ones that choose to be left behind, will not be exterminated with the Earth, as it is believed, but will go to spirit, but as a separate world or realm, to the ones that have chosen to enter spirit of their own free will...”

“What happens to the ones who don't choose to enter spirit of their own free will?”

“They will have a different spiritual existence.”

“Will they reincarnate again into physical form?”

“Different realities. This is all.”

(2010 INSERT. Before you read Lydia's meditation experience, my higher-self wants to explain a few things about what you are going to read of Lydia's meditation experience.

“Some students are suffering from so great a conditioning, that their subconscious mind will deliberately release vague data, to confuse everyone listening, so that they will feel safe that they have not revealed any truth, about what they have learnt about themselves, on any meditation.

And their subconscious fear of anyone knowing anything about them, is so great, that they are too scared to channel, in case spirit reveals anything about them, but this is their belief.

Most of these type of students are 90% unaware consciously, of the reason for this subconscious defence-mechanism, which is caused by being hurt by other people, in either this life or past life, or lives.

Most Teachers would give up before they had reached the eighth question, related to understanding what a student is subconsciously

avoiding explaining, but as Raymond doesn't tune into his student's or patients, and his Guides want him to keep asking the questions, so that the student may become aware of these subconscious conditionings.

Or maybe the other students might say something to them. As Raymond likes this quote, I would say, 'If you give them enough rope, etc, etc.' Which means the more that is communicated, the more you can see of the big picture.

There are two main ways that this kind of conditioning manifests in people, the first way is, camouflage and misinformation, and the other way, is to gain power, so that no one can hurt them.

When you read Lydia's meditation experience, see how you feel, as you read, it, because it might generate an emotional reaction in you, and if this student receives a large range of emotional reactions from other people who she communicates with, then her experiences of other people's reactions will reinforce her subconscious fears of not trusting people, in like a catch 22 situation.

It wasn't a coincidence that Lydia and Brian were in the same class as Joan, with her past life conditioning and trust issues. As Joan allows her higher-self to bring to the surface the scenes of her past traumatic experiences and as a consequence learns about the conditioning produced by them, and how to release them, then the many levels of Lydia's consciousness, is learning the techniques of releasing her own fears, and conditioning, via her subconscious, mental body, and emotional body, most likely while she is asleep.

Sometimes the direct way of healing is blocked by the patient's own fears, but the healing can be arranged in this way to slowly seep through without the patient consciously realising it.)

LYDIA'S MEDITATION EXPERIENCE

(Lydia) "I saw some trees on a hill, and I seem to be living in a house amongst those trees. It was a beautiful home, beautiful, varnished, wood, walls, had a lovely fireplace, lovely and warm and comfortable. There was a man there with me."

“Did the man speak to you?” (Lydia) **“No, I felt his presence.”**

“What was he doing?” (Lydia) **“He was just there.”**

“And you didn't find out what you were doing in the future, from this man?”

(Lydia) **“No. I just felt that it was a beautiful homely situation, and very happy.”**

“Well, how do you know that he doesn't want to speak to you, through you as the channel?” (Lydia) **“It wasn't me.”**

“No, I meant the man in the future, the one that was in the room there with you.”

(Lydia) **“Why do I know he didn't? I don't know, he didn't.”**

“Your higher-self is going to allow you to channel through, and he will speak to you, and explain to you, maybe more about his lifetime, and maybe more about your lifetime, to help you with your lifetime. I don't know, I can't give you the answers to my....” (Lydia) **“The man that was there, wasn't me.”**

“That's alright, it's bound not to be you, your you in your female body. In the future lifetime, no-way is it going to be you as you are now, does that make sense.”

(Lydia) **“No, I was with that person.”**

“Yes, I know, you don't become that person when you go into the future lifetime, you go to the future lifetime, and the person may show you, and you may see his life, you don't have to go into his body and be him. In a past life....”

(Lydia) **“That wasn't the way it was, Raymond. I was with another person in that lifetime. I was myself in another lifetime, with another person. There was someone else. I was aware of being a person in a future lifetime.”**

“Well, why didn't you say that?”

(Lydia) **“Well, that's what I thought I said.”**

“You were saying about this man.”

(Lydia) **“Yes, I was aware of a man being with me.”**

“Right, right, but you didn't say that you were....”

(Lydia) **“No, you misinterpreted what I said.”**

“So the man might have been your husband then?”

(Lydia) “Well, I would say that was quite possible. Well, I was more a sense of feeling, than anything, and a sense of how I felt.

Raymond, when I have experiences, most of them are involved in feelings, at this stage, rather than messages, or anything like that. I tend to get more feelings, and actual emotional feelings, and the condition that I am in, rather than messages.

That is the area that I am developed, and I'm not developed in getting messages. So I can take feelings, and knowledge, and awareness like that, and I gain from that, but I haven't as yet got messages about....”

(Joan) “Did you feel anything else?”

(Lydia) “Just the environment, and the trees. It was very much an awareness of going back to a very natural state of living, than a... although there was sophistication within that, the way I was living, there was still a great awareness of nature, and love of nature, and harmony with nature, which isn't around us today.

I think that perhaps it indicated that that's where we are heading towards, a more appreciation of nature, and that sort of thing.”

(After the beginners were given the opportunity to relay their experiences, and channel, I knew that spirit wanted to channel again through the most advanced student in the class, about the purpose of this meditation, and the implications and complexities of time.

Of course Joan being more of a patient at this stage, the channelling will help with her healing.)

JOAN AS THE CHANNEL

“We do not wish to comment of what your higher-self tells this one, at this stage, this instant.” **“Are you her Guides?”**

“Yes.”

“Any reason?”

“Yes.”

“Can I know the reason?”

“Not at this present time.”

“If I was a channel myself, would the future higher-self come through me, or isn't that allowed, either?”

“Yes, that is possible. You do not allow... I am a Guide who will

not be that frequent, a momentary objective, every now and then.

Future realities must not be used predominantly in channelling, or meditation, to overcome the present problem. It should be used only as a lighter form of guidance.

Present fears and problems originate in the physical past, so need to be worked through at this time, to allow the possibility to affect the future in a different way.

There is always the possibility to change the future evolutionary quality and frequency, depending upon the voluntary and involuntary evolution of the now present soul, contained in the present incarnation.”

“Doesn’t that mean that a past-life can change the frequency and change our future, change the present? Same as we can change the future by changing the present here. Isn't the past-life happening now, as well?”

“Yes. So changes can occur now, all at the one time.”

“Well, how do we have the memory of a lifetime that is from beginning to end, that memory will be a fixed memory of what happened. Or does that mean the next time we tune in, it will be different that same...”

“Our physical memory will observe it as fixed. We are given the chance to change the past and correct and eradicate problems that are still happening now, in the physical observance of the past.”

“So we can change the past, past-lives?”

“By going back physically with our mind, if it is our choice to change the past, to rise above fear, blockage or trauma, simultaneously changes, the present, simultaneously changes the future.”

“So if I go back to Auschwitz, to before Auschwitz in that lifetime, and get the life to leave Germany, or wherever it was, emigrate to America before the Nazi’s got into power, then all of what happened to the lifetime that ended up in Auschwitz, would not have happened. Is that what you're saying, I can do that?”

“If the trauma of the past, not the circumstance. If the trauma

and experience, and result of that experience, can be changed in the past, it can affect the now, and the future.”

“You mean we can’t change the physical happening, but we can change how we react to the happening?”

“Yes.”

“But if a person is reacting defiantly, who’s going to be physically defiantly. How can you change the person reacting, without changing the physical reaction, because one thing leads to another.

By becoming defiant, you bring onto you more suffering, which is a physical, in Auschwitz, like for instance?”

“No, because you are looking at it through psychic and spiritual vision, even though you can re-experience the physical reaction, it can be observed all at the one time.

You can go back to physically experience, the reaction, yet with hindsight of the psychic and subconscious spiritual mind of how to alter your reaction, for you are aware of the result that is affecting your present.

Somewhat like someone looking into the future in reverse. If you were to see the future, and determine your mind to change that future, looking back into the past, you can do the same.”

“But you said, you couldn't change the physical events of what happened in the past.”

“You can change your reaction that is affecting you now, which could affect your future.”

“So I've still got to find out what happened in my childhood, if I want to overcome the reaction now, what happened in my childhood, which I am not aware of too clearly.”

“We understand what you mean, although that is not what you physically stated, and our answer is, yes.”

“Do you have any advice for Brian and Lydia?”

“Open mind to all possibilities. Do not force, you do not retard growth. With an open mind, this growth pattern will naturally develop as planned.” **“Do you have any advice for Joan?”**

“Do not rush, steady speed. More control of emotional anger.

Strive for serenity at every circumstance that is met. We are teaching this one to control the levels, help is required.”

“Help is required for what?”

“Now....”

“Do you want me to bring her back?”

“Yes.”

“Come back now, Joan.”

RAYMOND AS THE CHANNEL

“Good evening. I am a future higher-self. It is very important that this one evolves and becomes more at peace with himself, for he is very important to many souls, in his future. We are watching his progress with patience, which he should have, to help him. He will become more peaceful as he relaxes and stopped worrying.”

I very rarely used this specific meditation, as I don’t think spirit want to promote too much of an interest, or curiosity in probable future lifetimes. But now you have the knowledge of this kind of meditation in your consciousness, so if your Guides want you to do this kind of meditation, you know how to do it. I will put this meditation in the second meditations chapter at the end of the volume, in case you need it.

(58)

Joan asked me if I would have a private session, and my Guides agreed, as they are all in communication with Joan's Guides, as it is best to consult spirit, and not be at the whim of patients or students, who may want to practise, from their own ego or illness driven desires to practise.

Joan's Guides wanted her to channel tonight, instead of going on a meditation.

"The belief system is low."

"Do you know the reason why Joan had her car stolen?"

"No."

"Does her higher-self know the reason?"

"A test for strength."

"Isn't it a bit stronger to have it happen when she's going through all these other problems at the same time?"

"She will sort out her dilemma in all ways. She must decide what she wants and what she doesn't want, and throw away what she doesn't want. She makes her way to the clearing, where the grass is soft, we pull back into the darkness of confusion."

"Am I talking to the higher-self?"

"Yes."

"Do you have any direction that you want her to go in, so that it would clear up her confusion? If she was aware of this direction, she could have a goal or focus, that she would be happy with."

"Her goal is freedom, yet she must stand on our own, to attain that freedom."

"I mean, can't you give her something that she's going to be working towards, that will give her more of a desire for freedom, because she's got something to work towards, something more positive than the mood that she's in at the moment. Because a stronger desire for freedom, will help her achieve that freedom."

"She's afraid of being alone."

"Well, if she wants to go down to Kiama, she'll be alone, won't

she?”

“She allows herself to be pulled in two directions, we're losing her again.” **“Why is she going off into that place?”**

“No, she's going to the depths not the heights.”

(Joan, on an unconscious level kept gravitating to a place in spirit, and wouldn't want to come back, whenever her higher-self or Guides told me to bring her back, I would call her.)

“Why, what can I do?”

“She has a free will. It will be her decision.”

“I think losing her car, wasn't sort of fair, that's pushing her more in this direction.”

“There are things that are unexplainable. She must have faith.”

“Can you know if her car will be found or not?”

“No.”

“You can't know?”

“She has to have faith, faith in spirit, or herself.”

“In what way does she have to have faith?”

“This vibration is too low for us.”

“To work through?”

“Yes.”

“Do you want me to do some healing on her?”

“Yes.”

“Have you finished communicating?”

“There is a low entity.”

“Where is this low entity?”

“With her.”

“Do you want me to rescue that entity?”

“There's much anger.”

“With this entity?”

“Yes.”

“What's this entity's name?”

“Gregor.”

“Gregor, I know you're angry, and you've sort of attached yourself to this person, but you are doing yourself harm, and you are harming this person. If you look behind me, there is a white light, and in the white light will be someone who can help you, she can take away your anger. In the white light, they are.

Do you remember your mother? Your mother is in the white light, have a look. She loves you, even though you're angry. She understands. Can you tell her what you're angry about,

and explain to her. Maybe she can help you. Go over and hold your mother, and she will help you. She is in the white light, behind me.”

“No one understands.”

“But your mother will understand. Your mother understands because she saw what happened, that caused you to get angry. Do you understand? She can help you.”

“She left me.”

“No, not really. Maybe she can explain to you why she had to. Maybe it was for your good, and you don't know what good it was, until she explains to you. Go and find out, aren't you curious to know how it has helped you?”

“Too much pain.”

“What's too much pain?”

“I still feel pain.”

“Where do you feel the pain? In your body, in your soul, your emotions?”

“Emotions.”

“Can you feel the love coming from me? Can you feel that love? Doesn't that help take away the pain. I understand, I've been through pain. Now reach out, and you will find that you have got the same kind of love coming from your mother.

If you don't believe me, just reach out and feel it coming from your mother. She will help you, can you feel her?”

“I don't trust her.”

“Well, I trust her. Do you trust me?”

“You don't know her.”

“But she is not the same woman, she's a lot wiser. She has learnt a lot, can you feel the love coming from me?”

“Yes.”

“Now, you're hanging onto that love from me, just reach out and feel that love from your mother. She's got the same for you, she still loves you, she can help you. I promise she can, you reach out.

She wouldn't be here, if she wasn't here to help you, would she? Come on, I'm still holding you, reach out. If you don't believe me, find out.”

"I will walk beside her, but she must not touch me."

"Why? Can you feel her love?"

"I can, but I can't trust. She must not touch me. I'll just walk beside her."

"If you look in the white light, you'll see your father there now. Can you remember your father?"

"Yes." "Can you see him?"

"Yes." "Did you love your father?"

"Yes."

"Well, can you go and talk to him, and he'll help you, and he'll explain to you."

"Yes." "What does he say?"

"She took him away. I didn't think I'd see him again."

"Well, there you are. Will you go with your father now, in the white light?"

"Yes."

"And please speak to your mother, you'll understand, she'll explain things to you. I love you, bye."

"Bye." "Is Joan all right now?"

"Healing is advised." "Yes, I'm going to give her healing."

"We will work, to raise her vibrations."

"Are you going now?"

"Yes."

"And you'll be with me, when you're doing the healing, won't you?"

"Yes."

(59)

HEALING CLASS 17/5/88 ONLY JOAN.

I never know who is going to turn up for the class night, when I receive the meditation from my Guides, but obviously they know, and this meditation was the right one for Joan.

PRESENT LIFE DECONDITIONING MEDITATION

“Tonight your higher-self is going to show you a scene from your past, in this lifetime, and this scene is an experience that has negatively conditioned you, and it is time for the conditioning to be removed.

The conditioning may have been important for your development, but now it is just as important to remove the conditioning.

It will show you a past scene of something that happened to you, or something said to you, or a feeling associated with a scene, and when you see a past scene, or experience it again, you will most likely see it from an outside viewpoint, like a recording of the events, where the recording can record everyone’s thoughts and emotions in the scene.

I want you to ask your higher-self if the conditioning has affected your health, in any way. If it has, find out what area of you the ill-health is affecting.

When you are seeing the experience, I want you to ask your higher-self, if you have to release anything, or feelings, or to forgive someone, or to say something.”

(Joan) “It's grandma, she's shouting at mum.”

“How you feel about that?”

(Joan) “I wasn't there.”

“Well, how did it affect you, if you weren't there? Where were you?”

(Joan) “*“Fancy getting yourself pregnant again, at your age,”* she's

saying. *'He is a smoothie, you can't trust him.'*"

"What's the higher-self say the conditioning is? It sounds like reinforcing the conditioning of not trusting men."

(Joan) *"You can't trust anyone."*

"Who said this?" (Joan) *"Grandma. Mums crying."*

"What's your higher-self say?"

(Joan) *"My higher-self's, asking me if I am ready for all this."*

"Your higher-self is asking you now?" (Joan) *"Yes."*

"Well, are you ready for it?"

(Joan) *"I want to be, I have to know. It'll be different when the baby comes. It'll change,"* that's what mum's thinking, dad will change. *'Don't be stupid.'*"

"Who said that, the grandmother?"

(Joan) *"Yes. 'They'll never change, Leopards don't change their spots.' 'How could you be so stupid, Dottie?' 'Getting pregnant at your age.'"* She keeps saying it."

"Ask your higher-self, if you have got to say any affirmations, to release this conditioning, or become aware of any physical ailment caused by this conditioning?"

(Joan) *"I don't want to come out."*

"Why?" (Joan) *"She's angry with me."*

"Your mother?" (Joan) *"Yes."*

"Why is she angry with you?"

(Joan) *"She's blaming me. I don't want to come out. I don't want to get born. They're making me come out, I don't want to come out. They're pulling at my head."*

"Did they cause any injury?"

(Joan) *"They're hurting, it's like a tug-of-war."*

'Fancy putting Dottie through all this.'"

"Who said that?" (Joan) *"My grandmother said to dad."*

'She had all her family, then you came along.' Mum can't breathe, they've left me alone, it's cold. She's going to be angry with me."

"Is that what you think?" (Joan) *"Yes, I mustn't get her angry."*

"Your higher-self is now going to channel, and explain how

becoming aware of this, how this will help you with breaking the conditioning. Maybe it wants you to do a certain exercise, but your higher-self knows how to do this.”

“This one has been asking for help in this area, yet has been putting up barricades. We have shown her so much, yet we still feel she is reluctant to look at the whole picture.”

The conditioning is so complex, it will unfold, it cannot be removed, each conditioning cannot be separated when being removed, yet the result will be separate conditionings.”

“Does she have to see the experiences to break the conditioning, or is there more involved in the operation?”

“More involved.”

“What does she have to do or say, to break this conditioning?”

“She will have to experience every part over, she will have to re-experience from beginning to end of this life.”

“Does she have to experience the thoughts and emotions coming from the other relatives, like the mother and grandmother, from their viewpoint, or just from her viewpoint as the baby?”

“As the baby, much emotional trauma, from conception.”

“Do you want her to do that tonight?”

“This has explained why she wants to keep running away.”

“You mean running away from relationships, as well?”

“Life, she's asking why she chose to experience this life, when she didn't want to, and resisted entering it.”

“Is she allowed to know?”

“Yes, yet she doesn't want to listen with logic. She did choose to enter this life out of guilt. The phrase, ‘You're not fit to be a mothers bootlace,’ has been carried over from a previous life.”

“Is this what Joan believed?”

“It has a stinging affect, ‘You're nothing but a prostitute wasting...’ It has been carried over into this life.”

“So what was the reason she chose to incarnate into this

lifetime?”

“Guilt, and it’s tied in with those two reasons. She feels this life will be the penance, to be paid for what she did previously.”

“Towards somebody?”

“Yes, her children.”

“Does she feel as though she's finished the obligation of the guilt with the children, or does she still feel guilty?”

“She feels that as long as this life continues, her guilt shall only end, when her life ends, yet this is her belief.”

“It’s not true, is it?”

“No.”

“What is happening in her life, to help her break this feeling of guilt, or this belief of guilt?”

“She has to let go of her children in this life, with great ease.”

“Has this overcome the feeling of guilt?”

“It has replaced one guilt, for another.”

“What's the other guilt?”

“The guilt that she had experienced, when letting go this time, she has suppressed, for she feared the guilt of keeping them, what could have happened, has before.”

“What happened before? Is she allowed to know?”

“She killed them, she let them be killed.”

“Will this help her release this feeling of guilt, if she became aware of the circumstances of why she let them be killed?”

“To save herself. This man, he’s saying, he’s hitting her, he’s slapping... he’s saying, ‘You're not fit to be a mother,’ he’s slapping her around the head and face.”

“And this is what condition her, that caused the deaths of her children, the pain and suffering, and the conditioning, the words. Is this true?”

“Yes.”

“Then, she's not to be blamed at all, she couldn't help what she did, because of what she was conditioned to do. It wasn't her conscious decision making, which caused the deaths of the children.

It was the subconscious conditioning from the man, that caused the deaths. So she's not to blame, is she?"

"She let them starve."

"Can you explain to her anything that will help her remove the guilt about that life and those children?"

"There is much emotion attached to this guilt. This is all for now. It will take more time, as it is digested and accepted. We will work on raising her vibration, which has been lowered through this experience."

Just because we can't consciously remember our childhoods, it doesn't mean that there is no conditioning or trauma affecting us, and more often than not, when the childhood memories are the blankest, that childhood, I would say, is the most suspect, but don't go looking for those memories, unless your higher-self wants you to, because remember, when the time is right?

I got the biggest shock when I recalled back to birth, and my childhood, which I could only remember about ten days, in all the years, up to the age of nine. But my students know, I do understand their experiences.

I feel that my higher-self refined this meditation, and a few weeks later I was instructed you give it to the other students. So it's okay to modify a meditation, they are not sacred.

On the following weekend, I was asked on the phone if I would accept three new students, Nandi, Sara, and Benny, who had previously bought my first volume from me at the markets. I agreed, and spirit guided me to start a new class night, without Brian and Lydia in the class. Also my Guides got me to ask Joan, to ask her higher-self if she wanted her to come to the new beginner's class, as I had received this request from spirit, and Joan got a 'Yes.'

It never bothered me that some weeks I had two classes, or one class, because students will change classes, and gravitate to the class and students that appeal to them, or they are guided by spirit to change. And if they come across a class night transcripts, without any meditation experiences or channelled communications from the students, then they are not going to be attracted to those classes.

(60)**HEALING CLASS 23/5/88 JOAN, NANDI, SARA, BENNY.
ATLANTIAN HEALING TEMPLE BY THE NILE MEDITATION**

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

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

We are visiting an outpost of the great civilisation of Atlantis. In the distance beside the river, on the other side of the village, we can see a beautiful healing Temple which was built by the Atlanteans. As we walk through the village we see that the people are happy, and are used to visitors to the temple.

As we get closer to the temple you can see that the building is constructed with a kind of pink marble. As we go up the steps, we see our Guides waiting at the entrance, waving to us. We now all put on white robes.

The halls and courtyards are all open to the sky. It's midday, the sun is directly overhead. As we walk down the corridors, we can see the priests and priestesses ministering to visitors of the temple.

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

Now, I want you to choose a coloured room that takes your fancy, go to the healer waiting at the door and ask if you can be shown the healing cure that is appropriate for that coloured room.

If the healer indicates, ‘No.’ Maybe your Guides or higher-self want you to try a different colour for your development. I will leave you now, to talk to the healers.”

(Approximately ten to fifteen minutes silence)

“I want you to now thank the temple healer who you have been learning from, and leave the temple. Walk down the temple steps to a large boat moored to the steps, and when we all get on board the boat leaves the dock and starts going faster and faster, until it starts to rise and flies us all back to this room.

Resume your seat, come back now, take three deep breaths, have stretch if you want to.”

JOAN’S MEDITATION EXPERIENCE

(Joan) “At the temple I was met by two Guides, one on each side. I was led to the yellow room, and yellow’s a colour that doesn’t really attract me that much.”

“But your Guides wanted you to go in there?”

(Joan) “Yeah, and I said, ‘Why not this colour, why not that colour?’ and they said, ‘No, yellow.’”

“You see later on, when you get to know your Guides more, they will guide you more on your meditations, but in the beginning, just getting to see and visualise is important, and then when you start to visualise more, you’ll start seeing your Guides, and they will become your Teachers, not me.

Because then they can teach you individually, what you are here to develop.”

(Joan) “Because normally I go to a blue room, or something like that, but they said,

‘No.’ And I’ve been angry lately, so I thought, red sounds appropriate to me. But they said,

‘No, yellow.’ So I went into the yellow room, and yellow for me, will represent energy flow, continual energy flow, and I must keep this energy flowing through me continually.

Whereas, now, I either take the energy in, and keep it, or else I'll let it go, and I drain myself. So I've got to keep it continually flowing.

Because normally, I'm always thinking blue, as in healing, for soothing. For a while now, I've got to always think of yellow, and feel the continual energy, flowing in every-day life. Because they said to me,

'Where you've been bringing the blue light quite a lot, but too much of one thing, is not wise.' I've just got to keep thinking, yellow, and feel the energy flowing all the time, it'll keep flowing through me, when I'm sleeping."

NANDI'S MEDITATION EXPERIENCE

(Nandi) "In the temple there was nobody with me. I had difficulty in selecting a colour, normally red is my colour. At first I saw nothing, I was a bit disappointed and thought, this is all hog-wash, I tried to keep an open mind, but well... then there's a faint glimmer of a man, I don't know whether he was Chinese-looking or Indian, I couldn't put him down as any race. He was bald with a long flowing beard, and I was asking and thinking, whether he was going to say anything.

He said something Indian, I don't think in my Indian language very often, but it means, 'Don't be afraid.' And I walked with him, and I had a feeling of peace, which is still with me, and that's about all."

JOAN AS THE CHANNEL

"We have her on a level, which is safe. If we require help, we shall ask."

"That's okay, I understand."

"It is time for this one to control her mind. More development and discipline in the physical. Energy flow is the basis for this discipline. It is time for this one to have more revealed, let go of emotion, for more to be seen. Emotion is a physical ailment, but a necessary ingredient for growth, it can become a drawback for reaching higher levels.

Mary is here, if required, yet understands if it is not time for her presence."

“What does Joan's higher-self say? Do you want Mary to channel through?”

“Maybe later, this is all.”

NANDI AS THE CHANNEL, FIRST TIME.

“All this, needs practice, after school there is homework.”

Sara and Benny didn't see anything on their meditation, and declined from practising channelling. So Joan channelled again.

JOAN AS THE CHANNEL

“It's Nathan. He's five, I'm five, yet he's three, but he's five.”

“Maybe he's five in spirit then?”

“Yes, he was three, when passed over, he lost his parents.”

“Nathan?”

“I was in the car, I was thrown away.”

“Do you still feel any pain?”

“It was dark, I couldn't find them anywhere.”

“If you look behind the Nathan, there's a white light. Can you see it?”

“It's like daddy's torch, he always used to...”

“That's right, but if you look past the torch, you will see that is your daddy, and he's come to looking for you...”

“He used to play with it, with me.”

“Yes, he's come looking for you. Go towards a white light and you will be able to see him behind the white light. Your daddy's come for you, can you see him?”

“Mummy's not here.”

“She'll be coming along.”

“No, not for a long time.”

“Is that what daddy said?”

“No.”

“Have you spoken to daddy, yet?”

“He's playing with the torch again.”

“Go over and take him by the hand, and talk to him. Ask him where your mother is?”

“She didn't come with us.”

“If you go with your daddy, he'll take you where your mother is, and show you where she is, then you can go and see her.”

“She's not here.”

“That's alright, daddy will take you to her, you ask him? Can I speak to your daddy.”

“We can only look at her.”

“Do you know that you have died?”

“Yes.”

“Have you been looking, searching for your wife?”

“She did not pass over with us.”

“Have you been in contact with your Guides, your guardian Angels?”

“Yes, but I could not go any further. I was bound to find him.”

“Now that you've found Nathan, is he with you?”

“Yes.”

“Can you take him to see his mother? Or is that not permitted?”

“He will have to be eased into the situation, he is quite young.”

“Are you going to take him to the higher vibration now, to help him recover?”

“Yes, yet he cannot stay there permanently with me.”

“Where will he go after that?”

“The vibration at which he lives, differs in co-existence. I can only go with him to a point of healing.”

“Have you been healed?”

“It was my time.”

“To die?”

“Yes.”

“Was it Nathan's time to die?”

“Within a year or two, circumstances led him to be in the car at the time. He is with me now, he will be fine.”

“Good, thank you for coming.”

“We shall leave.”

“Goodbye.”

(Mary's higher-self)

“I didn't bring Nathan, I guided him, though, found him wandering around.”

“Have you been looking at the students in this class tonight?”

“Yes.”

“Do you have anything to say to the students that can help them, to help them become aware of certain things, that might help them overcome certain things?”

“I have been present tonight, yet felt if I pushed my way in, I could have a bombarding affect on our new friends. This is the reason that the choice was given to you.”

“Have you asked Sara’s and Benny’s higher-selves, if they want you to speak, and say certain things?”

“I have been told to take things step-by-step. It would be best if they have any questions, for understanding, development, stages. Anything you can comprehend, I will try my best to make it clear.”

(Benny) “Will I live very long? Will I live a happy life?”

“Please do not interpret, to be blunt, fortune-telling. These things are not permitted.”

“They're not allowed to give out that kind of knowledge. What about his health, do you have any knowledge about his health?”

“The problem with memory is conditioning, it could improve.”

“What kind of conditioning?”

“From past to present, of grabbing hold and not letting go, analogy. We all have our free will, it should never be permitted to be infringed upon, by others in the physical or spiritual.

Guidance is the key word, yet nothing will be thrust upon you. As a hand of cards is laid before you, the choice is there to pick them up, or leave them.”

“In your mental hospital, do you get many patients with weakened or damaged auras?”

“Many.”

“What sort of effect on the patients, after the auras have been damaged? What influences can affect them easier?”

“Lost souls are a large problem, it's like a hiding place, for these one's, the comfort....The damaged aura is as weak ... the lower entity finds it easier to hide behind the damage aura.” “How?”

“A drug user will attract, is more likely to attract an entity with the same affliction, or reason for passing over. That is not to say, other entities cannot be attached to this being.

If there is affliction in the subconscious of the physical being, the entity with that affliction, could also attach. Nothing runs true to form, nothing is methodical. No hard and fast rules, just basic guidelines.

Ones with suicidal tendencies, again, can attract an entity who has suicided, and at times, in much the same way as the being has contemplated the death. I will make this clear.

If a suicide victim has passed over through a certain method, he could also attach himself to a being with the same thought pattern of destroying his life.”

“How much influence do these lower spirits have, when they attach themselves to the patient through the damaged aura, what way do they influence the patient?”

“In regarding man, they will either keep the patient at that level, or weaken the patient to the point of lower vibrations, thus lowering themselves further. Bear in mind, these entities are quite often unaware of what obstruction, they are causing.”

“Is there any other way of healing the damage aura, or of removing the spirits, other than spiritual healing?”

“With spiritual healing and rescues are sought, are always the higher up, so to speak. Yet this will be a last resort, in your terms.”

“Can anyone else, like doctors and drugs heal these damaged auras?”

“Drugs are lethal. Joan's emotions are coming through now.”

“Are there any herbs or any natural substances that can heal the damaged aura?”

“These are only aids, reinforcement, spiritual healing is the main priority.”

(Sara) “When will I be able to speak to my higher-self more consciously?”

“You have already begun, just by being here tonight.”

(Sara) “Is one of my Guides, my grandma?”

“I cannot answer this.”

“Why, you don't know, or not allowed to?”

“I am not allowed, for I cannot develop for others.”

“It means that they don't want to answer those questions, they want you to get the communication of this reality, for you to believe it, with your own communication, with your own connection.

Some questions are not meant to be answered by other people, even other channels, only to be meant to be answered by yourself. When I've had students ask, ‘Will my twin soul speak through someone else in the class?’ And the spirits said, ‘No, it will only speak through yourself,’ because the desire of the student to hear what the twin-soul’s got to say, is best heard from themselves. Is this right, what I am talking about Mary?”

“Yes.” “There is wisdom behind this, isn't there?”

“Yes.”

“They won't even answer my question’s, when I ask questions like that, it's all right, you learn these things, isn't that right, Mary?”

“This is so, this one has also experienced this thought pattern. Each individual being has been set a pace, do not rush yet do not lag.” “Do you want to ask any questions about Seth?”

“Seth is a frequent visitor.” “To where? these classes?”

“To the hospital, very familiar.” (Sara) “Is he a helper?”

“Yes, in a way. And extraordinary warmth, like a glow.”

“Is he working with lost souls more than the patients?”

“You cannot work with one, without working with the other, it is universal.”

“Are you allowed to tell us which Masters are working with this group, helping us develop?”

“There are two main figureheads, so to speak, they have given no names. They will not be permanent.”

“They change all the time as you grow and develop, different things being taught. Are they Masters?”

“Yes, three are Guides and two Masters.”

“And they just in general come to the classes?”

“Not always, tonight.”

“Are they specialists in any specific area that they can tell us about? Like are they specialists in teaching, or healing, or psychology, or areas that we are not aware of?”

“Healing. Are there any more questions?”

“No, thank you for coming Mary.”

“The energy has lowered.”

On the following night of the 24/5/88, Brian and Lydia attended, and didn't describe what they saw on the Polar City meditation, and didn't want to channel, so I channelled.

“Greetings my children, tonight you were shown an Arctic meditation, as another place that you can visit and explore. We describe to you these places in detail, so that you can more easily find them, to explore beyond this reality, like a meeting place for your Guides and higher-selves.

It is harder for you to imagine something, if you think it is imagination, but we show Raymond the reality, then he understands and accepts the reality, so he will give you the meditation.

There are so many realities, just allowing your imagination to accept them, believe them, seeing them. This will help you to communicate with your Guides. As you travel step-by-step to these places, you go deeper into an altered state, which will allow you to perceive your Guides or higher-selves, which can then teach you things, and help you.

So you can use these meditations to practice at home, you don't have to only practice in this class. If you practice at home, you can develop faster. We have helped Raymond to put most of these meditations in the book, so you can speak them onto a tape recorder and play them back to help you go to these places.

To develop it helps if you achieve a change of state of mind, an altered state, to access communication with your own Teachers.

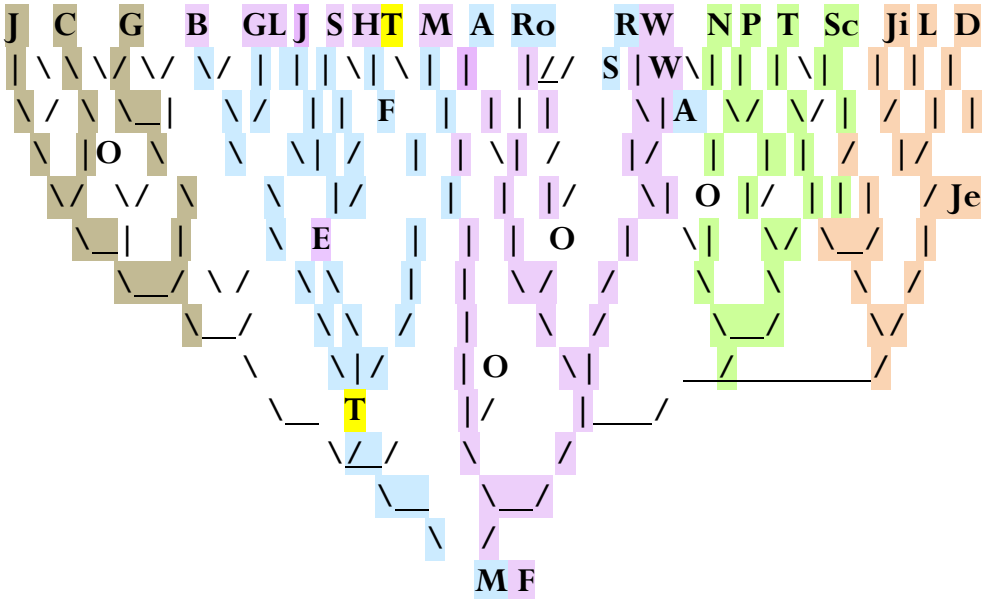
Your own analytical minds very often prevent you from

experiencing, and yet the students who have experienced these meditations, and learnt many things, are also written in the book, to help you understand the purpose of these meditations.

We do not choose a more suitable meditation, because we want you to learn about your own disbelief of the meditation, and this will help you to release your disbeliefs of the meditations, and allow them to work for you.

We want you to practice more often at home. The energy and the vibrations of this room are very conducive to development, and you can also create the right environment at home, which will help you develop. With patience of practice, you will bring those energies and vibrations to your home, to raise the vibrations, purify them. We have said all we wish to say. God bless you all.”

(61)



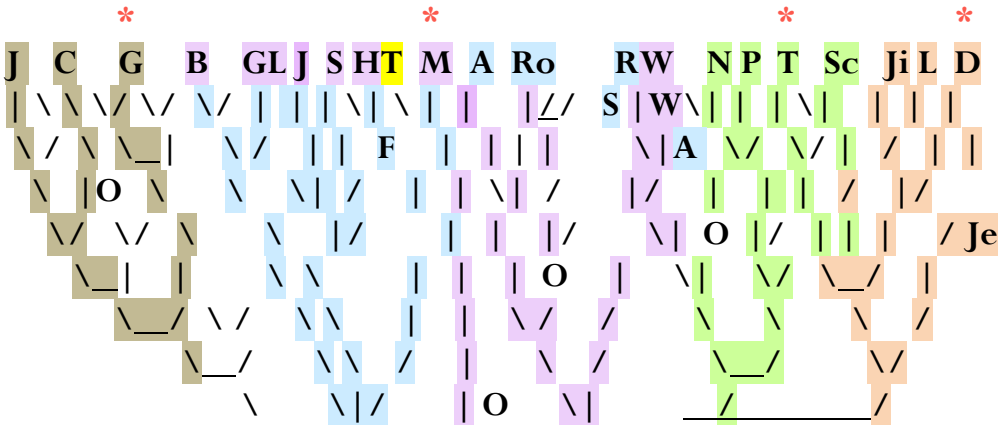
The next student seed of Teresa's is at the top of the right blue column and her name is **M**oira, who's higher-self also drew her to first see me at the spiritual church four years before, to gradually become aware that I was dedicated, in that I was always at the church services, doing healing after the service.

So when she years later picked up one of my class-pamphlets at another spiritual centre, she felt a lot better when she first met me, as she had come to see me for spiritual healing, she then bought volume one and came to classes. In this and the next chapter you will come to read of some of **M**oira's problems and past life therapy, in which two extracts will be brought forward into this volume, but all her class attendances will be in volume three on the next disc.

But because her higher-self had brought **M**oira to her knees metaphorically speaking, by arranging **M**oira to be overwhelmingly affected, by triggering off so many past life conditionings, which were affecting **M**oira in physical, mental and emotional ways, which she found had not been helped or healed by all other means of conventional healing, she was then ready to be helped by me.

Now I explained in previous chapters that I and a group of students had become aware through seeing many past lifetimes we had together, which were recorded and printed in books, which eventually were used to make movies and T.V. series, in which these lives were predominantly meant for the upliftment and education of everyone who came to read or see these past lives we lived, for moral and spiritual growth purposes.

This first small group arrived in the class at the same time Moira joined the class. I will indicate their position in the tree by an * above the letters representing their names.



Gail first arrived about a month before Moira, then Tim and Diane arrived three weeks later. All the way through these students attendance of the classes, I and all the students were not allowed to find out that Gail's spirit was a branch of the same spirit who incarnated as Julie, but as you can see on the tree they have had many past lives different to each others.

And it has only just been explained to me, while producing this disc, that at least two of the past lifetimes this * group experienced together, both Gail and Julie's spirit have the memories of the same past lives that conditioned them in the same way, but they both also had subsequent follow on past lives different from each other, which had moulded their spirits in slightly different desires, beliefs, or ambitions, yada yada yada.

And because of the differences, their higher-selves chose different ways and types of lessons, in their interaction in the classes, tailor-made for both students spirits.

You have to also know that in most cases all these students past parallel lives of their spirits incarnated into not only in some cases, opposite sexes, but with very different astrological and age differences between them, but in **T**eresa's higher-self's seed incarnations, not only were these students all women of varying ages, but three out of the five of them were born in the sun sign of Capricorn, the fourth one which will be explained next, I never did find out her zodiac sun sign, and the fifth past parallel seed life of Teresa's higher-self is more complex, and I will explain later.

So, as I don't tune into my students or patients, it would be very difficult for me to recognise any connections from appearance or personality of each other.

Even when **M**oira found she had incarnated into two past lives, who married each other, because astrologically a person's personality is different every two hours, at the time of their birth, never mind their sun sign can be different from month to month, then their attraction to marry each other may be on the surface astrological, but for spiritual reasons, on a deeper level, they have common past life conditionings and desires.

MOIRA'S HEALING THERAPY 14/12/88.

This chapter is a private therapy session, which was taken out of the next volume, which is from the next disc issue. My Guides wanted it inserted here, to give you a break from spirits who were brought to the class to be rescued, and to remind you that some students and patients have attached spirits, coming from past lifetimes, to reassure the readers and students, that a spiritual healer can progress, and develop advanced psychic abilities, to aid patients on both sides of the veil at the same time, while in the process of past-life therapy.

Many months were spent performing past-life therapy on the student patient, known as Moira. This will be shown in its entirety, in volume 3, in the next disc issue, because her experiences paint a very detailed picture of the processes of past-life therapy.

My Guides only wanted me to release to you, a few of the many recorded transcripts, where I perform a rescue of this type. This extract is two-thirds of the way through the period of time that I was helping Moira

with her development, healing and past-life therapy. Much of the transcript at the end of this chapter is related to her previous therapy sessions, which will be shown on the next disc.

This wasn't the first time we came across spirits from past lifetimes, being attached to students or myself, but this is one of the most informative sessions that we had. Sometimes while the past life memories are being shown to the student, I sense from my Guides that there is a spirit attached to the patient from that past life, and so I am guided to interrupt the flow of the student's past life memory, at the right time, to allow the attached spirit to channel their memories of the situation. In a way the attached spirit is brought to the surface, to hear and see the patient recalling their past life, so the spirit is eager to give their account.

On this afternoon I was shown from my Guides a scene from the T.V. series, 'Upstairs, Downstairs.' So I asked my Guides if Moira had a past life connected to a similar scene, and I was told yes. So not knowing either her past life sex, or age, or where her past-life was located, I received a brief scene to set the stage for Moira, so to speak.

Oh, by the way, later, after, in the kitchen, Moira told me she had, had an addiction to watching the TV series, 'Upstairs, Downstairs.'

So when Moira was suitably relaxed I described to Moira what her higher-self wanted me to say.

"I want you to go back to the turn-of-the-century, somewhere in Europe, most likely England. We are going to arrive at this big house. We arrive at the servant's entrance. We go downstairs to the servants areas and we see them in their uniforms, some cooking, some tidying up, some cleaning. Tell me what's happening?"

(Moira) "I seem to be, I feel as though I am a woman. Is that what you're picking up, too? But, I was a female. I was dressed in Edwardian period, of course. I am just arriving, and I am standing outside with a slight apprehension. I finally made the entrance. I've got light brown reddish hair, and I've got a straw hat. It feels as though I'm not English though. It's like as though, I wasn't English, but I came from elsewhere. I seem to be an extremely young girl. I think I'm Russian.

It's like as though, I've got to seek employment, because of my

family... I think I'm a servant... it feels as though we had to flee, but we were quite well-to-do, but we had to leave our riches behind us. There was trouble in our home-land, we had to flee, leaving our home and our riches. So I had to seek employment.

So that's what's bugging me. Now I can understand what's been bugging me. I can see myself walking in this house to seek employment, but I'm not a typical servant type person. I feel that I should be aristocratic, and I've got a very aristocratic look, bearing. So I don't feel like a typical servant, and yet I have I'm having to be a servant. That was bugging me, but now I know why. So we had to go out to work, because we had no money, and I'm feeling scared, because I'm not used to this type of thing.

I had the interview with the Master, and he accepted me. He knows I'm a bit of a novice, so to speak. He said he was going to put me under someone's apprenticeship, put me in the charge of an older servant girl, who was going to show me the ropes. I'm not very happy, being a little bit out of place.

I've only managed to get this job, because my father knew the friend of this particular person. I found the language that they used a bit rough and ready for my liking. So I didn't fit in anywhere, the servant's or the aristocracy. It was bloody awful.

I can see a younger man, I think he could be the Master's son. I think he's interested in me. Yes he's interested in me. I'm interested in him. I know that his feelings are quite genuine, but there's a bit of a problem.

He wants me, but there is the problem of the society, because I'm a servant, for one thing. Then of course, I'm not English, either. I can see what a problem this is. It's like as though we want to love each other and make it legal, but everyone is down upon us.”

“Does everyone know about this relationship?”

(Moir) “Not to start off with of course, but everyone knows now, because he wants to marry me, but he is very impetuous, and tells everyone he wants to marry me.”

(At this point I had the strong feeling that this English Man was here with Moira, and I found out that my Guides wanted him to speak, while Moira channelled, so I said.)

“I now want you to allow your spirit friend to channel, the one that's attached to you, to explain his memories of the situation so that he can explain the situation from his viewpoint.

Have you been reviewing this past scene about your past life?”

“Yes.”

“In connection with Moira. Can you tell us more about what problems occurred?

“Yes. I wanted her, my family wouldn't allow me to marry her. Her family didn't want her to marry me, because I was English. So I shot myself.”

“Did you make any vows before you shot yourself?”

“Yes, I'd never love another.”

“Is that what attracted you to Moira, in this lifetime?”

“Yes.” “Have you always been attached to Moira?”

“Yes.”

“Do you realise that Moira is not the same woman, now? Do you know what Moira looks like today?”

“She's got light brown reddish hair.”

“No, she's got dark brown hair. She's not the same woman, as the memory in that lifetime.”

“She must be.” “She's not.”

“But I don't understand, she feels like the same woman to me.”

“Maybe she feels like the same woman to you, but you are superimposing your viewpoint, like seeing through rose coloured glasses. Now there's another person here, Moira's higher-self. Can you see her?”

“Yes.”

“Now, she's going to show you a mirror, so you can see what Moira looks like, today, and you can see she's a totally different person, isn't she?”

“Well how come? What happened?”

“Because, when she's born again, she loses her spirit body, and takes on the body of a baby that grows up, and she changes over the years.”

“What's all this born-again business?”

“You see, when you die, then you can be born again into a baby, and grow up and live another lifetime. This is what happened with Moira. She was born again.

If you don't believe me look in the mirror. It will show you a picture what happened to Moira after she died, where she went, and it will all be speeded up, so you can see it all very quickly, and then it will show you how she came into a little baby, and started growing up. Can you see it in the mirror?

“Yes.”

“See the vision. It's also showing you how you came to be attached to Moira. When did you arrive to go into Moira's body?”

“I don't know it feels as though I was always there.”

“Maybe you were, maybe you came with her at birth.”

“You mean she's died and come back then? That's a weird one.”

“This happens to everybody, everybody goes through this.”

“They never told us that in Sunday School, when I used to go to church.”

“The church doesn't have all the answers. You saw it in the mirror though, and how it happened.”

“I'm a bit confused, now.”

“Have you been happy where you have been with Moira?”

“No.”

“Why haven't you been happy?”

“Because, I'm still alive.”

“Everyone's still alive. After you shot yourself, you are still alive in spirit. You may lose your physical body, that may die, but you have a spirit-body. Everybody lives on after they physically die. Why are you unhappy?”

“I've got nothing to live for, before she came. I was bored with life, and now I have a purpose. All I did was eat, drink and shoot foxes. She gave me purpose, she was only fifteen.”

“Did you wait around until she died?”

“No.”

“Would you like to be happier?”

“Yes.”

“Do you realise that Moira isn't the same woman, as in that lifetime now, is she?”

“No. All I wanted to do was die, because she was gone, and I looked at life, and I thought, ‘what's the point, I can't deal with those social things, it just doesn't bring me any pleasure. It didn't bring me much pleasure before.’

I just saw the emptiness of life, and all I wanted to do was die. What's the point of living, I got everything given to me, but it doesn't do anything. I just didn't want to go on living, because there's nothing in life to look forward to.

It's the same old monotony, day after day, and the world is in such a mess, being turned upside down. So I shot myself, but I'm still here, I'm still alive, and I still want to die. Why can't I die?”

(Moira told me that at times she had had suicidal thoughts, I wonder if they came from him. Moira also received suicidal thoughts from another past life, which will be shown in the next chapter)

“Would you like to go and live with that woman, who you loved in that time?” (He still thinks his girl friend is Moira.)

“Yes but she's in a different form now.”

“Ahh, the thing, is she gave birth to a spark of her life. When a man and a woman get together they have children. Now, the offspring come from the parents.

So when she went to spirit, your girlfriend, she gave birth to a spark of her life, into a baby. What you have tuned into, is her daughter, do you understand? Because you've not been able to understand, and not known where to meet her, there's been a problems with you, you see you have to release this death wish, because it keeps you trapped at a lower level, and you cannot contact your girlfriend, do you understand?

So you have to say, ‘I release this wanting to die,’ and then your vibrations will rise, and then you will be able to see your girlfriend in the white light in front of you. She will explain a lot more to you when you release the wish to die, do you

understand?”

“Yes.”

“If you release, and want to live, because you want to live and experience her again, do you understand?”

“Yes.”

“All you’ve got to do, is say, ‘I release this desire to die, and I release this desire to be with this woman, Moira,’ which isn't the same one at all. When you say this, I guarantee, that the white light will change into the woman you knew in that time, your girlfriend. She will be there.

She's been waiting for you to release all this, because you're clinging to the wrong woman.”

“What. You mean that's not the one that I've...?”

“Imagine a daughter of your girlfriend, do you understand?”

“Yes.”

“You’ve tuned into the daughter, instead of the mother, who is your girlfriend.”

“Oh, are you sure I can see my girlfriend?”

“Of course you will. I can't guarantee anything unless you release this wanting to die and this wanting to be with Moira, because she's not your girlfriend.

How can you accept someone else, until you release the woman you're with now, who isn't the same woman at all anyway.”

“That's why she's been ignoring me.”

“Of course. Plus the fact that, you are in spirit, and she's in the physical, and no way can you have a life together, but you can have a life with your spirit girlfriend, who was in spirit.”

“I'm not in a body at all.”

“No, you are a spirit. You have attached yourself to Moira, but you can't have a relationship with someone who's got a physical body, and you've got a spirit body.”

“I didn't think it is it was like this. I thought I was supposed to go to heaven, or to hell.”

“Well, it's a lot more complicated than you think.”

“But, then again, I wasn't too sure about that, either. I just simply began to believe that after death there was nothing, so I will be nothing. That's what I want, just to be nothing. So I didn't have to worry about anything anymore.”

“Haven’t you noticed the changes within Moira, over the last few weeks? Have you been feeling more uncomfortable?”

(Moira, had been releasing a lot, and changing her consciousness to reject certain things, that she had thought were herself.)

“Yes. It's not quite the comfortable home that it was. It's like some sort of rejection thing.”

“That's right. Now, all you’ve got to do is release this desire to kill yourself.”

“I can't kill myself anyway.”

“Don't you want to have a life with the girl that you loved, from that time?”

“Yes.”

“Just think, if you're alive, she must be alive somewhere, and she's waiting for you, but she can't appear to you, if you have a desire to kill yourself, that is so negative, that you lower your vibrations so that you cannot contact her.

Now she is waiting, and she can't do a thing until you let go of this woman, and also you've got to want to live, because death doesn't solve anything, because you can't die.

Do you know what century this is? What year did you die? Was it just after the 19th century?”

“No.” “When was it then?”

“There was some sort of a war going on.” “It's 1988, now.”

“80 years.”

“And the woman that you are with is only 40 years of age. Now you can either, stay with Moira, and be unhappy for the rest of your life, or you can go to your girlfriend, who is waiting for you.”

“Oh well, it looks like I can't die anyway, so I suppose I might as

well see what I can do.”

“Well, you've got to want to live, you've got to release this desire for wanting to die, and also you've got to release this attachment to Moira.”

“She's not my girl friend, anyway.”

“Have you been causing her problems? Have you been getting cranky lately?”

“Yes, I have, because she's rejecting me. She's always ignored me.” “That's because she hasn't been aware of you.”

“I mean, she's ignored me all this time, but she seems to be downright rejecting me.”

“She didn't reject before, because she didn't know you were there, but now she's found out you are there, and she doesn't want you influencing and screwing up her life.”

“So, she isn't the same woman.”

“No, she's not.”

“I've got it all wrong, it's just that she felt like the same woman.”

“Well, feeling, isn't the same as seeing, she's got a different body and a different personality now, because she was born into another family.”

“So, she's like my girlfriend's daughter?”

“Yes. Now your girlfriend is in spirit waiting for you, and all you got to do is say, ‘I want to live, I release this desire to die,’ and also that you want to leave Moira, and join your girlfriend.”

“Her family won't stop her, and my family won't stop me, either?”

“Oh no, you're in spirit now, and no one can stop you in spirit.”

“So that she can have me, if she wants me?”

“Of course, and she's been waiting for you. Can you see her in the white light? If you can only see a white light, you've still got to release what you've got to release. I've told you that many times.”

“I release my wanting to die, as I can see that we do not die anyway, I will see what I can do. I release in staying with the wrong

woman, and will make a go of leaving.”

“Can you see the woman in the white light now?”

“Yes.”

“Is it your girlfriend?”

“Yes.”

“She's going to speak to you now. Can you tell me what she's saying to you?”

“She's telling me that it's a better world over here, I've been missing out a lot, and she wants to show me what it's like. She said, there's so many people that I can meet. She said they're not like the people I have known, when I was in England.”

“Ask who Moira is, why you got confused.”

“Something about, a personality from the same spirit.”

“Does she say she gave birth to Moira?”

“I can't make out what she's saying.”

“It's very hard to understand, it doesn't really matter.”

“Just that she said, was that Moira is a personality from the same spirit, she's telling me they're like beads on a necklace, and the necklace is spirit.”

“Are the beads, the lives?”

“Yes.”

(I feel that Moira was channelling what the boyfriend was relaying from his girlfriend, who might have been a thought-form created by Moira's higher-self, which in spirit physicality is identical to a spirit.)

“Yes. She's got a good way of explaining it to me, to make me understand. Yes she says that she's a bead, a life, a personality. I was in love with one of the personalities, one of the lives, which is one of the beads.

Moira is another bead, because she's another personality, an other life, but they're all in the same particular spirit, which is why I'm confused.

She's explained to me that the memories of these lifetimes, is in that spirit, therefore. Yes, she's saying when I remember a past life, or Moira remembers a past life, or some of the other personalities, they have the same memories, because they share the same spirit, and they're like the beads on a necklace.”

“I want you to ask your girlfriend, if I am one of the beads on that necklace, belonging to that spirit?”

“She's not giving any information on that.”

“Will you go to her now, and go with her to a heavenly plane?”

“Yes.”

“Just take the hand of your girlfriend, and go with her.

Moira, are there any vows to be released? Go back to the time when he shot himself, and how did you feel? How did you react to that?”

(Moira) “I feel that I can never love again.”

“Did you become very bitter and angry?”

(Moira) “Yes.”

“Were you angry at anyone in particular? Or, just angry, at people in general?”

(Moira) “I was just angry at people in general society.

I release the anger and resentment of authority.

I release my resentment of authority, so I will not continue having trouble with authority.

I release my resentment against mom and dad in that life-time, for taking me away from my loved one. Because they took me away when they discovered, the relationship, and I got an instant dismissal from the master, and they just took me away.”

“When did you find out about him being shot?”

(Moira) “I found out through various sources.”

“Did you have any anger or resentment to the master of the house?”

(Moira) “Yes. I must release my anger against the Master of the house, and mom and dad too, in that lifetime.”

“Is there any connection between your parents in this lifetime, and that lifetime?”

(Moira) “Yes. I release a vow of loving nobody else. So I can be free to love again. Therefore, I release my attachment to my first boyfriend, in this lifetime. Because of loving him, and losing him, it triggered off that vow.”

“Ask if there is any conditioning, still affecting your body, from the father of that boyfriend in that life? The one who employed you. Is there any conditioning in connection with

that man?”

(Moir) “I obviously need to release my resentment towards him, because I obviously feel he caused his son’s death.

So I release my resentment towards the master of the house, and I forgive him.”

“Does your higher-self want you to become aware of who the Master is in this lifetime?”

(Moir) “Yes.”

“Ask your higher-self, if it was me? Yes? Or, No?”

(Moir) “Well, yes and no.”

“A parallel life, maybe?”

(My higher-self in the past, may have put a spark of her consciousness into, another baby, who grew up to be the father of Moira’s past-life boyfriend.)

(Moir) “Yes. It doesn't feel like you directly, it feels like a parallel life.”

“But your body would recognise me, and you wouldn't like me, if you hadn't released it.

Is there anything to be released from later on in that life?”

(Moir) “I don't think we stayed in England very long. So we moved elsewhere.”

“Well, if your higher-self wants’ you to release some more conditioning, it will show you the scene that’s causing the conditioning. That needs to be released, if not, she’ll say, there is no more from that life.”

(Moir) “Not at this stage, just needed, she said, there is more, that has got nothing to do with the spirit, because that's been dealt with now. She said to me, that I was very young.”

“Ask your higher-self, if she'll channel now?”

(Moir) “Yes, she said, one last thing, that I never went back to my homeland, but we seem to have had a bit of an upswing in our fortunes, but of course my parents never like to tell anyone that any of us were servants, and kept secret the fact that I was once a servant.

Not just because of what had happened, it just simply wasn't good social standing, to admit. I was only there for a mere six months, and they forbade me to tell anyone, and I had to tell lies about what I did.

I'd like to release the resentment towards them, about the secrecy of being a servant.”

“When are you going to do that?”

(Moir) “Therefore, I release my resentment towards my parents for not allowing me to admit that I was once was a servant, for just a few months, to help them out financially, and they made me tell lies. I had to say, that I was in society, and did this and that.

I hate secrecy, and telling lies to people, all for the sake of ego, to make them look good in society, when their fortunes took an upswing.

So, I now release my resentment towards my parents, for making me tell lies about me being a servant. I now forgive them. I understand that they were conditioned by society of their times, and also still conditioned by the shock of losing everything they had in their home.”

“Then you won't condemn so much, other people when they tell lies, because they might have caused you to get angry, resentful. Basically you had the guilt feelings coming through from that lifetime.

Does your higher-self say, there are any vows that you made, against having a relationship, with anyone else in that lifetime, Or, against kissing anyone else, in that lifetime, if you made any more?”

(Moir) “Yes, I release the vow of kissing, or even just kissing somebody else.

I release a vow of never loving anyone else, therefore never kissing anyone else, never having bodily contact with anyone else.

I release that vow, and ask that the universe will now set me free, and that I am free from this vow. I see a silver cord between me and that vow, and scissors coming along and cut it. I am now free from the vow.”

“Ask your higher-self if this is cutting the vow free from all the lifetimes, now.”

(Moir) “Yes.”

“Ask your higher-self if you can release all your vows? All types of vows. Because a person shouldn't keep any vows, because you're changing, growing, you learn you can't keep a vow that lasts from lifetime to lifetime.

Does the higher-self say that not knowing the other vows, you cut them, and release them. Will they be released? Even

though you don't remember what the vows were? Or do you have to still remember them, to release them?"

(Moira) "She said, it all depends what influence these vows have. She said, I released myself from that vow, from that life, and the lifetimes that we have remembered."

"Is she saying there are still vows that you've made, that haven't been released, connected with kissing, and having sexual relationships?"

(Moira) "Yes."

"So we've still got more vows to remove?"

(Moira) "Yes."

"Will she channel now?"

(Moira) "Yes. Oh, I just had a stabbing pain in my left eye, it's weird. It's like a movement of spirit, it's passing anyway."

MOIRA CHANELLING HER HIGHER-SELF

"What was that pain in her eye?"

"It's just energy moving around."

"Has Moira got anymore spirits to be removed, that are attached like that one?"

"Yes, there are. She has released that man."

"Why can't they learn and listen to this first one being released? To get the message?"

"Because they are clinging to their little territories, and the keep to their little territory, because they are frightened of venturing in the unknown."

"So I've still got to persuade them the same way that I persuaded this one?"

"Yes."

"Does that mean that the girl friend of this man, has been hanging around in spirit all this time, and didn't reincarnate again, just for him to come to her?"

"Yes." "And will they have a lifetime in spirit now?"

"Yes."

"Or spend a period of time together in spirit, until they get fed up of each other?"

“Yes. Not so much fed up. Actually it's a bit complicated.”

“Is she an illusion?”

“Yes.”

“She is a construct?”

“That's it. She's only there to lure him out.”

“She'll be with him until ...”

“He grows up.”

“Is she like a thought-form created by the spirit of the lifetime...?”

“Yes.” **“...of the personality...?”**

“Yes.” **“...and the spirit animates this thought-form...?”**

“Yes.” **“...and communicates through this thought-form?”**

“Yes, just to get him... Yes. Because his desires are so strong, because that spirit who is the mother of that girl and Moira, can't stand still because of a soul desiring one of the personalities of that spirit, who is now not even in existence. She's in the past, she's like a bead of a necklace, and she's now melded in with that spirit.

Meanwhile Moira is another personality of that spirit, but she came forth to him like a projection, like an illusionary projection.”

“How long will she be around, for him to recover and overcome?”

“We cannot tell you that, because it is not determined.”

“It's just as long as he needs her?”

“Yes, as long as he needs her, that's all it is, and she's going to take him to this wonderful summer-land, but also to a school of learning, where he'll learn, because really, what he'll learn in that spirit school, meeting up with people, he'll grow.”

“When he was on Earth with her, did they ever have a sexual relationship, before they were separate?”

“It's not necessary.”

“I mean he might have a strong desire still, to have a sexual relationship with. I'm trying to find out if he can have a sexual relationship with her in spirit?”

“Yes he can.”

“If the desire is strong enough to consummate it?”

“Yes, it can be.”

“It's just the same sex in the physical, isn't it? In other words he'll have penis, and she'll have the right functioning...?”

“Yes.”

“... and the same sensations will be all there, won't they?”

“Yes, it's a bit different to Earth, it's a bit more, it's similar to Tantric Yoga.”

“It's a lot more heightened...”

“Yes.”

“I was told, it was better anyway, but the desire is just as strong when you are in spirit then, as in the physical?”

“Yes.”

“So that's good, because there are not many books about this, that explain that you can have sex in spirit, after you die.”

“Yes.”

“There is hardly anyone writing about it. Why is that? Because they don't want people to think that they can commit suicide and have a good time when they get to the spirit world?”

“Yes. It's just that not many people are aware enough in this world, to know what is fully going on.”

(2010 INSERT. On the next disc the subject of sex and the spiritual healer will be explained in more detail. Oh yes, a person can be ill at ease with their sexuality, not the V. D. type of diseases, but more of a malfunctioning type problem.

Where a pill from a doctor, or psychiatric therapy, or a priest, cannot help the patient. If these professionals were to help in the correct way, their higher authorities might find out, and they would be struck off, or excommunicated.)

“I'm a bit confused about the connection between me and my higher-self, and Moira's higher-self. It came through, a few weeks ago, that you're the higher-self of Moira.”

“Yes.”

“Are you the same higher-self that's my higher-self?”

“Yes, and no. Your higher-self and Moira's higher-self were once the same, came from the same source.”

“The same spirit, you mean?”

“Yes, that's all I can tell you. There are two separate higher-selves. It's just that we came from the same spirit.”

(2010 INSERT. As I explained before twin-souls are what happens when a spirit which is sexless, or having both sexes in the same body, for some reason, thousands and thousands of lifetimes ago, splits into two spirits, one female and one male, but when either incarnates into a physical body, regardless of what gender the physical body is, the spirit is always the same gender, so all Moira's parallel and past lives, her spirit is always a male spirit, and all my parallel and past lives, my spirit is always female.

But there is a period after a spirit passes over where the spirit still retains the physical gender and appearance of the life they have just lived, but as soon as they go up in vibration and then remember all their previous existences, then they may gravitate to what gender they desire to be in spirit.

Our human brain doesn't really have the physical capacity to store all our complete memories of everything we have done, seen, thought, experienced, of the many past and parallel lifetimes, but in spirit we do. Our physical brains are very poor at retaining just this lifetimes memories, as it is.

So a person's higher-self is also the same gender as the person's spirit, but it is the choice for development reasons what gender a person's higher-self chooses to wear, for the benefit of the student/patient, or person.)

“So in other words, even higher-selves get born from a spirit source?”

“Yes.”

“But when does a spirit become a higher-self? Different to a person that is just another personality, like the bead on the spirit necklace? Do you understand what I mean? When do the beads start becoming higher-selves and start giving birth to their own necklace? Is that what happens with parallel lives?”

“When they are highly evolved enough.”

“So at some point in time, both our higher-selves were beads on the same necklace, from the same spirit source?”

“Yes.”

“But we've still got different evolved higher-selves, because the higher-selves are evolving as well, all the time...?”

“Yes.” “...and they evolved along different lines.”

“Yes.”

“Just as my higher-self would be along a different line, to Moira’s higher-self?”

“Yes.”

(2010 INSERT. This may mean that at some time in the very, very, distant past, Moira and myself were at some stage parallel lives of each other. It would have to be before this world was populated, because we are aware of a lifetime on another planet, before we came to the Earth, before Atlantis was around.

A few weeks later I was guided by spirit to put together an exercise that should be used mostly by advanced students, or advanced developed patients, like Moira, which will free them of some of the influences of attached spirits of this kind, which in turn may free them from old belief systems, that have been influencing them, from these attached spirits.

I will insert this exercise just before the next meditations chapter after another couple of past life attached rescue chapters, from July of 89, and all this will be near the end of the disc, where my Guides want the reader to read them after you have read everything in between. As you know these reworked new volumes are the way my Guides want them set out, for the reader to read and digest, for both the timid and the brave reader.

(62)

Again Moira and I had found out that another of her attached spirits from a past lifetime had been playing up recently. Moira's higher-self told us that we would have more success rescuing this spirit, when the spirit finds it too uncomfortable where he is living.

Tonight the time was right. My first rescue of this kind was arranged, I feel, so that I found the first one easy, just to get the hang of it, which was the spirit of the boyfriend of the Russian servant girl, lifetime. In this next past life therapy session, this spirit was a little harder to rescue.

I had been shown some of the opening scenes to describe to Moira, and Moira's higher-self would release information to me, little by little, until Moira could continue because she was in tune, so to speak.

MOIRA'S HEALING THERAPY 20/12/88

“I want you to go back in time, across the world to the east coast of America, and back to the 18th century. We are going to a place called Long Island, not far from New York.

On Long Island, there are a lot of expensive mansions, and wealthy families. We are going to go to one of these families, in a big mansion. They have Balls, dances, and parties, all the time.

I think you are a young wealthy man, what are you seeing?”

(Moira) “I don't know whether I really live there, I just wonder if I'm visiting there.”

“Your company owns a big building in the city, and you go into the city every week, into this building. Do you see the building? Go in through the doors of this big granite building.”

(Moira) “Oh yes.”

“You go up through the elevators, and there are secretaries, one of the secretaries is looking at you. Can you see her?”

(Moira) “Yes.”

“What is she dressed in?”

(Moir) “Well, she had one of those wig things, you know those ringle type things. She was dressed in a ordinary frock, and she's got ringlets in her hair.”

(My higher-self said the Guides have just told me, that when Moira's past life saw the girl with ringlets in her hair, this triggered off conditioned desires, from the memory of when I as a woman with ringle style hair, who stabbed Moira who was a male pirate in the back, and gave the pirate the unkindest cut of all, because he raped her.

But the conditioning is too complex to go into, but it definitely strongly motivated him to have a sexual relationship with her.)

“How do you feel about her?”

(Moir) “I like her very much. Yes, I'm obviously wealthy, I think I was a man, then, wasn't I?”

“Yes.”

(Moir) “It doesn't appear to be New York, though, it seems to be more around the New England area. That's it, it's definitely not New York. When you talked about Long Island, New York, it just didn't feel right.

It's definitely more New England. Yes, it's more the New England area. I was wealthy, but perhaps I've got a business.”

“Just allow it to come into your mind.”

(Moir) “I tell you what else I can see me doing, I think we deal a lot with Canada, and I feel that I make a lot of trips to Canada, particularly around the eastern part.”

(I think my Guides deliberately told me Long island, New York, to focus Moira on the east coast of America. In case I misinterpreted New England, and focused on England, in Britain.)

“Do you ever take your secretary with you?”

(Moir) “Oh no, not on those trips. I love those trips, because I love going up to Canada.”

“Now, your higher-self is going to take you forward in time, to an event with this woman.”

(Moir) “But obviously she likes me very much, doesn't she?”

“I don't know, you're telling the story.”

(Moira) “She’s looking at me. I think she wants to trap me, or something.”

“**What do you do?**” (Moira) “I think she wants to trap me.”

“**Is that what you think?**”

(Moira) “Well, she wants to get me. She likes me, but...”

“**Do you go out with her?**” (Moira) “Yes.”

“**For dinner, or a show, or what?**”

(Moira) “It’s one of those operas, and she’s wearing one of those frocks, and she has one of those fans, which women had in those days.”

(The places Moira’s past life took the girl out to, may indicate that he liked her a lot, or was trying to impress her for sexual reasons, or he was in love with her, and wanted to show her off to his peer group, but I don’t think this last one is the reason, because if he introduced her to his ‘In crowd,’ her common accent would have given away the fact that she wasn’t in their class.)

“You are going forward in time now, to a significant event in your relationship with her. You’ll have to describe what you see, whether you go to bed with her, or whether you fall in love with her, or what?”

(Moira) “It’s almost as if I didn’t know what I was doing with her. Because I’ve got a strange feeling, in spite of my wealth, I’m a bit slightly on the religious side, you know.

I come from a very respectable family, that’s been there for generations, since the Mayflower day. I think my ancestors were the Pilgrim Fathers, so there’s a religious streak in the family.”

“And what happened with the girl?”

(Moira) “It was like as though she kind of seduced me.”

“**Sexually?**”

(If you take a working girl to the opera, I would say that is a form of for-play to sexual seduction.

If he was suffering from compulsive conditioned desires, from the past life as the pirate, he may not know why he was attracted to her, consciously, hence Moira’s answer to my question, with,

“It’s almost as if I didn’t know what I was doing with her.”)

(Moir) “Yes, she seduced me. Then she told me she was pregnant, so I'd have to make an honest woman out of her.”

“What, marry her?”

(Moir) “Yes.”

“Well, how did the family take it?”

(Moir) “They didn't take it very well. It wasn't quite the girl they had in mind. They hoped that I'd marry this other girl, who was sort of...”

“From a wealthy family?”

(Moir) “Yes, not only a wealthy family, but also came from the Pilgrim Fathers stock. It's not just the wealth, it's where she came from, because my family appeared to belong to this Plymouth brotherhood, type of thing.”

They want me to marry someone who comes from that as well. My family didn't like it at all. They knew she was pregnant to me.”

“Well, did you marry her?”

(Moir) “I'm hesitating. There's a big blue going on with the family.”

“Aren't you at the wedding yet?”

(Moir) “Yes, I am. I think I'm ready. Obviously, the marriage had to take place, because of the scandal, if it didn't take place. The wedding took place, and I married her.”

“You are going forward in time now, is she still pregnant?”

(Moir) “Yes, she is.”

“Did she come to term, and have the baby?”

(Moir) “I don't think she did, somehow. I don't know what happened, but something went a bit wrong somewhere, didn't it?”

“I'd like you to allow that spirit to channel now. So all you've got to do, is let the spirit that's with you, who is this woman...”

(Moir) “She's attached to me?”

“Yes. Well that's what I said, before we started, didn't I? That it was going to be the same as last time. So just allow the spirit to come through, and I can ask her questions about the lifetime, and what's the problem she's got with you, that's why she's attached.”

You see, your memory may be a distorted view of the reality, I don't know, we'll have to see.”

(Moirá) “And also things are not quite what they appear to be.”

“Anyway, just allow the spirit to come through, and I’ll ask who she is. She’s most likely been listening to this past life scene.

Greetings my friend, Welcome. What's your name?”

“Mary.”

“Have you been listening to this past life memory?”

“Yes.”

“Are you the woman in this past life?”

“Yes.”

“Why are you here? Do you know why you're here? What happened in your marriage to that man? You were pregnant. Did you love him?”

“Yes.”

“Very much?”

“Yes.”

“You didn't get pregnant to him so that he would have to marry you, because you were in love with him, weren't you?”

“Yes.”

“What happened when you were pregnant?”

“He didn't love me. He wanted to marry that girl, because she had the money. I died.”

“When, at childbirth?”

“Yes.”

“Do you know what caused your death?”

“The baby came too soon.”

“Why, did he come too soon?”

“One of those things.”

“What happened after you died?”

“He went and married this other girl.”

“What did you do?”

“Make his life miserable.”

“Why did you want to do that, if you loved him?”

“Because he didn't love me. He only married me, so that he could make his puritanical conscience feel good.”

“How did you make life miserable for him, in what way?”

“By just...”

“Did you interfere when he was having sex?”

“Yes.”

“How did you interfere, where were you? Were you outside his body?”

“Yes.”

“What did you used to do, to make the sex not very good?”

“I used to make him have premature ejaculation, and cause

sexual problems with his wife. I did cause problems in the marriage, that's what I wanted, because he didn't love me. He finally got married to me, to make him feel better, just to make him feel self-righteous. Everything he did was self-righteous. He and his family bred religion.

Just because he lost himself for one night, let his guard down for one night with me, he can't accept that it is quite natural. He wanted to keep it a big secret when I got pregnant.

You see he couldn't keep it a secret, and he had to marry me just to do the right thing."

"How come you are here with Moira now? Do you know where you are?"

"No."

"What century was it when you died, or what year was it when you got married, then?"

"1740 something."

"So, have you stayed with him all this time...?"

"Yes."

"...to make his life miserable?"

"Yes." "Do you know what happens when a person dies?"

"Yes, they go to heaven."

"And then later on, they might want to live another lifetime. So they come back and are born into a baby, and they grow up, and they might become a woman, or they might become a man. Do you understand that?"

"Yes." "So, do you think you are still with that man?"

"Yes."

"Making his life miserable? Did you have a close friend or relative in that life, who you could trust?"

"A girlfriend. I used to cry to her about how terrible my marriage was."

"Well, your girlfriend is here in this room. In front of you is a white light, can you see it?"

"Yes." "Can you see your girlfriend in the white light?"

"Yes, I can."

"Now your girlfriend has brought a big mirror, so you can

look in. So you can see that you are in the body of a woman, not a man anymore. Can you see this woman in the mirror...?”

“Yes.”

“...that you are inside?”

“Yes.”

“Do you know what problems you have been causing recently, with this woman?”

“No.”

“You know what you've been doing, don't you? What did you do to this person to interfere with their life, can you remember?”

“I wanted to hurt him the way he took me in a moment of passion, and then suddenly rejected me, just because he gave into his own passion, and he seemed to blame me for it.”

It's only when I found that I was pregnant, that I had to approach him and tell him that I was pregnant. But he knew he had no choice but to marry me.

We got married after we hadn't been in contact for a while, because he wanted to reject me, because he felt so ashamed of himself, because of that stupid religion thing.

But I thought, well, maybe once we get married, and particular when I bear the child, it just might make a difference to him. He may suddenly love me, as he appeared to in the beginning, but he seems to have got harder, instead.

Because he accused me of only trapping him, of getting myself pregnant just to trap him into marriage. He only said that, just to make him feel good. Of course I didn't go when I died. He wasn't even around when I died, too. I died alone.

So, I felt, ‘You bastard, you ruined my life, you got me pregnant, then you rejected me. Then I suffered an agonising death, and died when I was so young, all because of you, when I could have met a really nice man who really loved me, and had a happy life with.’

“Will you listen to me?”

“No, why should I.”

“I'm trying to explain to you things. Look at your girlfriend, and listen to her, she's there, right. Will you speak to her?”

“Just like a man, when you want to express yourself, you get shot down.”

“Do you want to speak to your girlfriend? In the mirror you are going to be able to see a past life, before this life that you lived, with the man you call a bastard, do you understand?”

“Perennial bastard.”

“Will you look in the mirror, and I'll show you a life-time where you were the man, and this young man who caused you problems, he is a woman. If you look in the mirror, you will start to see the past life, and it's what you did...”

“I don't believe in that stuff, anyway. I don't believe in all this religion, because that's what caused my bloody problems.”

“Did I mention religion?”

“That's what caused our problems.”

“I never mentioned religion. Did I mention religion?”

“I might have been happily married by...”

“If you don't believe me, ask your girlfriend. Ask if it's true that if you should look in the mirror, and have a look. Because you are in a woman's body now. You're not causing problems to a man, so explain that. You can't explain it, can you?”

“Well, how? But she was a man.”

“Do you know what year this is? 1988. You have been causing this person problems ever since you died, up to the year 1988.”

“200 years?”

“200 years, you have been causing her problems.”

“But why did she come back again, why does anybody want to come here?”

“To learn to overcome problems. Unless you want to keep for the rest of your... You see you don't die, you live forever, which means that you could be causing someone suffering to the end of time, if you want to do that.

But if you look in the mirror, you will understand that you caused him suffering, in a previous life-time, and it's karma, where you have to experience what you did to others, to learn the lesson.

If you don't believe me, ask your girlfriend. Ask her if you should look in the mirror and see that past life. She's here to help you. Speak to your girlfriend, and ask if you should look in the mirror and see this past lifetime?"

"I'm being told I was a man, who only married a woman for her money. I married a woman I didn't love, for her money, because she was wealthy."

"Who was the woman, was it this man in this lifetime?"

"No, I was told it was somebody else. But I had to do it with this man, because it's something to do... it was good for his karma. Something he had karma to work out in that area."

"Do you know, what karma means now?"

"That's what I was told. It's a bit new to me, but my girlfriend used the word karma. She said she is learning a whole heap of new stuff. She said it's nothing like all the stuff they shoved down your throat."

"It's nothing to do with religion, is it?"

"No, she said it's nothing like that stuff that they shoved down your throat in our time. She said we were living in a very ignorant age."

"Did you ask her if you were in 1988?"

"Yes."

"And you are now causing problems to a woman. Will you forgive this man, because of what happened to you? Because remember, you did it to someone else, and had to learn the lesson, because everyone has to forgive each other.

Because you've been suffering for 200 years, and you haven't forgiven and forgotten, and got on with living and enjoying life. You might have found someone else that you loved.

Why do you persist in hurting someone, when you could be with someone that you can fall in love with, do you understand?"

"You mean come back in a body, and do that?"

"No, no. You can live in another world, in spirit, and be in love with someone. Ask your girlfriend if there are men over there who you can fall in love with, where she is."

"Yes, she said it's possible. She said she's living with a man that

she loved, not in that lifetime, but in some other lifetime. She says she's living in a lovely cottage with a garden. But she was always into the garden and flowers.

But she says, it's more than that, it's all this stuff, you know, it's so interesting, and it opens your mind."

"Well, why don't you go with her, and leave this woman now. This man who became a woman, and is living another lifetime totally different, and go and get on with enjoying life, instead of making someone else miserable, and you being tied to this person for 200 years."

"Yes, I'm fed up and tired."

"Has it been uncomfortable lately?"

"Yes."

"What's been the problem, lately?"

"I can't quite get through to him, and make him miserable, like I used to be able to."

"Where do you live inside the body? Did you live in the reproductive area?"

"Yes."

"And what did you do down there?"

"I used to cause little irritations, and disease."

"What did you do when men were making love to this woman?"

"I made her feel guilty about sex, which was easy, because he was guilty about sex in that life, anyway. I made her feel guilty about other physical pleasures, too, such as eating and drinking, and just social things. That was easy, because he was a puritan."

"Well, why don't you leave and go and enjoy yourself with your girlfriend, and leave this behind, and meet someone else and fall in love.

You may want to come back and live another lifetime, and be happily married and have your own children. But you can't do that, if you are making a person miserable for the last 200 years. Look at all the life-time's you've missed. In 200 years, how many times could you have been born in that time?"

"A couple of times, at least."

"Does this look like 200 years ago?"

“No, it looks rather strange, I can't...”

“It’s totally different furniture, isn't it?”

“Yes.”

“That square thing in the corner, is a television. You don't know what a television is, do you?”

“No, what is that?”

“That's where we watch what is happening on the other side of the world, on a screen, like a painting that moves. But you've been behind for 200 years, you wouldn't know about these things.”

“It sounds like something out of a fantasy book, we use to read.”

“Would you forgive this man?”

“Yes, I must confess I'm tired, and weary of it all. But I don't know what to do.”

“You didn't know what to do until you met me, to talk to me?”

“No, because nobody told me anything, so I thought I might as well stay here, because there was nowhere else to go. I don't want to go to hell.”

“Well, you've been with this woman for 40 years. Your girlfriend, she wants you to go with her now, doesn't she?”

“Yes.”

“Well, will you go with her, and leave this woman alone?”

“Yes.” *“Take your girlfriend's hand and go with her.”*

“Yes, it sounds so exciting, what she's telling me, I miss so much excitement, but that I've been afraid.”

“So now you are not afraid anymore, because you've got your girlfriend to talk to. Will you go with her?”

“Yes.”

MOIRA CHANNELLING HER HIGHER-SELF

“Is there any conditioning to release?”

“She acted in a very puritanical way, and she did behave self-righteous and puritanical, particularly when she gave way to a bit of healthy human appetite, and then became so ridden with guilt.”

“Does she have to release any guilt from that lifetime?”

“Yes, this guilt over being puritanical and then marred herself with guilt, when she gave way to good old-fashioned human appetite.”

“What was this spirit causing problems with, and how long had she been with Moira? Had she been with Moira all her life?”

“Yes, to do with the vaginal thrush, and cystitis, where she caused that man to have premature ejaculation, and then a bit of prostrate trouble, later on, which didn't go too well with his new wife.”

“And what problems in this lifetime did Moira have, which are now going to be gone?”

“Urinary and thrush trouble, and a bit of imbalance of the hormones endocrine system, as well. There should be a lot of healing and balancing out of the hormones after that, and an easing of the vaginal area problems.”

“You mean, she was causing her not to want to be touched in that area?”

“No, not really, it was just mostly clear, it's only the physical problems, and imbalances, especially the ovaries.”

“Why, couldn't spirit do healing in these areas while this spirit was there?”

“She was blocking a lot of healing around the reproductive area, such as the ovaries and...”

“But what about these other spirits who are still there, are you saying there is still some more to be done? Aren't they blocking?”

“Yes.”

“Well, there's no point doing healing until we remove those as well, is there?”

“Well, now that one is gone, you can make a start.”

“But you still say there are more to be released, like that?”

“Yes.”

“So we can do some more the next time, when we do another session like this, can't we?”

“Yes.” “She's gone now, with her girl friend, hasn't she?”

“Yes.”

“It's a pity the others can't listen in, and do the same thing, get them all gone in one go.”

“That's the way it goes. It's just the way everyone needs to be, come to that point in their own time.”

“Is there anything else to release, to do with that spirit?”

“Nothing more, at this stage.”

(Before Moira came round for this night's therapy, I always ask my Guides if they want to tell me anything else that needs to be brought up for the session.

And I was told that Moira would be shown a past life which has conditioned Moira against masturbation, and that her higher-self wanted to start Moira switching on her sexuality, through this method, to get everything working again, to help her accept enjoying sexual sensations again.

But they told me just to tell her that she is going to be shown a past life which has conditioned her against pleasuring herself, and leave all about it until she is channelling her higher-self, so she can reassure Moira about the reasons and validity of practising.

So these questions I am now bringing up are for Moira's benefit, and preparation for seeing her next past life.)

“I got told from my higher-self in the last few days, that there is a big blockage, connected with self-stimulation. My guides and I would rather call the word self-stimulation than the word that we use in this century.”

(My Guides say there are negative emotions connected to the word Masturbation, because of societies' dislike of the activity, and the ridicule in childhood that most teenagers go through, besides stimulation is a nice positive word.

And I feel Moira's higher-self said the word just to make it clear to Moira what we are talking about.)

“Yes, masturbation.”

“Right, there's nothing wrong with the word, but we would rather use the word self-stimulation. There is a past life-time that's causing problems with that conditioning?”

“Yes.”

“And they want her to experience it, to release it, to realise where this conditioning came from, and lose it.”

“Yes, she did do self-stimulation in the early part of this life, but...”

“Something triggered off the conditioning, you mean, hasn't it?”

“Yes.”

“There's a reason for this, isn't there?”

“Yes.”

“Because it was another tool for her overcoming her problems, wasn't it?”

“Yes.”

“And I wanted you to be able to give her the answer, because if I had asked her, she wouldn't believe me.

Is it true that you want her, when she releases this conditioning, to start practising self-stimulation again?”

“Yes.”

“To start self-stimulation, to eventually be able to achieve her own orgasm, and to start all these sexual parts of her body functioning?”

“Yes, that's right.”

“And what is the function of self-stimulation, in human development? You know what I mean. You can explain it better. This is for her benefit.”

“It just helps them to get in touch with their sexuality in a practical way, rather than just reading books.

It helps them to become less inhibited towards sex, and to make them find out that there's nothing wrong with it. It is quite healthy.”

“It's also a good way to avoid relationships which are based on sex only? In other words, the pressure of the sexual tension would not be there.

Then you can use your mind and feelings more, when you choose a partner, than your sexual organs.”

“Yes, it does help to lose some of the pressure of the need to be with somebody because of sex. It's also very good in marriage, if one partners sex-drive is higher than the other, and that person can then stimulate themselves, so not to put pressure on the partner, because there's a lot of pressure in marriage, where two people sex drives are incompatible.

But people are conditioned to believe that they must do it when they get married, so the pressure is there.”

“We’ll be able to release the conditioning next, won't we? With the lifetime that I've been shown, that she's got to go back to, to help release the conditioning?”

“Yes.”

“Everything is going okay, we got that information through. She's been going quite well, hasn't she?”

“Yes, she has.”

“I suppose we you go into the lifetime now, and I’ll start describing it?”

“Okay. Then I'll...”

“You’ll stand back?”

“I'll stand back.”

(Although I had become aware of a life that was causing the adverse conditioning against masturbation, I didn't know the details until they started coming to me, when Moira was ready to see it herself, which is next.

I warn you that our conversations might be a little sexually explicit, but that’s the nature of the therapy, and we’re all adults, so you may have physical reactions, which are normal.

But If you have any negative mental, or emotional reactions to what you read, I won’t say it’s not normal, because our society, in different age groups, is pretty screwed up, sexually, which is normal for our society.

But any negative mental or emotional reaction, is conditioning, conditioning, conditioning.)

“Did this come as a shock to you?”

(Moira) “Yes.”

“This bit about the self-stimulation?” (Moira) “Yes.”

“I was told I had to bring this up, while she was channelling, though.” (Moira) “Yes.”

“So that you’d believe her more than anything else, about what I was getting, because the conditioning was causing your problems as well, wasn't it?” (Moira) “Yes.”

“Now, we are back in America, again, except it's even further back. It's the days of the Puritans, when the pilgrims hadn't been in America long. It's in the country. It's not big enough for a city yet.

It's in the countryside on the outskirts of a town, and everyone is wearing black clothing and black hats, and you were a young boy of sixteen or seventeen.”

(Moira) “It's just after we arrive. We came here in 1628.”

“Can you see the cottage?” (Moira) “Yes.”

“I'll take you to a night scene, where you are in bed and you are stimulating yourself, finding out what it's all about. Sex, that is.”

(Moira) “Yes, back in the Pilgrim days. It seems to be in the country isn't it? Not right in the sticks, and out in the country, in a cottage.”

“Where are you now?” (Moira) “In bed.”

“Is it dark?” (Moira) “Yes, very dark indeed.”

“Are you are causing yourself to get an erection, because you're a boy remember, aren't you?” (Moira) “Yes.”

“Now, what do you do, stroke it?” (Moira) “Yes.”

“It's good, isn't it?” (Moira) “Yes.”

“What do you experience?” (Moira) “Ecstasy.”

“I want you to go forward now in time. It's daytime, and your mother is in the house.” (Moira) “Yes.”

“What's she saying to you?”

(Moira) “Something about growing up, and I need to know the facts of life, or something. Something about sex is only there for procreation of children, or something.”

“Why is she telling you this?”

(Moira) “Well, I guess it's because she sees I'm growing up, and she wants

to make sure that I get on the right path.”

“And what does she say?”

(Moira) “She said that sex was only for the procreation of children, and she also said how bad self-abuse is. She rambles on how simple it is to get a girl pregnant, if I have sex outside marriage, and it’s a sin, and God punishes those who have sex outside marriage.

I’m only meant to have sex inside marriage, and only basically just to have children.”

“Did she say anything about playing with yourself, or something like that?”

(Moira) “Yes, in a more delicate manner, that God punishes those severely who do that.”

“Go forward in time now, and you’re back in your bedroom again, you tell me what happens.”

(Moira) “I want to do it, I can’t do it. I’m too frightened to do it now.”

“So what do you do?” (Moira) “Try to go to sleep.”

“Do you have an erection?”

(Moira) “Yes, but I had to shut it out. I had to ignore it. I didn’t want to be punished.”

“And what do you do in the end, go to sleep, or do you succumb and release yourself?”

(Moira) “No, I didn’t release myself, I didn’t dare. I went to sleep.”

“You wake up in the morning?” (Moira) “Yes.”

“Is the erection still there?”

(Moira) “No, it’s gone, but the bed was sticky. Sheet’s was sticky and wet. It kind of come out during the night.”

“I want you to go forward in time to another night, now. Your higher-self will reveal these scenes. You’re back in bed again. What’s happening?”

(Moira) “It’s the same as the other night.”

“Another erection?” (Moira) “Yes.”

“What happens?” (Moira) “I can’t do it, I’m too frightened.”

“Do you go to sleep?” (Moira) “Yes.”

“Do you find you can go to sleep easy enough?”

(Moira) “I have a cold shower, I throw cold water over myself.”

“And do you wake up again in the morning with wet sheets?”

(Moira) “Yes, such a relief when I got married, I didn't have this problem.”

“Go forward in time again, to night-time again. Eventually your higher-self is going to show you something. Do you have an erection again?” (Moira) “Yes.”

“What happens?” (Moira) “I gave in, I couldn't stand it.”

“Was it good, or was it better than it was before?”

(Moira) “It was better, because I waited so long. But after I came, I fell into this shocking depression and guilt.”

“You felt guilty, because you committed a sin, I suppose?”

(Moira) “Yes.”

“Did you continue to do it at night-time?”

(Moira) “Sometimes I didn't, and sometimes I just gave in.”

“Did your parents ever catch you?” (Moira) “Yes.”

“Your higher-self is going to show you what happened.”

(Moira) “They caught me and the lamp was burning.”

“At night-time?” (Moira) “Yes.”

“Did they burst into your room?” (Moira) “Yes, and...”

“Did they whip the sheets off?”

(Moira) “Yes, and then I was made to sit on the edge of the bed, and they both sat on each side of me, and there was a lamp burning.”

“What did that mean?”

(Moira) “They just told me that what I was doing was committing a sin against God, and he would punish me.”

“Did they punish you?” (Moira) “Yes.”

“What did they do?” (Moira) “Whipped me on the backside.”

“And after that you were too scared to do it?” (Moira) “Yes.”

“Did you ever do it outside, when you weren't at home?”

(Moira) “No.”

“Did they frighten you so much?”

(Moira) “Yes. I didn't have anything to do with sex, until I got married.”

“Does your higher-self want to show you anything further, into the marriage, or does she want to finish at that? What was your wife like?” (Moira) “Very nice, very devoted.”

“Did you have any problems in the sexual times? Did she try to

stimulate you?”

(Moira) “No. She didn't know anything about that sort of thing. She wasn't taught to do that, she just lied there and took it. I didn't care. I knew I had to get it over and done with, and that was it.”

“Because it was procreation, you mean and pleasure?”

(Moira) “Yes, that's right. So it was all just done quickly, so I wouldn't feel too much pleasure. I had to minimise the pleasure as much as possible. So I did it as quickly as possible, that was it.”

“Now your higher-self is going to be here, to talk to you and explain things.” (Moira) “It was around the New England area.”

“I want you to ask her what event in this lifetime caused the triggering of that lifetime, to bring back the memories of the fear of self-stimulation?”

“Because Moira went into the church and became very religious in her early teens.”

“In this lifetime?”

“Yes, it was just in her early teens, just a phase she went through, when she went to Church all the time, and read her Bible, when she believed in being saved by Jesus, type brainwashing.

At the same time, she masturbated, and it triggered it off.”

“It triggered off the memory of the guilt?”

Yes.

“Because of the religious connection in that life, you mean?”

“Yes. There's something else I can see. Something about, I don't want to overburden Moira about this, but I might get the answers about this later on.

It seems to be around the time of the Salem witch-hunt. It feels as though it's getting towards the very late 1600 or early 1700s, around the era.

It was the lifetime after the English Cavalier life. That lifetime was the reaction to the absolute excess, especially in the sexual area of the English Cavalier life. So she had to experience that life as the pilgrim Puritan.”

(Past life Moira had previously been shown)

“You mean reducing the sexuality to nothing...?”

“Yes.”

“... practically, in that lifetime?”

“Yes.” **“What's she got to release that's on the blackboard?”**

(Moira) “I release the conditioning of guilt associated in having pleasure with sex, with a partner.

I release the conditioning that sex is only there for the procreation of children, and to change my belief, that it can be and should be enjoyed purely as a pleasurable thing, especially when you are sharing it with somebody else.”

“What about masturbation, releasing that?”

(Moira) “I release the guilt associated with masturbation, or self-stimulation. Because God provides us with organs to have fun with, otherwise what would be the point, so why would he punish us?

So, I now release that conditioning from that Pilgrim Father lifetime. I also release the conditioning of the need to do that, in retribution to that English Cavalier lifetime, as there is really no need to go to such extremes. But it was the guilt of the English Cavalier life, which drove me to extremes in the afterlife. So I now release that conditioning.

And I also release the conditioning of the need to follow up with another pilgrim lifetime, straight away afterwards, to show how being so puritanical can hurt another person.”

(Parallel life as a rich man, already re-experience tonight.)

“There's more conditioning connected with being a Nun, but that's another lifetime.”

“Yes, that's right, another night. The lifetime she led as a pilgrim boy was a past life, but the other one she led, the man, is a parallel life. It feels as though it's around the same time.

Yes, that lifetime was happening around the same time.”

“And yet the spirit attached herself to Moira, and didn't attach herself to one of your parallel lives in this reality.

I suppose she attached herself to the one that felt guiltiest?”

“That spirit wasn't stuck with Moira for the total 200 years, it was attached to her parallel life for most of the time.”

“What triggered it off to come to Moira, though?”

“It's to do with when Moira was feeling the most guilt, in certain periods, in the last 200 years especially, and that drew the spirit.”

“Is there anything to go on the basis that her other parallel lives, while she's in this body, have died off and gone back to spirit. And maybe this spirit came over to Moira, to carry on?”

“Yes, that's right. Yes, she's got no parallel lives incarnated at the moment. Moira is feeling a lot better now, because she's been feeling a bit puzzled about that of the lifetime.

She didn't feel she could belong, she didn't feel that she could relate to that, that first one.”

“Right, because it was a parallel life?”

“She couldn't relate to it, she started to relate to the pilgrim life quite easily, and then all of a sudden it became revealed to her, that this first one was a parallel life, and that spirit remained mainly with the parallel life, because there are no parallel lives at the moment. When that particular life died and gone up to the spirit, then she came to Moira.”

“How long has she been with Moira, then?”

“All this life, because...”

“You mean all had parallel lives went back to spirit, before she was born?”

“Well, this one did, anyway. This particular one did. Well, this parallel life never reincarnated, while Moira was in this one, and the others I won't reveal too much, but certain ones that were operating when she was a child, have now died off. She is now left on her own.

We felt that this was best, because with all the past lives that are all being triggered off in this lifetime, she can go through them bit by bit. Sometimes two or three lifetimes at the same time, just to really clear it all, and she needs all the help she can get.”

(2011 INSERT. I feel that for psychological and other reasons Moira's higher-self told Moira that she had no other parallel lives alive at this time, and if my other student's are parallel lives from way back, even before Teresa's incarnation, then the other branches may have had so many different past lives that Moira's spirit's conditioning is very different to Hazels', because I know of quite a few, more than 10

lifetimes of both these student, but at the time of this class I hadn't even met Gloria or Hazel, and didn't even know that Joan was a close branch of Hazel's spirit.)

“And she needs the full attention of the higher-self?”

“Yes.”

“And if the higher-self was split, I mean, Paul's got four parallel lives happening at the same time, and his higher-self is more often away, than it is with Paul.”

“Yes.” **“And it doesn't focus on him exclusively.”**

“No, Moira needs all the help she can get at the moment, especially in this particular period, and it's been very hard.

We couldn't afford not to give her our full attention, because she might have made some big mistakes, and one of them might have been doing away with herself, and that thought is still there, very occasionally. Even now the thought still crops up, the old death wish.”

“And from spirits, as well?”

“Yes.”

“We are getting rid of them slowly. How many more spirits has she got, is she allowed to know?”

“No, we don't want to frighten her.”

“What about mine and Moira's higher-self, are they two separate higher-selves?”

“They came from the same higher-self. They are now operating as two separate higher-selves, but they did come from the same original one.”

“They graduated, you mean? They eventually became higher-selves, themselves?”

“Yes.”

“In other words, we will eventually become higher-selves when we go to spirit, and learn enough to become higher-selves of our own spirits?”

“Yes.”

(63)**HEALING CLASS 26/5/88, JOAN.**

My Guides tell me that this new meditation can be used by other students.

OCEAN PLANET MEDITATION

“Tonight we are going to go back in time, to a lifetime before you ever came to this planet, to another planet in another galaxy. We are going to fly away from the Earth and go back in time to visit this time period, in this other galaxy.

Fly across the universe, past all the stars and you can see this world before us, it's got clouds and lots of water, very similar to Earth. It's getting larger, we are coming into the atmosphere. We are coming down slowly to the sea, and we are going to go below the surface of the sea. We are quite near the land as well.

When we get into the water, we can see that there are buildings under the sea, and there are forms of life moving about in and out of the buildings, not quite human, but they are intelligent, and they communicate by clicks and sounds that are vibrated through the water, like sonar with dolphins.

We can go into the buildings if we want. We may experience being one of these beings, and what you may say to each other in your own language. If you feel like relaying what you experienced, you can do as you experience it. The sky is a pink colour shining through into the sea.

JOAN'S MEDITATION EXPERIENCE

(Joan) “Well, before you said that there was clouds and water, I knew that there were clouds anyway. And before you said there were buildings under the water, I knew there were buildings anyway. I didn't notice at

(2)

the time, but there were three buildings, and there was a very large one in the centre, and I went into this building, but it was sort of like stone on the outside. And when I went in, it was like crystal green, and there were these beings. As I walked through this building and along this long corridor, I was still in spirit form.

Then these two beings came behind me, and they were sort of like an E.T. form, but they really had a face, but they had very small eyes, noses, and mouths. Then I got to this door, and the door opened, and in there what's this classroom of these beings, as children. And there was a teacher at the front, and there was a blackboard with very precise geometrical design on it.

And I was more or less instructed to sit down, I didn't get anything for awhile, then I started getting a message that the geometrical design was their planet, and there are other realities, and dimensions, he was saying, but ours is so geometrically constructed, equal distances.

And when he said that, I noticed that all these children were... everyone in the room was equal distance apart, so they were exactly equal distance apart, everyone was exactly equal distance. And everything in the room was equal distances, and then my mind went back to when I first saw the buildings, and they were equal distance from each other, but I wasn't aware of it at first.

And he was saying, that this geometrical design and structure of their planet, was necessary for their equilibrium, so they could exist. And then you brought me back.”

RAYMOND'S MEDITATION EXPERIENCE

“I must have gone to a different time period. I saw the buildings, but I couldn't make out the entities. So I found it difficult to visualise the people, but I came in, and there was a war going, and it was these warring parties, who were riding like whale type things, spears and all the rest of it, and they were attacking, and we were fighting them off.

Then after that, a volcano erupted on the land, and lava was pouring into the sea, destroying the town or city, and the heat

was killing people, the heat from the lava in the water, people were dying all over the place, and the rest were swimming away from the volcano.”

JOAN AS THE CHANNEL

“We are pleased with this one over the past two days, although she has ignored our instructions, we understand how she was feeling, and understand how this has lifted a weight from her. All will be well if she stays attuned to us, and our instructions. Her thirst and quest for knowledge, is great, yet frustrating. Yet she must pace herself, with patience.

We help her along, we therefore are aware she is permitted to remain longer each time, she can exercise her control to return. We cannot as yet permit this when she is alone. Yet when we are confident that she can control this entirely by herself, she will be able to come to us, any time she chooses.

We must circum to this conclusion, and permit the spiritual travel, for this one to remain in the physical, for as long as intended. She cannot escape a certain degree of physical existence, also a greater percentage of her being is spent with us. If we do not fertilise this seed, it will wither and dry up. So, spiritual fertilisation is necessary for this physical being to continue.

This is Mary. I have been affected by this one's emotions again.”
“What caused her to get emotional, the things she saw on television?”

“Her human emotion, of one being controlling another being, which she has been continually fighting against, in this life-time, and previously. She has great loathing for that word control, yet she must realise that there will be a continuation of suffering in the hands of others, and that she would be powerless to change this situation.

She must continue to direct spiritual healing, this is where the others of the physical plane have no control. The plight of the physical in this situation, cannot be remedied completely, and

certainly not overnight. For their plight is in control of the physical beings, with a little spiritual value.”

“Why have they not got very much spiritual value, the physical beings that are in these mental hospitals?”

“Not the patients, but the ones that control the situation and dilemma.” **“The doctors and the bureaucrats?”**

“Yes.” **“Why have they not got much spiritual value?”**

“Because it has being drowned by a sense of power and egotism. Joan must not become emotionally involved in what she cannot accomplish physically, yet she can do much healing spiritually, where the physical controllers cannot intervene.”

“It's like the physical situations in this world, are like a school building, and we are the Teachers, that work in the building, we don't change the building, but we educate the students who come into the building.

So is that how we are working on this physical plane? We don't change the situation physically, we help the students grow.”

“Yes, and by spiritually helping the patient and students, as you say, we set up great strengths, and have more strength, not power, over physical beings. Our spiritual strength will overcome their physical strengths and control. Much energy is needed, much teaching and education is required.”

“Then why am I not attracting students? And why are my books not selling?”

“We cannot be bothered with ones that do not have a genuine thirst for knowledge and healing.”

“Are you referring to anyone in specific?”

“There are a few, that have been in your classes... it is somewhat... do you understand?”

“I can't stop them from coming, or be judgemental in that way, and they may take away seed, that will grow in another life-time, or in decades to come' in their own life, I can't sort of be that fussy.”

“Yes. So do not be discouraged if they do not return, for it is well

to do without.”

“Yes, but I still keep having Brian and Lydia return, though, do you know about Brian and Lydia?”

“Yes.” “I know, they are like children.”

“They will all weary, if there is no crutch for them.”

“I shouldn't channel when they come?”

“Channel, yet for yourself.”

“How can I channel for myself, when it's spirit doing the channelling, they choose what they want to say?”

“Channel for yourself, not for Brian and Lydia, if they do not wish to listen...”

“They're supposed to practice at home, but they don't, they go to all these classes, I think they are only intellectually interested, and that's about it.”

“There is nothing you can do.”

“But it's more of a problem of getting students and selling the book, and getting people aware of the classes. I do everything I possibly can. I don't know what's happening, is it the wrong time or...?”

“Spirit has already informed you that this will take time. This quiet time you're experiencing now, is advised to be put to good use for your own inner contentment and development.”

“What health, or psychic development?”

“Both. Too much energy is being spent on anxiety and tension. This energy should be used to find inner fears in the department, in your psyche, you naturally allow...”

“Do I have to do any exercises?”

“Relaxation, affirmations, turning within constantly. What you have been doing recently, but with more experience.” “Is what?”

“Your positive approach.”

“Is it true that my clairvoyant vision is timed to come to me at a certain time in my life, and trying to develop it before that time, is a waste of time, because I won't develop the clairvoyant vision until it's time, is that true?”

“Everything is planned, and everything is timed.”

“That's what I thought.”

“Yet, this is not an excuse for not trying, preparing oneself, for when the time is upon you...”

“I mean, tonight's meditation, I visualised things on this water planet, but the visualisation could have just been my creative imagination, not the actual reality, I don't know the difference...”

“Yet all is visualisation, whether creativity or imagination. One must begin, a place to start upon, do not worry, do not concern yourself” as to what it is. As long as visualisation is forming, it will all fall into place at the right time.”

“In other words, all the time I've been getting the meditations from spirit, and a describing the meditations for all these years, that's as far as I go, I don't get any more, because I'm not meant to get anymore, until the right time, like communicating with Guides and things like this, seeing Guides, speaking to Guides.

Like the other day when Nandi came to the class for the first time, and he actually saw his Guide and his Guide spoke to him. Now, I haven't had that happen yet, I don't get that kind of a... I don't see that kind of thing.”

“Always approach each exercise with positive thoughts. If you start out with a negative, you will certainly end up that way. We have just not long mentioned, for you to attempt in preparation, which will help raise your vibrations.”

“So if I imagine things that aren't real, they're just a figment of my imagination...”

“It is all development in one way or another. Do not concern yourself as to the quality, at this point in time.”

“It's very hard for me to accept that I'm being prevented from seeing, by my Guides, or by masters, or my higher-self, when everyone seems to develop that ability. Most people seem to develop the ability when they come to classes.

Is it because they won't make many waves, because they have this sight. I'm a doer, is it because I will influence more

(64)**HEALING CLASS 30/5/88, NANDI.**

I received a very specific meditation for this class night, without knowing who was going to turn up. My Guides tell me it was only for Nandi, so I never bothered to type up the meditation, and have forgotten where it was in time. I tend to only type up meditations that I feel will be used again by others or to go in the text books, but when they are very specific for one individual, I never bothered. But when I feel strongly that it needs to be recorded a meditation will be written up.

NANDI'S MEDITATION EXPERIENCE

(Nandi) "I get the feeling of green fields and a sort of enclosure, and the dominant aspect was that we were at a banquet. I couldn't see what you are eating, but there were a lot of grapes. I didn't see many people, except there was the feeling of a presence of a woman, feeding me one grape at a time.

I couldn't see her face very clearly, but I felt she had golden hair tied up high on her head. Her arms and shoulders were very rounded, as we see in the pictures about Greek women, and Roman women were rounded."

"Did you feel that you were one of the Romans?"

(Nandi) "I'm not quite certain there, but I felt I was there, whether I was a Roman or not, I don't know. I just had a feeling I was there. And a feeling of music, Also, music of a harp, playing in there. And after eating we lay down, and I got the feeling of searching, or waiting for something to happen, and that's about all."

NANDI'S CHANNELLING PRACTISE

"I feel the picture of the Chinese man with the beard. He is waving his fingers at... but no words are coming. I get the feeling he's saying,

'Not to worry.' He's got a stick with him, he's walking with a stick. He didn't have a stick the last time. I feel a vague presence, but I don't know what it is."

RAYMOND AS THE CHANNEL

"Greetings, we have brought you through another exercise tonight, to help you become more attuned to your higher-self and spirit bodies. We will be working on you in the coming days ahead, to switch you on, so to say. You will have to practice speaking out, whatever thoughts that are in your head, when you channel, as your higher-self says you are ready to start channelling, you just need to believe more, and start talking.

We are your Guides, the Guide you see in your meditation, will also help you. If you meditate at home, tune into him. Your development is coming along nicely, you will feel our presence later, when you practice healing, and you will pick up a lot from us while you are doing the healing, about where you are doing the healing in the body. We do not like to channel too much to a new student, until he is channelling a lot easier. Thank you for listening tonight, God bless."

(Chapter continued on next page.)

HEALING CLASS 2/6/88, JOAN AS THE CHANNEL.

“There is too much demanding, too many demands by the world.”

“Who are you?”

“The higher-self.”

“Joan's higher-self?”

“Yes.”

“Is she capable of channelling Teachers or Masters yet?”

“No, she still has a certain degree of her own learning’ to work through.”

“How’s she been doing with her development, lately?”

“Quite frustrated. She feels she has reached a dead-end, yet we are used to this. Her patience level must be expanded.”

“Can you tell her what she has been learning, that she consciously doesn't know about?”

“She must strive to stay calm at all times, under all circumstances. She can switch herself off, when she wants to, and whomever she wishes. She is quite capable of this, yet the operative is, when she wants to, and with whom she wants to.”

“Is this a good thing?”

“Yes, if the desired effect of serenity is reached. We hear her, she must not carry the fear that we are not listening. Yet she must remain patient, and leave the plan to us.”

“Is she coping with any spirits that come near her now, and becoming more aware of their presence, to rescue them?”

“Yes. As long as she keeps her emotions intact, she will not encounter any adversity.”

“Are the antihistamines, she's taking, harmful to her aura, or health?”

“Yes, too many pills, still.”

“Is there anything she can take, to have the same effect, without the side-effects that caused the damage? Any special herbs that will help her with her sleeping problem, instead of taking the pills? In other words, do you advise her to go to see a Chinese herbalist, Chinese medicine?”

“She is aware of this, yet her patience is such, she looks for

quick results.”

“But would it benefit her going and getting the correct herbal medicine, to help her with her problem, so that she can get off the drugs, the pills?”

“It will be part of the answer, first lies within... this is all for now.”

RAYMOND AS THE CHANNEL

“Greetings my children, you have been working too hard lately, and burning your energies. When you allow your emotions to flare up with your experiences, you burn your energies. We are aware that you believe that your development is not so strong, when there are smaller numbers in the class.

This is your belief, and you create the lack. We can develop you with small numbers or larger numbers. In fact, the opportunity for you to practice is greater when there are smaller numbers.

Do not give up because you do not perceive any learning tonight, for as we have said in the past, your development and your conscious perceptions of your conscious perceptions, are a small fraction of your total development, which is happening on levels that you cannot perceive.

You are feeling the presence of spirit when you sit for development. You are going through levels of vibration, if you were to jump from the level that you started at, to the level of vibration in a few months time, you would be violently sick with the energy, but we raise the energy slowly, week by week, so that you can tolerate it.

This energy that you are going through, the vibrations, the changes, raises you higher, to levels where you can perceive us, hear us, communicate with us. Your belief in your development, and your link with spirit, is weak when you first start, the more you learn, the more you experience, strengthens this belief.

The stronger you believe, the more you create, the more you accept, the barriers break down, and you will be that much

happier with your development. You are developing safely in this way.

There are other teachers on the earth, who are not teaching with our guidance, but are taking shortcuts, and their students have experiences that they cannot handle, because they haven't been taught the wisdom and the faith, that goes with your development.

We do not give cars to children, because they will crash into things, and the same goes for psychic development. When you have courage and faith, you will be safe, but you when you have fears of the unknown, fears of something, the effects are on you, not on the thing you fear. We're finding it difficult to explain this tonight, have patience, God bless you all.”

(Chapter continued on next page.)

HEALING CLASS 7/6/88 NANDI.
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 path, it widens into a beautiful green valley where pink cherry blossom trees are scattered across the rich green grass.

As we walk down the path, into the valley, children and animals are playing under the trees. In the distance atop a hill surrounded by terraces of hanging Gardens, is a beautiful shining temple, with a gold, dome roof reflecting the Sun. We climb the steps up through the hanging gardens and through the gates into the temple, where we see rows of seats facing a stage.

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

(Approximately ten to fifteen minutes silence)

“I want you to now thank the Master for what you have 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.”

(Nandi) “The calmness and tranquillity has increased, and I found a profound truth, the pennies started dropping, that all this, while I was expecting person is in my meditation to speak. I understand now, there's no such thing as speaking. You know, you understand what is being said, but there are no words, it's a thought-transference, I think it looks like that.

There was one strong presence there, he was broad shouldered. Dressed more like a Yogi, but a very positive person, he was quite formal and authoritative, so he must be of a high rank. And the visualisation of the whole area, is clearer. Nothing much has been said, except that I got this profound thought, with thought-transference, and it will be easier from now on.

Also, I feel that much greater and quicker progress perhaps will be done, if I do this sort of practice at home, on my own, because practice is what's required in my case.”

PRE-BIRTH MEDITATION

“Tonight, we are going on a journey back in time. We are going to go back to past your teens, past your childhood. Back to before you were born, when you were in spirit, before you came into this life. You are going to go back, and watch, review, and listen to the conversation that your higher-self had with your spirit, and the reason why you came into this life, before you were born. You may not find out everything, but you may find out what you are allowed to know, at this stage of your development, from your guides or higher-self.

What motivated you, to come back into this world. You are going back before your mother had you, her stomach is shrinking as you go back in time, before conception, to when you were in spirit. You may have been in spirit long time, you may have been there a short time. I don't know, you can find out.

You may find out that you were a spirit of the opposite

sex to what you are today, this may come as a shock. But as you know, we incarnate as both sexes for the experience.

If you find it easier describing what you are seeing, or if you find it easier waiting until the end. I'll leave you now.”

(Approximately ten to fifteen minutes silence.)

“I wanted 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.”

(Nandi) “I was waiting for somebody to appear, but no one appeared. But that feeling of weightlessness and multi-dimensional, was really very strong. The thought that was dominant, was that I should go back in my own time, and keep practising this type of meditation, till I make headway, and remain still in that stillness and quietness and multidimensional aspect, to wait till the guides appear. This is the feeling, the messages I get, is to wait, keep practising, and wait.

I'm feeling that the thought behind my mind, that a pattern is emerging of how I should go about these things, and these meditation seem to be much better. I feel quite good that there is some progress.”

NANDI AS THE CHANNEL

“Learn the quality of patience. Patience and practice, these are the two.”

(Nandi) “I get the feeling that I am flying in a cloud, a lot of woolly, woolly clouds around me. I'm not in an aircraft, but I am feeling this. Heading in some direction, I'm holding a steady course, but I don't know where. The cloud is getting thinner, some light penetrating. I'm getting this feeling, that sometime or other I will emerge from this cloud, and I will know where I am, and what I'm doing.

Feeling of weightlessness, complete weightlessness. I can see some vague presences, but they have not manifested themselves, I can see them vaguely, as though shrouded in mist.

I see somebody sitting in a yoga position, the same way I am, but I can't make out his face. The feeling of flying in the mist, is quite

strong. I'm getting a picture of myself sitting in my present position and flying through this mist.”

RAYMOND AS THE CHANNEL

“Greetings to you both. We have been looking forward to your development, Nandi. For your path is very strong ahead of you. Your determination to develop secures this path ahead of you. You are finding out that your teachers are in spirit, to teach you, to help you develop what is best for you. Raymond allows unlimited development in his classes, but can only show how in limited areas, what forms of development he is aware of.

But there are many areas of development that you students will develop, which you will then teach Raymond, so that we can inform him how to help a student in a new area that he previously had no knowledge of. It is not his destiny to be developed in all these different areas, but we wish him to become aware of these areas.

You will learn much about the other-side, while you are developing, and this will help you understand people and life, here on Earth. We are always with you when you wish to practice. You will become more peaceful and tranquil, the more often you meditate and practice. Thank you for listening, God bless.”

This was the last time Nandi attended classes with me.

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HEALING CLASS 16/6/88, ERICA AND LESLIE.

Erica phoned me and asked if she could come to the Thursday night class, and bring her friend Leslie along. I said, 'Yes,' as I had no-one in the Thursday class, at this time. When I asked my class guides what meditation they wanted me to give the students, I received the guidance to perform "**THE ADVANCED ROTATION CHAKRA MEDITATION,**" which meant they had to do "**THE BASIC CHAKRA MEDITATION,**" first.

Then while the chakra meditations were working I was to give them the main meditation. I had received the idea from my higher-self to modify the "**PRESENT LIFE DE-CONDITIONING MEDITATION,**" to take the students back to conception, and allow their higher-selves and guides to show them important conditioning, or scenes for other reasons. And as they come forward in time, in the womb, they can be shown the events around the pregnancy.

I will shade in yellow, the last two paragraphs of the last chakra meditation, as shading the two chakra meditations messes up all the colours, but the new "**BACK TO THE WOMB MEDITATION,**" will be in my normal print, and not be shaded, and will also be inserted in the second meditations chapter.

**BASIC CHAKRA, THEN
ADVANCED ROTATION CHAKRA MEDITATION**

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

(Ten to fifteen second pause)

(2)

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

(Ten to fifteen second pause)

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

(Ten to fifteen second pause)

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

Infuse the flower with all the **green** from the inside of your body, so it is glowing bright **green**.”

(Ten to fifteen second pause)

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

(Ten to fifteen second pause)

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

(Ten to fifteen second pause)

“Now I want you to imagine the colour purple, coming down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in purple, except the chakras that are open already. Now open the crown chakra, this is located right across the top of your head, like a huge sunflower, on a stalk attached to the top of your spine, it’s in the shape of a flower bud, open the bud and it has approximately 256 petals, but some think there are a1000 petals. Infuse the flower with all the **purple** from the inside of your body, so it is glowing bright **purple**.”

(Ten to fifteen second pause)

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

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

(Approximately three to five second pause)

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

(Approximately three to five second pause)

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

(Approximately three to five second pause)

“Now a beam of **green** light, from your heart chakra to the white

column.” (Approximately three to five second pause)

“Now a beam of **blue** light from your throat chakra to the white column.” (Approximately three to five second pause)

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

(Approximately three to five second pause)

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

(Approximately three to five second pause)

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

(Approximately three to five second pause)

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

(Approximately three to five second pause)

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

(Approximately three to five second pause)

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

(Approximately three to five second pause)

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

(Approximately three to five second pause)

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

(Approximately three to five second pause)

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

(Approximately three to five second pause)

“Now all the coloured beams, from your chakras to the column of white light will stay still and fixed. The energy will flow from the white column into each of your chakras, then the coloured beams around the circle are connecting up everyone’s chakras, like the rim of a cartwheel, and the energy will start to flow from left to right, from

chakra to chakra, in a circle around, and will get faster and faster. It will continue to do this through the rest of the class-night.

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

BACK TO THE WOMB MEDITATION

“Tonight you are going to go back in time, in altered state of consciousness, and your higher-self is going to show you your past, for reasons of your growth and development. You're going to go back, back to your teens, then through your teens to your childhood, and back to being a baby in the crib, or the cot. You are going to go back in time even further, into your mother's womb, and we are coming back to your conception. We are going to stop a conception and start moving forward in time.

Now your higher-self is going to reveal to you the experiences, the thoughts, and the emotions that conditioned you, that have affected you. They could be good ones, they could be bad ones, they could be all types, I don't really know, because this is your experience, and I don't want to lead you into believing one thing or the other. But from the time of the womb you are going to go forward in a time and be shown these thoughts, emotions, and experiences that have affected you. Your higher-self wants to help you become aware, and also release any conditioning that it wants you to release.

But it may want you to keep some conditioning, so that you will achieve what you came to achieve in this lifetime, but sometimes our reactions, which could be secondary conditioning, may need releasing. but if your higher-self wants to show you conditioning, which will help you achieve what you are here to accomplish, you will become

aware of them.

If you get a thought, or feeling, or emotion, I want you to speak out what you pick up, and we can find out more about it.”

(As Leslie is also a woman, I will shade her name in lilac to prevent any confusion if you are a fast reader.)

(Erica) “I feel very sad, and I want to cry.”

“You can communicate with your higher-self, and your higher-self will answer your questions. If you just ask, ‘Why do I feel sad?’” (Erica) “You have to say it out aloud?”

“Well, you can say it in your mind, but you can speak out the answers, to help us understand what's going on. So I can ask you more questions, that my Guides are telling me to ask.”

(Erica) “I felt that was how my mother feels, I'm not sure now.”

“You can ask your higher-self to show you the reasons why your mother was feeling sad, if you wish, and you will see them.”

(Erica) “Why was my mother feeling sad? I felt, she was unhappy, I don't think she's happy with my father, some stress.”

“Does your higher-self say that it wants you to release this conditioning?” (Erica) “I feel I have to, to go forward.”

“And if you say, like, ‘I release this feeling of sadness that came from my mother, that affected me, and I release this from my body-memory.’ Because it's removing subconscious memories, that you weren't aware of.”

(Erica) “I have to say that?”

“Yes, sort of.”

(Erica) “I release this feeling of sadness that comes from my mother.”

“From the subconscious memory.”

(Erica) “From my subconscious memory.”

“You can ask your higher-self if it wants to show you anymore of this, or does it want to show you more of

something new, something else, you know.”

(Leslie) “There's a little bit of negativity coming from my father, in the background, I just saw something there on the side.”

“Well, if it's negativity, your higher-self wants you to become aware of what type of negativity, because that is the thing that we have got to release. It's no good releasing negativity, because it doesn't actually pinpoint what it is. Ask your higher-self to show you, or tell you what the actual negativity is.”

(Leslie) “Aah, it feels like he's trapped, or something.”

“Now, ask your higher-self, ‘Has this feeling of being trapped, had any effect on your life?’ Yes or no, you can get answers, like yes or no, very easily.”

(Leslie) “Yes, definitely yes.”

“Now, does your higher-self want you to release this conditioning that you are now aware of, that caused you to feel trapped? Release this conditioning from your mind-body-memory?”

(Leslie) “No, I don't think so.”

“It doesn't want you to release this conditioning?”

(Leslie) “Well, that's the first thing that came into my head, was, ‘No.’ But maybe that's my own resistance.”

“Talk to your higher-self. The question I get, is, ‘Ask your higher self if you have to be shown more of what type of feeling of trapped, it is? Maybe it wants to show you some more, before we do any releasing, that's what I got told.”

(Leslie). It's the kind, that's a restriction, what he wanted to do. Yes, sort of responsibilities or something.”

“Ask your higher-self, if that had any relationship to the way you related with your father, throughout your child that? Did this conditioning affect the way you relate to your father?”

(Leslie) “Oh, it's almost like, I never thought of this before, but it's almost like the conditioning is,

‘Don't be trapped by anything, or any obligations, or ties or relationships, or anything. Just don't get trapped by it.’

“Well, I was told that the conditioning was correct, and it was wanted by you...” (Leslie) “Yes, it was.”

“So that you would... the belief in structured marriage, or whatever, you know, like that...” (Leslie) “That's exactly right.”

“So it brought about the desired effect, and balanced you out, from being imbalance to being balanced. So that you could be less... Oh right, is there any resentment or feeling towards your father? Ask your higher-self?” (Leslie) “Yes.”

“That's what we want, not necessarily releasing of the conditioning, but to give forgiveness.”

(Leslie) “Yes, that's right.”

“So all you've got to do, is say, ‘I forgive my father for the way he was, he couldn't help it.’”

(Leslie) “I forgive my father for the way he was, he couldn't help it at all.”

“You see everyone's education could be different. I get the meditation, but it doesn't give me all the answers, to know what the students are going to experience. And you have to ask the right questions, intuitively, to find out what the students higher-self want you to do. So that's why they didn't want you to release the conditioning.

This conditioning was good for you in this life-time, to balance you out, but it wanted you to release the feeling towards your father, and forgive him.”

(Leslie) “Yes, forgive him, yes.”

“Now, ask your higher-self, if that's all it wants you to do, in that memory, with that conditioning.”

(Leslie) “Well, at the moment, I was thinking about different colours, and different guides who might be here. And then I had a picture of me, which I've had all the way through my life, in a high chair, which I remembered with my mother.

And I remember her looking quite distressed, but don't remember her being very happy, but at that time we were being a bit upset.”

“Ask your higher-self if this had an effect on you, to come through to this time?” (Leslie) “Yes, very frustrated.”

“You?” (Leslie) “No, my mum.”

“Ask your higher-self, in what way, it conditioned you.”

(Leslie) “Actually I was probably a bit frustrated as well there, or all communication was stopped, or this sort of anger was vented.”

“Who by?” (Leslie) “My mum on me, but and I sort of...”

“You've got to find out from your higher-self, your reaction to this, because it's your reaction that you are overcoming, not her reaction. How you reacted to this, what occurred.”

(Leslie) “It's like the flow between each other, or individuals. Or communication with another soul was blocked, or stopped. A lot of fear was put into it, or pain.”

“Ask your higher-self which chakra of affected, did it affect or block a chakra, create a blockage.”

(Leslie) “My heart chakra. Yes, because it was like a strong bond.”

“Now, your higher-self is going to show you the reasons why your mother got angry, and what she was going through, as if you were the mother, through the eyes of your mother, and what state of mind she was in.

What caused her to be in that state of mind, so you can understand the situation.”

(Leslie) “I feel sadness, and I think it's to do with being bound to my own father, and relations with my brother and sisters, their daughters and her son. I can just feel sort of like...”

“She was feeling bound, by bringing up the children, you mean?”

(Leslie) “Yes, oh yes, it's sort of like the experience she's having, or she'll have, she's angry at, or she sort of doesn't want to go through them, but she knows that it is like her feeling that she's, yes, maybe obligated or something.”

“Ask your higher-self, if you've got to forgive your mother as well, for her reaction towards you that day?”

(Leslie) “Well, that's a definite yes, yes. I love and forgive my mother, and I also feel that there is a blockage here. (pointing at her throat)

“Well, you can say, ‘I release the blockage and the conditioning I got from that situation.’ (pause) Well, we've

started on releasing these blockages, releasing these fears. Ask your higher-self, if that's enough for tonight, or does it wants to show you some more.”

(Leslie) “I got to images then, one, when I was in my brother's room, drawing on the blackboard, and feeling secluded.”

“Secluded from what? Ask your higher-self, why you are being shown this scene?”

(Leslie) “To learn about my individual needs, to get somewhere.”

“That's right, you can't go around learning someone else's needs, taking them on. You should be learning about your own needs, and satisfying them.”

(Leslie) “And it's also saying that my imagination can, I don't know, it's a very strong, it can be used in a good way, and it can be used in a bad way, as well.”

(Most of Erica's and Leslie's channelling was what they were describing and interpreting what they was seeing, so I have left that in normal print, but what is left, is in Italics.)

ERICA AS THE CHANNEL (FIRST TIME)

(Erica) “I feel that the air is very dense around me, there's something here.”

“How old are you?”

(Erica) “I just have this image of a brown bony hand, and 23 just came into my head.”

(Leslie) “That number just came into my head, as well.”

“Are you a man, or a woman?”

“*Woman.*”

“Are you a white woman, or a black woman?”

“*No, not white, brown.*” “Were you an Indian?”

“*No.*” “Are you a pacific islander?”

“*Partly, yes.*” “Are you a Guide?”

“*Yes.*” “Are you Erica's Guide?”

“*Yes, and no.*”

“Do you want to show Erica what you are wearing, by her

feeling what you're wearing on her body?"

(Erica) "I can feel coldness on my hands. My hands feel very free, they just feel like there's a lot of space around them. I have no sense of wearing anything like a garment. I think her fingers are longer than mine, long brown fingers. I just had the image of a sun symbol, a bit like a chrysanthemum."

"Are you tall..."

"Yes."

"...and slender?"

(Erica) "I think so."

"Are you a visiting higher-self?"

"No."

"Are you a visiting past or future life?"

"No."

"Do you have any special message for Erica?"

"Just that I'm here."

"Do you want to give us your name?"

(Erica) "It's something starting with A."

(Leslie) "Oh, I got that, 'Adrienne.'"

(Erica) "I thought it was an, 'An... like something unpronounceable, I don't know how to say."

"It could be a foreign language. What area do you work in?"

(Erica) "Something to do with the Temple."

(I have the Nile temple healing Guides visit me, to bring spirit patients for me to perform healing on, in 2009. So she is a Guide, but not my Guide but a Guide for the patients in the temple. So we do have visitors from these real places we go and visit on our meditation trips.)

"What area are you working in, with Erica?"

(Erica) "I don't know, this person is wearing something pale, white, long and flowing."

"Is that what you're seeing on her?"

(Erica) "Yes. I can't see her face."

(At this point, I noticed both of her hands were moving in a certain rhythmic motion, and knew that this Guide was doing it.)

"Are you doing those movements to Erica's hands?"

(Erica) “Yes. I know I'm doing them, but I can't seem to stop it.”

“That's the spirit doing it.”

(Erica) “I would actually like to stop it, I mean, I probably could, if I wanted to, but I feel like I would break contact.”

“Your Guide is helping you to establish contact, to help you believe, help you strengthen your belief, to help more with your development.”

(Erica) “Is it usual for a woman to have a woman Guide?”

(If Erica believed that she should only have male Guides, and in some way might have blocked accepting a female Guide, then this may have been one of the reasons Erica's visitor manifested as a female, to create a reaction in Erica, which prompted Erica to ask this last question, and because I recognised the underlying belief behind the question, this is why my answers were more detailed.

Also when you are proficient in the spirit world, you can appear as any gender, or any form that you may have lived a life as, in the past.)

“Guides change. Guides are for different reasons, Guides are for specific purposes, to help you develop, and then new Guides come along.”

(Erica) “So, do you only have one all the time?”

“No, you can have quite a few at the same time, depending on what you are going to need your Guides for, or what your Guides want to show you, and teach you, different things.”

If you're going to do healing, you have a healing Guide. If you're going to do teaching, you have a teaching Guide, that type of thing.”

(Erica) “I don't know why she's there, except maybe to make me feel protected. You know, that there's something there looking after me.”

“Ask her?”

(Erica) “Are you protected me? Yes, I think she is. I don't think that she's got any other real purpose.”

“If you remember, in the book, 90% of your questions are

what they are telling you. So when you ask them, you nearly always get a yes answer, because they've told you that already, and you think it's your question."

(Erica) "Quite possibly. She's rather nice this person. I just feel, she's very serene and gentle. Nothing at all agitated or negative, you know, just very, somehow protective."

"Ask, if she's going to come to you when you meditated at home?"

(Erica) "Yes."

"Ask if she's going to introduce Erica to new Guides and friends of yours, when you meditated at home?"

(Erica) "I think she said, 'no.'"

"You can see her, can't you?"

(Erica) "Yes. She's wearing a white like tunic, with something tied around the waist. I think he's got long sleeves, because I can't see bare arms."

(Leslie) "I saw that before, as well."

"She's got someone in her hand, a child, I think. Ask her if there's a child with her?"

(Erica) "She said, 'Yes,' but I can't see a child, but the lower part of her, I can't see, it just drifts away."

"The child may be hiding behind her."

(Erica) "Who is the child then, is that part of the Guide?"

"Well, you ask."

(Erica) "She said, 'It's her child, but I don't know why it would be her child.'"

"Ask her if her child wants to speak to you?" (Erica) "No."

"Is the child shy?"

(Erica) "No. I just don't think she's got anything to say."

"She's got something in her hand, she's giving it to you. Can you see it, or feel it? holding something out to you."

(Erica) "But I don't know what it is."

"That's okay." (Erica) "Do you think I should take it off her?"

"I would accept it, and then when you accept it, you might find out what it is."

(Erica) "It's a piece of paper, and it's rolled up."

"What's it look like?"

(Erica) “It just looks like a scroll, rolled up like a piece of A4, or something.”

“Ask her, what it is, what's on the paper?”

(Erica) “She's not going to tell me.”

“Does she say that she wants you to open the paper and have a look?”

(Erica) “I have to find out. It just says, ‘I love you.’ I think she's going to go now, she's walking away.”

(Leslie) “When you said, ‘It said. I love you.’ I got,

‘Love your brothers, as one,’ or because, *‘They're yours.’*”

LESLIE AS THE CHANNEL (FIRST TIME)

(Erica) “Is somebody trying to speak to you?”

(Leslie) “Yes.”

(Erica) “Is it a man or a woman, or a child?”

“Do you want to tell us your name?” (Leslie) “I blocked it off.”

“It'll come back.” (Erica) “Do you think it's a male or female?”

(Leslie) “I think it's male.”

(Erica) “I thought it was a male, when I first asked you the question.”

“An older man, or a younger man?”

(Leslie) “All I get is a boy of seven.”

(Erica) “Does he have anything to say to you?”

“It's best to ask questions, as if you're speaking to the spirit, then it draws the spirit in closer, instead of relaying the questions through the channel. You see Leslie is asking your questions and keeping the spirit at a distance.

It's better if you just channel, it brings spirit in close to help channel through better. Are you Leslie's Guide?”

(Leslie) “No.”

“Are you related to Leslie? Are your relative of Leslie?”

(Leslie) “I'm not really sure, at first I got, ‘No.’ and then...”

“Why were you attracted to Leslie?”

(Erica) “Have you got something you want to say to her?”

(Leslie) “I'm getting something light.”

“What about light?”

(Leslie) “Something free.”

“What's your name?”

(Leslie) “I think it's something beginning with L.”

(At this stage I asked my Guides if the boy needed rescuing, and I got, ‘Yes.’”)

“If you look behind me, there's a white light, can you see the white light?”

“Yes.”

“In the white light, there is a person, it's your mother. Your mother is in the white light, can you see her?”

“Yes.”

“She's been looking for you, she's smiling, waving to you, so happy to see you. Do you want to go to her?”

“Yes.”

“Are you going to go now, then?”

“Yes.”

“Goodbye, then.”

(Erica) “Does he appear as happy, that child? I felt that he was a lovely child.”

(Leslie) “Yeah, cause, when we said, ‘What's he here for,’ he said,

***‘Fun and free.’*”**

(Erica) “I saw him just standing there, just throwing back his head and laughing Not evilly, just delight, just happy.”

(Leslie) “And then, when he saw his mum, and then he went to her.”

(Erica) “I just saw this child standing there smiling, and full of life, that's the word.”

“Well, that's how it's done, your first rescue.”

(66)

HEALING CLASS 20/6/88 HELENA, FIRST TIME.
 BASIC CHAKRA THEN PYRAMID MEDITATION

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

(Ten to fifteen second pause)

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

(Ten to fifteen second pause)

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

(Ten to fifteen second pause)

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

(Ten to fifteen second pause)

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

(Ten to fifteen second pause)

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

(Ten to fifteen second pause)

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

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

(Ten to fifteen second pause)

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

PYRAMID MEDITATION

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

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

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

It's not a large chamber, is not a small one... it's just the right size. Around the chamber are many stone seats surrounding the flame. Now, each one of us will step into the cool flame, one at a time, and stand in the flame of purification for a few seconds.

When we step out of it, we will be putting on white robes, and then we can sit on one of the stone seats. I'll go first, I'm

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

(Approximately ten to fifteen minutes silence)

“I want you to all to stand up now, and walk out of the pyramid, walk past the oasis, and walk back into this room, and sit down. Come back now, take three deep breaths, have stretch if you want to.”

(Where I feel Helena is answering my questions, or she is describing what she is seeing, I will try to insert her name, so watch out for the changes.)

HELENA'S MEDITATION EXPERIENCE

(Helena) “I got a person in the flame, before you told me.”

“What did you get in the flame?”

(Helena) “Just a vague outline of a person, just a man. I had a nice feeling about him.

HELENA AS THE CHANNEL, (FIRST TIME)

(Helena) “I keep on thinking of 26.”

“What's 26?”

(Helena) “A birthday, January and leaves falling. Just old buildings, like an old university.”

“I've just been told to ask questions, it's easier for you, if I ask questions. Are you a Guide, my friend?”

“Yes.” “Have you been with Helena all her life?”

“No.” “You're a new Guide?”

“Yes.” “Helping with her development?”

“No.”

“In one word, could you describe what you are here for?”

(Helena) “All I can think of is, ‘Yellow.’”

“Are you a Guide working on Helena’s chakras?”

“Yes.” **“Are you a man or a woman?”**

“A woman.” **“Have you been to this classroom before?”**

“No.” **“Are you meant, just for Helena?”**

“Yes.” (Helena) I keep on hearing the word, ‘Mother.’”

“I’m talking to Helena now. Is your mother in spirit, or still alive?” (Helena) “Yes, she’s alive.”

“I’m talking to the Guide now, are you the higher-self of Helena’s mother?”

“No.”

“Are you a mother from a previous lifetime of Helena’s?”

“Yes.”

(Spirit just told me, that they allow me to ask some questions that originate from my own mind, to show you that your answers are not always, ‘Yes.’ In case you think the questions stimulate you into answering always with a, ‘Yes.’)

“Which chakra are you working on, with Helena?”

(Helena) “I just keep on thinking, ‘Yellow.’”

“The solar plexus chakra?”

“Yes.”

“Are there any other Guides there wanting to speak through Helena?”

“Yes.”

“Are they allowed to speak through Helena tonight?”

“No.” **“Do you have a name that you want to give us?”**

“Angela.” **“Do you want to say anything Angela?”**

“No.” **“Is Helena’s higher-self here?”**

“No.” **“Where is Helena’s higher-self?”**

“Away.” **“Is it (He/she) in her future?”**

“Yes.”

“Can you tell us what Helena’s higher-self is preparing for Helena?” (Helena) “I don’t know, but I can see a desert island.”

“Of course, there’s a part of Helena’s higher-self here with Helena, isn’t there?”

“Yes.”

“Can you tell Helena, what area of her development is going to come first?”

“Flying.” “Is she on the right path?”

“Yes, no.”

“Are you harmonising Helena's vibrations, with yours?”

“Yes, but they are still a bit out of sync.”

“Will you be working through me later, when we're doing the healing on Helena?”

“Yes.” “To get things more balanced?”

“Yes.” “What's her aura like?”

(Helena) “I saw blue, but I don't believe it.”

“It was blue, that's correct. Is it healthy, the aura, does it need any repairs?”

“It's got some holes.”

“Well, we'll fix them up. Are there any problems through these holes in the aura, affecting Helena?”

“Yes.”

“Have these problems been emotional, physical, or mental, or neither?”

“All.”

“Are you allowed to tell Helena what parts of her body, the damaged aura was affecting?”

“No.”

“When I do healing later, am I allowed to tell her?”

“Yes.”

“I thought so. Do you want Helena to do any specific exercises, with certain chakras?”

“Solar-plexus.”

“Do you want her to imagine the flower rotating, the chakra rotating, the solar-plexus one?”

“Yes.”

“How large do you want her to imagine the chakra, the size of a teacup saucer?”

“No, larger.” “Dinner plate?”

“Yes, more like that.”

“What psychic development, do we get from the solar-plexus chakra?”

“Fear.” “Overcoming fear, you mean?”

“Maybe.”

“Any other chakra that you want her to practice with?”

“Throat.” “What, spinning it with the colour blue?”

“Yes.” “What size, dinner plate, or saucer?”

“Smaller.” “How many inches across?”

“Oh, about 3 inches, but it's got to get bigger.”

“Do you want her to imagine any specific colours, anywhere else in her body?”

“Red.” “Whereabouts in the body do you want the red?”

(Helena) “In my leg.” “Left leg, or right?”

“Right.” “For healing purposes?”

“Yes. I can see a sort of a little bud, a red bud, closed.”

“Whereabouts in the leg?”

“The thigh.”

“Is Helena allowed to heal herself, of her eyesight?”

“Yes.” “Does she have to visualise any specific exercise?”

“No.” “How will her eyesight get better, then?”

(Helena) “I don't know.” “Are you wearing any costume?”

“Yes.”

“Can you get come close enough to Helena, for Helena to feel the costume on her?”

(Helena) “I can see white, soft, loose sort of clothing.”

“Are you wearing any jewellery?”

“No.”

“You're not dressed in the apparel, of when you were on Earth, then?”

“No. It's windy.”

“Are there many spirits, here in this room?”

“No.” “Just a few?”

“Yes, about three or four.”

“Do you like the vibrations of this room?”

"It's alright."

"Any other Guides want to speak through Helena?"

"Yes." **"Tonight, I mean?"**

"Yes."

(As circumstances change, experiences denied earlier, are now permitted, remember the earlier underlined questions and answers. So if you feel like asking the same question that was denied before, don't block the feeling or thought to ask the same question again, because your question may have come from your Guides, to ask it again.)

"Are we going to have a change of Guides now?"

"Yes. It's a man."

"And what's your name?"

(Helena) "Arthur or Alan."

"And what part of her guidance, are you doing with Helena?"

(Helena) "I just see brown. Stones."

"Are you here to help her with strength, to overcome the obstacles ahead of her?"

"Yes. Yet build paths, that's what the stones were."

"Are you working on her road ahead?"

"No, I just watch."

"Are you the Guide, who was in the pyramid tonight?"

"No, I was watching, right in the shadows."

"Can you tell us what the purple flame does, in the pyramid?"

"Cleans."

"Does it clean the aura?"

"Yes."

"Does it clean the spirit?"

"Yes."

"Are you a Guide on a lower level?"

"Yes."

"Are you a guide that's working with Helena's level of vibration, at this stage?"

"Yes."

"And when she grows in spirituality, wisdom, and development, she will be in communication with her higher Guides. They're in the background, aren't they?"

"Yes, that's right."

"And they will come to the fore and start communicating to

her, through her?"

"Yes, I'm just opening the doors."

"What doors, are you going to tell us?"

"No."

"You mean the doors into her mind, of communication, of channelling, telepathy, those doors?"

"Yes, and others."

"I know, overcoming certain fears?"

"And just other decisions about life. (Helena) I can see some trees."

"What are the trees? Arthur."

"Great big oak trees." "No, but why is she seeing them?"

"Growing."

"Are you trying to tell her that she's growing, because of the trees?"

"To watch growing." "To watch the trees growing?"

"Yes."

"You have to watch a long time, trees grow slowly, you know."

"It is to see how they turn out."

"Do you have any advice for her? Anything special to help her with her own development, outside these classes, I mean with her life? I don't mean chucking Jobs in, and things like that. I mean leisurely activities, safe stuff?"

"Closing more doors. Just close certain ones."

"You mean, you are going to help channel her into a certain direction?"

"Yes."

"Closing the doors, to guide her into a certain direction?"

"Yes." "And leaving other ones open?"

"That's right." "Any of these doors, relationships?"

"No, just ways of thinking. But there's not many doors. I'm going now."

Helena only came to this one class night. I never saw her again.

(67)

HEALING CLASS 23/6/88, ERICA, LESLIE AND JOAN.**SAMURAI MEDITATION**

I didn't type up this meditation for my text books, as the students it was designed for, blocked seeing the past lives that were going to be shown to them, to help them with their lives and development. If only one of the students had allowed the scenes to unfold, then I would have typed up the meditation for future text books.

I described a village scene in Japan, where a samurai warrior came into the village, where there was a geisha girl and a priest or monk.

ERICA'S MEDITATION EXPERIENCE

(Erica) "I followed the priest, and went into a very peaceful and quiet space, where was greenness, lots of steps, and lots of internal rooms, candles, people praying, and that's all really, just a feeling of peace. I didn't feel I was the priest, I just felt that I was there watching the scenes."

LESLIE'S MEDITATION EXPERIENCE

(Leslie) "I followed the Samurai, even though I wanted to follow the priest, and I remember that there was a good feeling, a lot of running around, type of thing. I sort of visualise the shoes, with their little socks on the feet, and the walk of the geisha girl."

JOAN'S MEDITATION EXPERIENCE

(Joan) "I could visualise the field, and the road, but I wasn't very clear on the village, but all the same, I don't think it was a past-life, but I felt sort of connected to the Samurai, in some way, but I was fighting it. And then I just flashed back to a present-day picture, and that was it."

(2)

ERICA AS THE CHANNEL

“Are you a man, or a woman?”

“A man.”

“Are you one of Erica's Guides?”

“No.”

“Are you a visitor to this classroom?”

“Yes.”

(After consulting my Guides, they have helped me to distinguish the spirit's answers to my questions, and Erica's answers, coming from her own desires or beliefs, which will be listed, like when Erica asks me a question in the middle of her channelling.)

“Have you come here to teach us certain things?”

(Erica) **“Teaching, I think.”**

“Are you related to Erica?”

(Erica) **“Yes.”**

“Have you known Erica in a past lifetime?”

(Erica) **“Yes.”**

“Do you have the same past-life memories as Erica?”

(Erica) **“He keeps saying, ‘Yes,’ but I don't know if it's him or me.”**

“Are you a parallel twin soul of Erica?”

“No.”

“Yet you say you have the same past life memories?”

(Erica) **“Can you have visits from people who are still alive?”**

“Yes. Are you the higher-self of someone who has a physical body?”

“No.”

“Are you the same woman Guide, as last week?”

“No.”

“She's here, though, isn't she?”

(Erica) **“He doesn't know.”**

“Did anyone bring you here, to the circle tonight?”

“Yes.”

“This person that brought you to the circle, where they in white, or the same as you?”

“Not in white.” **“Have you ever seen your Guides?”**

“No.”

“Can you see the white light behind my head?”

“Yes.”

“Do you remember your uncle?”

“Yes.”

“Have a look in the white light, and see if you can see your

uncle.”

“Yes.”

“Is your uncle saying to come with him, to go with him?”

“*He seems to be.*”

“Yes, he's come to help you, to show you where to go, to a better place. Will you go with your uncle?”

“Yes.”

“Good, thank you for coming.”

(Erica) “Whoever that was seemed a bit lost, he didn't seem to have any purpose here.”

“He was lost all right, that's why I was picking up... but I asked my Guides, way back, and got told that he was lost soul.”

(Erica) “But could it be lost soul who's still living, or is it a lost soul...?”

“No, no, he thinks he's still living, that's why you got the impression, feeling, that he's still living, because he thinks he's still living.”

(Erica) “Yes, I thought he was still living.”

“You see, you're picking up his feelings about his state of consciousness, and he was on a lower Earth-bound plane. So somebody that knew about rescues, in the spirit world, at his vibration, brought him to the circle, because he needed rescuing.”

(Erica) “Only, why did he have to come through me?”

“He could have come through, anyone, he could come through me. He could come through Joan, he could come through Leslie. You were the chosen one, the Guides chose you. It's to also show you that it's harmless, to show you that nothing happens, nothing drastic happens, and it's just normal.”

(Erica) “I thought he was harmless, but he just didn't seem to know what to do.”

“That's okay. It's hard getting answers out of these kind of lost souls. But I didn't think he was related to you.”

(Erica) “I think he was middle-aged, and bald as well, he didn't look like anybody I know.”

“Good, good, you're seeing as well as hearing, that's the main thing. Are you one of Erica's Guides?”

“Yes.”

“Are you a different Guide, to the woman?”

“Yes.” “How many Guides does Erica have, tonight?”

“Five.”

“Is there any limit to the amount of Guides a student can have?”

(Erica) “I thought, she said, ‘Yes,’ and yet it doesn't seem to go with logic, which would say, ‘Not really.’”

“Yes, well, it might be a different limit, that's all. Will a student progressively change the amount of Guides that the student needs?”

“Yes.”

“In other words, the more advanced the student, the more Guides he may have assisting him. In what way are you helping Erica?”

“By staying close.”

“In what area of her development, are you helping?”

(Erica) “She says, ‘Purity.’ But I don't want to say it, because it sounds ridiculous.”

“Can you tell us more about that lost soul? Of why the lost soul was brought to Erica?”

“Just to be rescued.” (Erica) “This woman is older than last week's one.”

“Is last week's Guide here with you, as well?”

“Yes.” “Is she still very close to Erica?”

“Yes.”

“And that's why her hands are doing the same thing as last week?” (Erica) “And my fingertips are going cold.”

“Is last week's Guide, Erica's door-keeper, the Guide who allows certain spirits to communicate through her?”

“She's the most important Guide.”

“Who is the Guide who controls who is going to speak through Erica?”

“That one, the most important one.”

“Is there anything that you want to tell Erica about her meditation tonight?”

“Try to see pictures more clearly.”

(Before the class started in the period of time I like to get the students to tell each other what psychic experiences they have had between class nights, or any other experience they have had, which is burning a hole in their tongue, and as a consequence maybe on their mind, when they are trying to receive idea's or scenes on their meditation.

On this night Erica told us that she had been to a weekend seminar, and had been given a reading from a medium, telling Erica that a certain percentage of her development is in a certain area, and a certain percentage of her development is in another area. Erica quoted the percentages, but I can't remember them. But I strongly felt that it was wrong, and this was confirmed when I asked my Guides, I then felt I should bring the subject up when Erica would be channelling, as the way Erica was telling us about it, it seemed she believed this Medium.)

“Were you with Erica, when she went to the *** seminar?”**

“Yes.”

“Did this medium consult, or find out from Erica's Guides, the advice she gave Erica?”

“No.”

“This information she told Erica, that a certain percentage of her development is in certain areas, and a certain percentage in other areas, Did this medium tune into Erica to give this information, or did the medium make it up, you know?”

“It's the policy of that group, not that medium.”

“The policy to what?”

“Their perception of how things are.”

“Where did the medium get this information, though?”

“Part of the teachings of that group.”

“So in other words, it's a standard percentage of development, that they were quoting?”

“Yes.”

“In other words, it was made up, it wasn't anything to do with Erica's development?”

“Yes.” “So her development is unlimited?”

“Yes.”

“I don't like these groups. What purpose did you want Erica to see these groups?”

“That she should know what sort of things are available for development, see a range, and then choose.”

“In other words, Erica can distinguish the good from the bad, if she can see the bad?”

“Yes.” “Is that what you wanted her to understand?”

“Yes.”

“Which is good, then she values the good, more than she would if she didn't know what is good, is that true?”

“Yes.” “Am I being told some of the questions to ask?”

“Yes.”

“Is it true that you can communicate easier to Erica, when she speaks what you say, or is that a fallacy?”

“No, it's true.”

“In other words, you can increase the communication, amplifying the communication more, when she speaks, this is true, isn't it?”

“Yes.”

“And is it the wish of Erica's higher-self, to develop this communication?”

“Yes.” “And channel?”

“Yes.”

“Why are Erica's fingertips cold? What happened to the Guide, to have her fingertips go cold, like that?”

“Just a physical manifestation of our presence.”

“Do you want any other Guides to come and speak through Erica?”

“No.”

“Do you want to say anything else, before you finish?”

(Erica) “Something about, looking after Leslie.”

LESLIE AS THE CHANNEL

“Are you a man or a woman?”

“A man.”

“What's your name?”

“Michael.”

“Are you a Guide, Michael?”

“No.”

“Do you know Leslie?”

“Yes.”

“Where do you know her from?”

(Leslie) “I just got a picture of water.”

“Now Michael, we don't know what water means.”

“Can you be more specific?”

“Did somebody bring you to the circle?”

“Yes.”

“What did they tell you? Or do they say to you, before bringing you here?”

(Pause)

(Joan) “Who brought you here? Was it a lady or a man?”

“A man.”

(Joan) “What's his name?”

(Pause)

“Have you been searching, Michael?”

“Yes.”

“Have you been searching for peace?”

“The light.”

(Joan) “Can you see the light?”

“Yes.”

“Where is it?”

“In front.”

(Joan) “Is there anyone else there?”

“No.”

(Joan) “Look again.”

(Pause)

“You have to ask descriptive questions, don't leave it up to their imagination, because their imagination is negative. Can you remember your father, Michael?”

“Yes.”

“If you look in the white light, you'll see your father, have a look, can you see him?”

“Yes.”

“Is he holding out his hand to you?”

“Yes.”

“Are you happy to see him?”

“Yes.”

“Can you feel how happy he is to see you?”

“Yes.”

“Will you go with him?”

“Yes.”

“See you later then, if you are going with your father, bye.”

(Pause)

Are you a Guide?”

“Yes. “Are you the same Guide as last week?”

“No.” “A new Guide. What way are you helping Leslie?”

“Guiding.” “Do you want to say anything to Leslie?” (Pause)

(Erica) *“Are you male or female?”*

“Female.” (Joan) “How old are you?”

(Erica) *“Have you been in spirit, long?”*

“Yes.”

(Erica) *“What's your name? It's there anything you want to show, or tell, Leslie?”*

“No.”

(Erica) *“Are you there to protect Leslie in some way? What do you protect her from? Are Guides exclusive, or do they sometimes have more than one person to Guide?”*

“They help others, and there's nothing to fear, anywhere.”

“Are you from the realm of spirits, or the realm of Angels? Do you understand the question?”

“Spirit.” “Are you aware of the realm of Angels?”

“Yes.”

“Could you survive in the realm of Angels, or do you find it uncomfortable and have to leave?”

“Survive?”

“Survive what? Have you visited the Realm of Angels, the higher levels? (Pause)

How's Leslie coming along with her development?”

(I feel Leslie, or the Guide had stopped channelling at this stage.)

JOAN AS THE CHANNEL

“This is Mary. I brought Michael.”

“He sounded very confused.”

“He was, he was blocking his own sight, very deeply distraught.”

“Where had he been hiding, where did you find him?”

“In a dark corner, we left him there as long as we could.”

“Where was this dark corner?”

“A Plane of deep confusion.”

“Do you want to say anything to these new students?”

“Doubt is the mind's worst enemy. Follow the guidance of Raymond, and let things flow. Question it later, if need be, not before.”

I've been busy working, much healing.”

“In the mental hospital, or in spirit?”

“Both. Many have left this world, I have seen them on their way.”

“Where are they dying?”

“With me.”

“Where about in the world are they passing over into spirit?”

“In my land.” **“In England?”**

“Yes.” **“In the hospitals?”**

“Yes, they get very weary.”

“Are there still many spirits in the mental hospitals, bothering the patients?”

“They mean no harm.”

“They do cause harm, though, don't they?”

“They do cause harm, but they do not mean this harm. They're as lost in spirit, as they're lost in the physical.”

“When a person is affected by these spirits, do they choose before they are born to be affected by these spirits?”

“No, their choice was in the circumstance.”

“Which circumstance?”

“The circumstance that led them to be affected by these spirits.”

“You mean, they didn't follow their conscience and their Guidance, in the decision say that they made in their life, and they went against their own conscience and guidance, and got themselves into trouble, like that, you mean?”

“It was their goal, so to speak. Their test, which they set. Some of them had no choice, which way to go, for the choice was made before incarnation. It was an experience they had to go through.”

“Why did they choose to go through that experience? Was it a bad decision, making their own decisions, because of their own will and desire, or do they consult their Guides, and still

make the decision?”

“They made their own decisions.”

“Without consulting higher authorities, you mean?”

“It was all laid out before them, to see for themselves, which way they will develop.”

“Did they know that they could be in the end affected by spirits like this, before they were born?”

“This foresight did not stand in their way, it was just an obstacle to be overcome.”

“But what were they aiming for, what were they trying to achieve, that got them in so much trouble?”

“Their purpose was to strengthen their own minds, not to allow that to become weakened. They knew the pitfalls, they all had their choices to make.”

“You mean, they wanted to make their own decisions, and not with the help of God, or spirit, or Guides, is that what you are saying? They wanted to be independent like that?”

“I do not understand, they were always guided, we are always guided, each and every one of us. We either listen to the right or the wrong.”

“In other words, and they went against their conscience and guidance, and made decisions to do the other things?”

“In some cases, yes. In some cases, the way that they directed themselves to this outcome, was the right way, depending what experience they chose to go through, but no-one will be lost forever, everyone will be found.”

“Were any of these people advised by their Guides, before they were born, to take this path for their own development?”

“If they were advised, they still had the choice. They had freedom of choice, for they were guided by councils.”

“Did any of these patients, before they were born, in another lifetime, interfere with people in the same way that they are being interfered with today? Like a karmic condition.”

“There is all the karmic reaction.”

“And they are learning on another level, not to interfere with

people when they go to spirit?"

"Yes."

"Is this always the case of all patients there are affected by spirits, in other words, they've done this in past lifetimes, interfered while they've been in spirit?"

"*With the physical?*" "Yes."

"*There is some, there are new experiences to be learned without the payment of an older experience. We can't keep paying debts over and over again, for we would be repeating, this is hard to explain.*"

"You only need to learn it once?"

"Yes, so then will create new experiences, which can create new debts, new prices to be paid."

"That's right, whenever we don't know what decision to make, and we make mistakes. We have to pay for the mistakes, don't we?"

"Yes." "Then, we don't make them again, next time."

"*There is always a price to be paid, or a reward to be gained.*"

"In other words, if we make a mistake that can hurt ourselves. And sometimes these mistakes can take lifetimes to hurt ourselves. It's the same thing, isn't it the way we learn?"

"Yes."

"Sometimes we make mistakes, but it has an affect is in this lifetime, but if we avoid punishment, or whatever."

"*It will always come back. Has my presence been explained, Raymond?*" "No."

Mary, who is speaking, is the higher-self of a nurse in *****, in England. And this nurse has the same past-life memories and conditioning as Joan. This nurse in *****, is a parallel life of Joan, from the same source, from the same spirit. And they are in contact quite regularly.

Some of us have parallel lives on this Earth, at this time, and sometimes our parallel lives were born decades before we were born, and maybe are at a different age to our own. Some of us have more than one parallel life, alive, on the Earth at the same time.

Mary's higher-self can be watching over Mary's physical body, and be here at the same time talking to us."

(Leslie) "Will it be very long until we're all back to where we were, right back with God? Sort of in touch the way we used to be?"

"In spiritual time, we are now."

"Now in touch with God, you mean?"

"We are all back with him in spiritual time."

(Leslie) "But what about our consciousness, now? How long will it take for us to realise, I mean everyone to realise?"

"While the universe as a whole, it will be quite some time as a complete realisation, as individuals, the time is determined by ourselves. We will not all reach God at the same time, yet in spiritual time, you are there now."

(Erica) "Some people say the world is heading for a crunch-time, and things are really going to fall apart, perhaps even before the end of the century. Is that true?"

"The perception that I gained through my spiritual connections, would discount that perception, yet I am not a master, I am not this close to the highest, as there are others. So my authority and knowledge to disclose a definite answer your question, is not such."

"It is not a matter of not being allowed to know, I do not have the knowledge to perceive. I am not a master, I am not with the highest one. There are many more that know much more, than I."

"Is it true that when we go to spirit after we die, that our conscious memories of this world, are very often forgotten, and our inner, subconscious, spirit mind, has only the memories of what we feel, of what of what we've changed to become. Do you understand the question?"

"All is known in spirit. Nothing can be masked or covered, all is revealed, all is known." "No, I meant a change of state?"

(I haven't left any answers from spirit out, because Erica asked this next question, before any answers came through.)

(Erica) "I want to ask a question about relationships here on the Earth

plane. Is there some sense in persisting with people that we love, in terms of relationships, and yet we find that the terrible struggle to do so, because there are conflicts. Should we persist in relationships with those that we love, even-though that can have very negative effect on us, and perhaps sometimes it would just be easier to walk away, and forget about the whole thing? I suppose that's a matter we have to decide for ourselves”?

“We as a physical being, the spiritual mind and the soul, are a complete whole. We are separate, a complete totality. When there is complete in a relationship, when the totality has broken down, to force its way into another totality, of another being.

When we can perceive ourselves to be complete and whole within ourselves, independent of any other selves, surrounding us, we have all the needs we require, all the love we require, all our own judgements, decisions.”

(Erica) “Does that mean that people who do become a whole within themselves, can live alone quite satisfactorily? Better than other people, who are not as whole.”

“We all have needs to be attached to someone. It's the reasons that underlie these needs, which have to be examined. We can all survive alone, if we are complete within ourselves. Yet a relationship with another entity can enhance our survival.

When you depend on another entity, for your survival, and completeness within yourself, that is dangerous, and can break down the totality of your being.”

“In other words, in a nutshell...”

“Thank you, Raymond.”

“Did you want to say some more?”

“No.”

“If we are in a relationship because we need, something for ourselves, or we can be in a relationship because we want to give, and we don't need, we just are in a relationship for different reasons. It makes it easier to...”

“If the need is there for some other entity, for you as a separate entity to exist, this is not good. I have seen the repercussions, I see it every day.”

“But it's not wrong to be in relationships?”

“No.”

“In a way of giving, and helping people grow. They don't have to last a lifetime, they last as long as they are necessary.”

“If you can grow with each other, instead of for each other, the richness of the reward will lie before you.”

(Erica) “Well, sometimes one grows and the other doesn't appear to, and that's probably quite difficult to live with.”

“If you find that you must walk on without the other, then that must be. You must continue growing, and we all have our different paces and speed grades. It's hard to leave the ones we love behind.

Yet if they cannot keep up with you, that is not necessarily their faulting, and it's certainly not your responsibility. If the seeds are planted, the choice is always there for them to grow, or whither and lay dormant.”

“If you stay in a relationship with a person who isn't growing, you become more and more aware of the restrictions imposed on yourself, by staying in that relationship. And the hassles you get from the other person, the more you grow, you end up with more hassles. And you end up with breaking of the relationship under normally good terms, and they can happen like that, can't they?”

“The evolution of the soul can vary greatly, in speed, quality, and time, we are not all the same, yet to hold back and lag behind, can be damaging to the vibrations, we have put forth to achieve in this incarnation. Again, it is still the choice that we choose.”

“Like when we first get the urge to break off the relationship, and we don't follow the urge, that's when things get messy later, isn't that right?”

“Yes, yet all urges, as you put it, are require to be fully examined, before action is taken.”

“Any message for Joan?”

“This one will settle down to the way she was. I have not been with her lately, she has kept me at bay, yet she has come back on the track. She must go within herself more, and channel. She has lost contact with us, because of the drugs, the pain-killers.”

“Well, what's causing the pain?”

“Her altered state of consciousness, has been veering back to the

way it was. *More relaxation is needed, and constant channelling, as it was every minute of the day.*"

"Is she working too hard, letting all the stress affect her?"

"Yes."

"She's not relaxing enough and getting away from the work and worry, is she?"

"*She's stopped speaking to us, she has stopped letting us come through.*" "She needs to do this though, doesn't she?"

"Constantly."

"This is not necessary for everyone, by the way, it's only more necessary for Joan, isn't this right?"

"Yes, this is of utmost importance, for this one's survival. We will raise her levels." "What, tonight?"

"Yes."

"Do you need my help to raise Joan's levels, at other times, other than in the classes? We were going fine, at one stage, but she seems to have pushed me away. I'm not saying she's got to be depended on me."

"*She became frustrated.*" "What, with me, or with herself?"

"*Her pace was slowing down, her pace of development.*"

"What was causing that?"

"*It wasn't slowing down at all, we have a rather impatient entity, here.*"

"And because she believed that, she has created what she believed, by actually slowing down her own development, didn't she?"

"*Her thirst for development is great.*"

"But she wanted to branch out into other areas, you mean?"

"*She will, but not in five minutes.*"

"So we're back to being frustrated."

"*She knows all this, she's aware.*"

"What's my purpose, though, I'm the giving type, but I can't give, what she doesn't want to receive. I'm just trying to find out what I'm supposed to do, and how much I'm supposed to help her. You might know more about this, than I do."

If you can try to educate Joan, about my purpose, I'm trying to get you to tell her, not me to tell her, because she doesn't believe me. Maybe she'll believe you, as you have a stronger connection with her life.”

“You wait in the wings.”

“How long do I wait?”

“There are no guarantees, you wait in the wings, if it does not interfere with your own development, if it intrudes with your development, you must go on.”

“Well, you know what Joan’s problem is, remember, ‘trust.’”

“We feel this will not be overcome in this lifetime, it runs very deep.”

“If I can't help her with her development and her life, maybe someone else can, maybe there is someone else to help her.”

“Nothing can be achieved until she stands on her own self, 100%, others are only back-ups. Healing is required, that is all.”

RAYMOND AS THE CHANNEL

“Greetings, my children. You will become more attuned to your development, the more you turn your face towards the wisdom and light, of what you would call God. The more you seek answers from this world, the less you seek answers from God. Tonight, it was explained through Mary, of the consequences of those souls who chose to focus their minds on the physical.

We wish you to feel, when you make decisions, because you're guides and higher-self, communicate through feelings easier than through your minds, when your minds are focused on logic, and what your eyes see in the physical world. When you learn that your answers can come directly from God, if you are allowed the answers. Then you will turn your mind to God, instead of the world. This does not happen overnight, it is like a reversal what you believe.

The world is like the effects of the causes which are occurring at a higher level, in spirit. The world is like a puppet on strings, and the strings are being pulled by spirit. Just as Pinocchio had to learn, the consequences of lying, and when his nose grew. So do people in the

world, that don't follow their conscience, their inner voice, their feelings.

Your vision of your world is through your eyes, what you believe. And you will not go in areas that you see are harmful to you, but your perceptions of what is harmful to you, is very much coloured by what you fear. Also your world portrays a very biased viewpoint of events and affects in this world, and show more of the painful things that happen to the minority, than the good things that happen to the majority.

When we teach you, through your development, we strengthen you, we take you through the stages, ABC, at a time. We do not let you see the final XYZ, because of your fears and beliefs that you perceive the XYZ as painful, traumatic, because of the conditioning of your world. We prepare you, develop you, strengthen you, if you allow us, if you turn to us, your Guides, Teachers, who are working for God, and for your best. We are not trying to preach to you, but are trying to show you another way of looking at learning, growing.

If you were hypnotised and told that you were a world-famous painter or musician, you could be very good at painting or playing an instrument, but when you are not hypnotised, and you are told that, your disbelief would affect your performance, and you would achieve what you believe. We help you become aware of the fears and conditioning, that limit you, and restrict you from growing.

It is very hard to describe what we are saying, as there are not many people talking about this, and the English vocabulary is very limited to discuss something new. It's very difficult for us to find the words from Raymond's mind, to describe the concepts that we are trying to tell you, that is why it is slow. We thank you for listening, God bless you all."

(As Joan didn't attend classes again until a private therapy session approximately two months later, we have decided to end this blog here.

So look for the next date of release, if you wish to continue reading this book on the web.)