

THE  
AWAKENING  
OF AN ANGEL

VOL 2

PART 4

RAYMOND WILLIAM SHORE

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

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

© Raymond William Shore, All Rights Reserved.

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..

(68)

**HEALING CLASS 27/6/88, KEVIN, (FIRST NIGHT.)**

On this class night I had a new student coming to the beginner's class, and as you know I don't know if my other students will attend. So I receive the meditations from my Guides not knowing who, or if any students will turn up.

The first meditation my Guides showed me, was a settler wagon train, crossing the American west, and was to describe the wagon train being attacked by red Indians, and describe the wagons forming a circle, and explain to the students, that they would be visiting the wagon train in their spirit forms, to learn with their Guides, if they were to help the spirits of the Indians or settlers, when they died, and left their bodies, or learn who in spirit were helping them. Or they can ask their higher-self, if they had a past life there, and learn about that.

As Kevin was the only student to attend, at the time I felt his experiences weren't sufficient to type up my voice, speaking the meditation, so I never typed up the meditation for future text books.

The second meditation is quite familiar to you, so here goes.

**AMERICAN SETTLERS WAGON TRAIN MEDITATION +  
ATLANTEAN HEALING TEMPLE BY THE NILE MEDITATION**

(Kevin) "It just feels like a casual watching attitude, from the circle of the wagons. So, you're not really involved, if it's casual."

**"Are you inside the circle looking out?"**

(Kevin) "Yes."

**"Look down at your clothes, and see what you are wearing?"**

(Kevin) "It's easier to imagine western-style clothes."

**"Are you a man or a woman?"**

(Kevin) "A man, I think."

**"How's the battle going?"**

(Kevin) "Just a lot of tension, nervous vibrations going on."

**"Your higher-self is going to take you forward in time, to**

(2)

**show you another event. Do you see yourself speaking to anyone in the camp?"**

(Kevin) "Not really, I just sense fear. I've just got a really light body sensation. You know, that sensation of getting smaller and bigger. It's weird, because I couldn't really continue the meditation."

**"Ask your higher-self, what are the reasons for feeling these sensations in your body?"**

(Kevin) "The first thing, is a desire to leave this body."

**"Does this have any connection with the meditation?"**

(Kevin) "It's very much a blank."

**"Ask your higher-self, for what reason were you shown this meditation?"**

(Kevin) "Just to describe how you treat expression, and help when people need it. More as if you're waiting to see if any need help, if they die, like an astral helper. You know what it reminded me of, was if you are just waiting to see if we you could be helpful, as if you're not really there, but watching."

## **ATLANTEAN HEALING TEMPLE BY THE NILE MEDITATION**

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

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

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

**As we get closer to the temple you can see that the building is constructed with a kind of pink marble. As we go up the steps, we see our Guides waiting at the entrance, waving to us.**

We now all put on white robes.

The halls and courtyards are all open to the sky. 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."

(Kevin) "I went in a blue room, and blue means calm and tranquillity, one room red, red means purity and fire, orange means warmth, then white, just means plain, just pure."

**"Did you visualise it quite well?"**

(Kevin) "I saw the colours, than the actual individual rooms. The Guides were dressed in the same colours that reflected the colours

that were around them.”

**“Are you seeing anymore?”**

(Kevin) “I don't know, it almost feels like I'm going back to the wagon-train. A faint visualisation of just a kid that had died. You know, just trying to help, to explain that he's got to leave, and move on, you can't keep on hanging around.”

**“What's your higher-self say about this situation?”**

(Kevin) “Just probably more wanting to help, the fear that you can't help enough. Teaching them that they can't go back, you can only go forward, but some of them have only limited beliefs, so how can they know that. So you've got to...”

**“Send them to the white light, type of thing?”**

(Kevin) “Not necessarily, more of just be able to break them free of the tie that they've got, to where they are.”

**“To the Earth, you mean?”**

(Kevin) “Yes, to the tie where they are, at that spot, like they don't want to leave, to their family and friends, they're in.”

### KEVIN AS THE CHANNEL, (FIRST TIME.)

**“Can you see me?”**

“Yes.”

“Late twenties.”

“I am a man.”

**“How old are you?”**

**“Are you a girl, or a man?”**

**“Are you an Australian?”**

(Kevin) “I don't know, I get more of a presence, of being lost, a sort of traveller.”

**“Can you see this white light on the other side of me, behind me?”**

“Yes.”

**“If you look in the white light, there is a figure, and the figure is your mother. Can you see your mother? She's waving to you.”**

“Yes.”

**“She's holding her hands out to you, she's missing you. Go and hold her hands, will you go with your mother?”**

“No.”

“Why not?”

(Kevin) “I don't know, she expresses warmth, he's just unable to go that far.” “Can you feel the love coming from your mother?”

*“To an extent, but I feel like I want to turn my back, even though you don't want to, because you know it will hurt her.”*

“You won't hurt your mother, she understands.”

*“If you turned your back, she would.”*

“Yes, but you don't want to do that? Your mother's come to help you. Do you want to go with your mother?”

“No.” “Why not? Can you tell me the reason?”

*“For I don't think there is a clear reason.”*

“Can you remember your brother?”

*“I see the impression, for I am my brother.”*

“Do you have a brother?” (Kevin) “What, me personally?”

“I'm talking to the spirit. When I'm talking to the...”

(Kevin) “It almost feels like, mixed confusion.”

“All the questions I ask, are supposed to be answered by the spirit that's with you. You've got to switch off your own thoughts.”

(Kevin) “I know, but I'm just thinking, that just the impression...”

“You just have to answer the questions that the spirit is giving you the answers to. Do you remember your sister?”

*“Vaguely.”*

“If you look, standing next to your mother, is your sister. Have a look, you may remember her, when you can get close and see what she looks like, your memory will come back. Do you remember now?”

*“It seems a lot longer, longer, younger than yourself, myself.”*

“Yes, in spirit, she has reduced her age to what she likes to be, not what she was when she died, but what she wants to be, you can still recognise her though, can't you?”

“To an extent.” “Are you scared of anything.”

*“No, because if you gets scared, you just move on.”*

“Do you see the brightness around your mother and your sister? Isn't it brighter than where you are?”

“Yes.”

“Have you felt what that brightness feels like? Doesn't it feel nice in the brightness? Go close, and put your hands there, so that you can feel sensations of the brightness. Does it feel nice? Is your mother talking to you and your sister?”

*“They seem to be talking without words.”*

“You can hear them if you want to. If you want to hear them, you will start to hear their voices. Do you like the white light?”

*“No, because you feel with warmth there's a lot of pain.”*

“You feel the pain, do you?”

*“No, you can feel that it can be associated with it.”*

“Why is there an association of pain with the warmth?”

*“I don't know, just if you get too close to something, it's always taken away.”*

“Well, this won't be taken away, now, if you go over and hold the hands and your sister and your mother, you won't be taken away. They will hang on to you, and you can go with them and they will teach you more things, and look after you. If you want to tune in to me, you can feel how strongly I believe this.”

*“For within yourself, you believe in yourself, in practice you can't.”*

“Well, have you held the hands of your mother and sister, yet?”

*“No, because you can't show the warmth, that you want to show.”*

“You don't have to worry about that. They want to help you, and you have to take that step.”

*“Yes, and you want to help them, but yourself just drags you away, as if you don't want to be involved.”*

“Well, you've been wandering around lost, for a long time.”

*“Because you're afraid of getting too close.”*

“You don't have to worry about that, your mother and your sister understand, and you were brought here to be helped.

Do you have a friend with you?"

"No." "Are you alone?"

"Yes, you just seem to be living, not staying too long, because you don't want to get too close."

"Can you tell us what caused you to feel this way, about not getting too close? Did something terrible happen to you?"

(Pause) Aren't you talking to me anymore?"

(Kevin) "Just a loss of words."

"Do you have a girlfriend, or wife?"

"Years ago." "Did you love her a lot?"

"Yes."

"Have a look in the white light, see if you can see her, she's there, smiling to you. Can you see her?"

"I don't know, to an extent."

"Then go closer, and have a look, what have you got to lose? She's trying to say something to you."

"No, I don't think so."

"Don't you want to hear what she's trying to say?"

"Nothing, I just got the impression, you've got to be cruel, to be kind."

"What does that mean?"

"I don't really understand." "Well, go and ask her."

"I just get the impression, that it's a stalemate, I won't get closer, and they won't get closer."

"Do you have a name?" (Pause) "Don't you want to give your name?" (Pause) "I can't call your name, because I don't have your name. Do I just call you 'Spirit,' or 'Thingy.'"

Can't you remember your name? (Pause)

Well, whatever your name is, when you leave this circle tonight, you're going to be followed by a white light, no matter where you go, wherever you go, that white light is going to be with you, all the time, like as if it's tied to you.

And in the white light is your mother, your sister, and your wife, waiting for you to go with them, no matter what you believe, they are going to be there, the white light is going to be there, because where you've been wandering, is

not good for your health, and they want to take you to a far better place, and heal you of your problem.

So if you are not going to go with your relatives in the white light we'll say goodbye."

(Kevin) "I just got the impression, of a bloke, just packing up his bags, and walking out. He seemed like the bloke was more afraid to go into the white light, than anything."

## RAYMOND AS THE CHANNEL

*"Greetings everyone."*

(Kevin) "Who are you, and where do you come from?"

*"There is no need to ask questions, we prefer to speak."*

(Kevin) "What is needed to be said?"

*"We are helping you to develop your link with your higher-self. As your higher-self will then be able to release more of the memories that the higher-self has of your past lives.*

*Your conscious mind does not have these memories, so the more you become attuned to your higher-self, the connections will be made, just like plugging in the wires to bring through memories of many things that the higher-self has learned, and is learning, in different dimensions and planes."*

(Kevin) "Is it necessary to know the past-lives, is it necessary to advance?"

*"Sometimes, some past-lives that are shown, are necessary to release certain conditioning, which served their purpose to a point in this lifetime, but now maybe a hindrance to you progressing further.*

*Conditioning from a past lifetime, is not meant to affect you for the whole lifetime, and then you die. As you progress and develop, this conditioning can be removed, maybe the conditioning brought you to the stage of developing, or brought you to certain experiences, to help you grow.*

*But change is also growth, so we like to help you release the conditioning that had been caused by past lifetimes."*

(Kevin) “Are you directly talking to me?”

*“This applies to many, the wisdom can be understood and be used by many. Your development...”*

(Kevin) “How important is my development, is there something to be achieved?”

*“Yes, growth. You were practising tonight, communicating with your higher-self...”*

(Kevin) “Are you free of Raymond's mind, or is Raymond's mind still there?”

*“Raymond's mind is always here we just suggest the words, for him to say. We use his memory of words, to suggest. We would not suggest words that are not in his memory. That takes a lot deeper level of channelling, where the higher-self or Guides can channel other words, maybe other languages, maybe spoken in past lifetimes, but that is not necessary.”*

(Kevin) “How come you're saying past-lives for, now you're saying they're not all necessary? To an extent, have you learned the lessons out of some of them, or have I? For how we evolved would be my ego? my mental state?”

*“Sometimes, for you to learn something new, the memory of other things are removed, so that you can learn something new, but if you had the memory, you would not learn something new, you might avoid it, but we also show you memories of past lives that will help strengthen you, and give you more courage.”*

(What spirit is meaning, If you had the memory of previous attempts at achieving something, and the memories of failing, of the emotion or pain associated with failing, you may avoid the whole situation again, and never try, but if you don't remember the failed attempts, then when you are presented with the same challenge, then you have a better chance of success, with less fears and painful memories to hinder you in your next attempt.)

*“There are many reasons for seeing past-lives, or parallel lives, sometimes future-lives, but this is only part of your*

*development.”*

(Kevin) “Future lives, I've never heard of anyone who knew his future lives, I'm trying to work out the fourth dimension, the time is as it was, and as it is, and as it will be, all at once, or is it still different?”

*“All-time is happening now...”*

(Kevin) “Can you have known, when you recollect past-lives?”

*“Because they don't believe they can find out about future ones. Hypnotists are doing that now, groups like this are also tuning into future lives. If the teacher does not believe it can be done, then we cannot tell him.*

*But when other teachers in other groups, do, then it gets back to the teacher who doesn't believe, and may change his belief, so he can also do a future-life meditation, and teach...”*

(Kevin) “What do you think of all different beliefs?”

*“They are correct for the people that they will influence.”*

(Kevin) “I agree with that one.”

*“But for people to grow, there has to be teachers at the next stage, for them to go and learn from...”*

(Kevin) “After death, or still alive?”

*“In this world...?”*

(Kevin) “In the physical state?”

*“In this world, there are teachings from all levels, but in the spirit worlds, teachings are on different levels, in different places, and it is a lot harder to learn, when you reside in certain areas, where everybody believes the same thing. But in this world, the teachings and the teachers, and the books, are everywhere.*

*If you choose to learn about these things, you will be born into a country which allows all these teachings to be available, but if you are learning other things, on different levels, you may be born into places like Iran, Africa, China.”*

(Kevin) “But isn't China advanced beliefs?”

(Remember this class night was in 1988, and we all now know how the Chinese government suppress religion, remember Tibet.)

*“Not for the average peasant in the villages, or the towns. If you choose to grow, you would choose to be born in a country, or civilisation, which allows you to grow, and can help you to grow. But we cannot provide a utopia, just for growth, you still have to put up with bureaucracy.”*

(Kevin) “What do you personally think of, not so much Buddha, the religion, but Buddhist teachings?”

*“We do not wish to speak about other teachings. We normally speak through this one, what we want to say, to help you grow, and even on subconscious levels, help with your development. But when you ask questions, the conscious mind is asking the questions.*

*We may answer, but you are only restricting your own development, by taking up the time with answering the questions that you ask, which are not really designed for your development.”* (Kevin) “Which questions shall we ask, then?”

*“There is no need to ask any questions, because we will then say what we came to say. This is not the same with all channellers, this one accepts what we want to say to the students.*

*He does not want to answer student’s questions, or become a servant of the student’s, but rather a servant of the teachers in spirit, that our wiser, and know what’s best.*

*He talks too much anyway, when he is not channelling, but he knows that when he is channelling, it is what we want to say to the students, not what Raymond wants to say. And he knows that we would rather talk...”*

(Kevin) “Well, how do you find your Guides?”

*“Is this question directed at Raymond?”*

(Kevin) “Not really, well, how do I find my Guides?”

*“They are with you...”*

(Kevin) “But even if they are, you still have to find them.”

*“Not necessarily, you do not have to find your Guides, they are there with you. They are as close to you, as you need them, at any time, but they are reluctant to give their names, because the Guides change.”*

(Kevin) “For are they helped, directing my past, or is my past total human will?”

*“Guides are always there, helping you, guiding you. You have free will, and when you do not follow the guidance of your Guides, and go your own way, you may stumble and hurt yourself.”*

(Kevin) “Or others?”

*“Maybe. You will learn. We have said enough tonight, you are asking questions that cannot be answered in a few words, and much of what you ask, is already written in the book,*

*(Volume One) and we do not channel repeats.*

*We are not here to practice channelling through Raymond, we are here to help you develop. Thank you, God bless.”*

Kevin only came to this one class night. I never saw him again.

(69)

HEALING CLASS 11/7/88, ELTON, FIRST NIGHT.

BASIC CHAKRA +

ATLANTEAN HEALING TEMPLE BY THE NILE MEDITATIONS

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

(Ten to fifteen second pause)

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

(Ten to fifteen second pause)

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

(2)

(Ten to fifteen second pause)

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

(Ten to fifteen second pause)

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

(Ten to fifteen second pause)

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

(Ten to fifteen second pause)

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

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

(Ten to fifteen second pause)

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

"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.”

Elton didn’t see anything on the meditations, so we went straight into practicing channelling. I will type the channelling in *Italics*, when I recognise it, so read carefully.

“Are you a man or a woman?”

(Elton) “I don't know, a man maybe.” “How old are you?”

“Sixty-five.”

“Are you a Guide?”

“Sometimes, but not always.”

“Do you have a name that you want to give us?”

“No.”

“What area are you helping Elton with, if you could put it in one word?”

“Expression.”

“To help Elton with self-expression?”

“Trouble with feeling what he expresses. He has a lot of trouble with the heart chakra, (Elton) I think. I think I'm meant to cure my childhood conditioning. I have trouble letting the barriers down.”

“Am I speaking to the higher-self now?” (Elton) “I don't know.”

“Wait for the answer.”

“Yes, (Elton) I think it could be. Like mental abuse, yes, *damage to*

*be repaired from school days.”*

**“I want you to ask your higher-self, and you will receive answers now, do you have to forgive yourself?”**

**(Elton)** “No, not my fault.”

**“Do you have to forgive anyone else?”**

**(Elton)** “Not really, just anger.”

**“Do you have to release any emotions?”**

**(Elton)** “Anger, a lot of anger.”

**“If you say it out loud, ‘I release the anger, for whatever the cause was,’ it helps break down the conditioning in your body.”**

**(Elton)** “I release the anger from this area of my life.”

**“You could ask your higher-self to show you the scene that caused you to be angry, that you have not let that anger go. It will show you the scene from the past, and you can release that scene as well. It may show you a different perspective of the scene.”**

**(Elton)** “Yes, I can see a lot of school things, like when I was little, round about eight or nine, I'd say. I was left-handed, and I got changed, and there's a lot of anger in that, I think. Because a battle took place, a battle of will, in which two people destroyed themselves. Nobody won, because the teacher rejected the loss, and I rejected the teachings. So I wound up being right-handed.”

**“I want you to ask your higher-self, if you chose to have this experience in your childhood.”**

**(Elton)** “I think it just happened.”

**“Stop thinking and let your higher-self answer. That's the idea of switching off the conscious mind.”**

**(Elton)** “Probably did, I'd say it would be along the lines of the things I had to learn, later on in my life, as survival. Help set up the tool for creative survival, because I got very creative, a lot of anger, though, a God damned lot of anger.”

Most of my school-days were locked in battle with somebody, if it wasn't a physical, it was mental. I don't remember my parents, along the lines of these things. I think I've shut out a lot. I also remember being locked in battle physically, with other kids, wrestling, battle of will.

I spent three years in one class with that Teacher. So I had her for

three years, the same battle going on, amazing. And it's left me feeling like I'm three years behind everybody else, I don't know why."

**“Ask your higher-self, if you have known that entity, who was the Teacher, in previous lifetimes? You'll get a ‘yes’ or ‘no.’”**

(Elton) “I couldn't say, I just don't know. Probably, yes, probably someone I owed karma to, or somebody owed me something, and had to show it in a way that would have showed me something else along the line, further along in life. But it was a Nun, and it was sister Brodie, the Teacher.”

## RAYMOND AS THE CHANNEL

*“Greetings my friend. We have been waiting to speak tonight to you both, for you are much alike in many ways. We wanted you Elton to talk and get things off your chest, which will help you with your development. Don't worry about not seeing, that will come later. We want you to practice visualising some of the meditations. If you read the meditation, and then write what you imagine is happening after, like as if you are creating a story, but it's happening to you. You will find that you can receive the experience of the meditation in this way, do you understand?”* (Elton) “Yes.”

*“Let your imagination run free, your mind has to be focused into this visualisation type of dimension, to receive the knowledge, or communication, or picture. The same way when you read the meditation, you can imagine the scene, go with it. But don't try one meditation after another, until you find one works. We would rather have you persevere, with one at a time. You will find this will work.*

*Very often, we tell Raymond what to suggest to you, so ask the voice that you hear, ask questions. You will feel the changes in the coming days, in your aura and your mind, when we heal your aura. Every week when you come to classes, we do things in the aura and the physical, while you are receiving healing. We thank you for listening, God bless you all.”*

**(70)**

I and my Guides thought this would be a good place to teach you the importance of believing in your Guides, if you are receiving meditations for your students.

Anyway this chapter had to be inserted after you had learnt more about my spirit's 'Walk-in' status, and what 'Walk-ins' are about, also you are now quite aware of the concept of parallel lives and parallel Earth's, and other dimensions.

At the end of Volume one I explained that when I met Carla my Guides told me that I was the only one that could help heal Carla's multiple problems, her higher-self being one of them, but now that you are up to speed with many concepts we can show you the other problems she was suffering from.

Remember I left out her first class-night, well, we will show you the relevant extracts, which are linked with the class-night that followed the class-night Carla found out about her dysfunctional higher-self.

**HEALING CLASS 19/10/93, CARLA, AND MARCUS.****MEETING YOUR HIGHER-SELF MEDITATION****BASIC CHAKRA +****ATLANTEAN TEMPLE BY THE NILE MEDITATION**

**"I want you to imagine in front of each of you, a full-length mirror, but it is blank, and in this mirror sitting opposite you in the dark, is your higher-self, and you are going to reveal slowly, little by little, what they look like.**

**Now I want you to look in the mirror, where your hands would be, the fingertips of your higher-self will start to appear, and then more and more of the fingers and hands will appear. Notice the fingernails, are they coloured? Are they a woman's? Or are they a man's hands? Are there rings on the fingers? What colour is the skin? (Brief pause)**

**As you see up the wrists to the forearms, see what**

clothing are on the arms, or bracelets, if the arms are bare, see if they are smooth or hairy, slight or muscular.

(Brief pause)

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

Now, you can travel down to the legs and feet. Are the feet bare, or with shoes on? I you want to gaze up the body now, to the shoulders and neck. Are the shoulders bare, or clothed, any jewellery around the neck. (Brief pause)

As you come up the neck, see the chin, the mouth, smiling at you. See the nose, and the sparkling eyes, the eyes look like they're laughing. See their hair, the forehead, is it longhair, short hair? Are they wearing anything on their head? (Brief pause)

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

Any question you feel pops into your head, is most likely coming from them, so ask it, and you will get an answer.

Now your higher-self is going to stand up, and step through the mirror, turn around and sit on your lap, and slowly they will merge with your body, this is called transfiguration, and slowly you will start to feel their body and clothes, and jewellery, so that you will be able to recognise them. Then you might feel an emotion, like a signature, it could be peace, joy, exuberance, love, acceptance, or strength and confidence. (Brief pause)

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

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

(Approximately ten to fifteen minutes silence)

“Now I want you to thank your higher-self, and I want you to 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.

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."

I will keep all the students meditation experiences together, so that Carla's complete nights experience is the last thing you remember, before you go into the next class-night extract.

## MARCUS'S MEDITATION EXPERIENCES

(Marcus) "It was wearing kind of brown boots, but they weren't human shaped, I went up and it was grey and skinny, and didn't seem to have much clothes on, maybe something covering the genitals.

It had a grey pointy head, like a half-moon head. It had a funny big cheesy smile, with brown eyes, and eye-brows. Then I asked, 'What is your name?' And she said, Jodie, or Joe, Jodie comes stronger.

Then she came in, and I felt a bit in here, (pointing to his chest area.) a kind of activity, like a one percent stitch, I guess, and I said, 'Are you an alien?' And she said,

'Yes.' I then asked how long have you been with me, and she said,

'*Since you were born.*' I knew before we even started, that it was an alien, not human in form, but grey and skinny, and I think it's

little. I felt it was cool, her being an alien.”

**“Well, that's why they came through that way.”**

(Carla) “Mine came as an alien, too, so don't worry.”

(Marcus) “The red one was like a frangipani, the orange one was a bit bigger. The yellow one was a huge 3-D, the green one was okay. The blue one was really bad, all blurry kind of getting there, and wilting all the time. They had really cool stems, I felt a lot of the movement there. (pointing to his third eye area.) The crown chakra was huge.

Then, we flew off to the Temple. We were on the river banks, and I saw Carla there with her Guides. We were all there together, and then we went along the path to the Temple. It was beautiful, all curves, fantastic pink marble, it was beautiful.

The steps went right to the water. At first, the Temple was Greek Corinthian, and then it all started to curve, all the straight lines went out of it.

I went down the hallway, then I went to the blue room and lay down, the blue was going through my centre Meridian. I said, ‘Why is it here?’ and they said, for communication. I kept saying, ‘Can I go now?’ And they said,

‘No.’ And my higher-self, was there doing nothing, her name is Jodie. Then I was going back to the yellow one, and that's when you said, ‘Come back.’”

## CARLA'S MEDITATION EXPERIENCES

(Carla) “It had sparkly purple crystal shoes, and was dressed in all purple, with a jewel at the stomach, and very skinny at the centre, and she didn't seem to have any form, but squared-off shoulders, and had a ring on her hand, with a stone in it. And the fingers were long, and like crystals at the end, and she had another crystal on the throat, and didn't have any chin, but had a crystal smile and crystal teeth, and no eyelashes, and a crystal headpiece over the third eye.

When I felt my higher-self, I couldn't move my hands, and a real tightness in the throat. The headdress was really tight. Then she was singing to me.

*'I've been watching you for a long, long time.'* I said, 'Do you come with love.' And she said,

*'Yes.'* And I asked, 'Can you help me with love.' And she said,

*'Yes.'* Then I asked, 'How old are you,' but I didn't seem to get an answer, just very very old, and that's when she started singing.

*'A long long time.'* Her name was Gabralt.

I think my three lower chakras were smaller, but for some reason they got me to work on the top ones, and I felt a real warmth in the bottom one, and I felt that one was really small, and as they came up, they got bigger and bigger."

**"You see, if you're bottom chakras were being affected by today, with the relationship problems you have been having in this lifetime, then they would be working on them.**

**But if the bottom chakras have been affected by previous lifetimes, then they want to get the top ones developed. So you can access your previous lifetimes, so you can release the stuff that will allow healing of the bottom chakras, if they need it, to get them flowing and functioning. Does that make sense?"**

(Carla) "Yeah."

**"Because the bottom chakras deal more with the physical reality, and the other one's deal more with the spiritual reality, life beyond this vibration."**

(Carla) "I got 'trust,' from one of the chakras, the throat chakra, and speaking the truth, not half-truths.

In the Temple I went into the green, blue, and purple rooms. I got the message of love, unconditional love from the green room. From the purple room I got clear thoughts, to try and clear up my thoughts.

My Guide looks Buddhist, he said for me to remember, to help me with these three chakras, OM, the universe, AH, the ideal, and HUM, the individual."

\*\*\*\*\*

When I first met Carla, part of the communication I received from my Guides, was that the spirit who had incarnated into Carla's body, was not used to incarnating into a human body, and that this was one

of the area's my Guides thought only I could help in, but I wasn't meant to mention any of this, but allow her to find out, and follow my intuition, or Guides or higher-self's guidance, which might be the same thing.

But as I was to find out, it was a bit more complicated than that, and as you can see both these students have Alien appearing higher-selves without any suggestion from me. I'm sure you don't think that this is a coincidence, and you would be right.

One of the reasons this chapter is also here, is because some readers of these books, may feel that some of the meditations that come into my mind, are not connected with healing or development, but might seem to be adventures, or sticky-beaking into places where they are highly interesting, like 'The Crystal City meditation,' or this 'Visiting a U.F.O Meditation,' but seem like they are my interests, and not guided by my Guides.

If you feel that way, then maybe you aren't suited to run a Spiritual healing development circle, and remember the emphasis is just as much on the healing of our spirits, as being helped with healing by spirits, because there are many past lifetimes where past life conditioning or trauma is not coming from human past lives, but previous, both incarnated, and in other dimensions, lifetimes connected with other places in the galaxy.

And if your Guides want to train you in understanding and accepting past life conditioning, or psychological imbalances in patients who are affected by these extraterrestrial previous life experiences, but you think the meditations that come into my head are too science-fictiony, and you choose to not use what comes into your mind, then maybe you should read this chapter, which may change your mind.

And realise that this is the time that young people, who want to develop, have been prepared for decades, by all the science fiction movies and TV series, to be ready for these text books.

This next class-night is why I needed the training of becoming familiar with aliens, with performing a meditation, which you will read about in the coming chapters, where I first received this meditation, which over the years I have given it a few times to my students or patients.

**HEALING CLASS 26/10/93, CARLA, AND MARCUS.****VISITING A U.F.O. MEDITATION**

“You are feeling lighter and lighter, as your state of consciousness changes, and part of you is going to float towards the column of white light, in the centre of the class.

And the white light is like an antigravity beam, coming down from above the city, from a spaceship, and on this spaceship are friendly extraterrestrials, and maybe one of them is a parallel life of yours, you can find out if this is true or not. You are floating closer to the white light, in the centre.

When we go into the white light, we float gently at first, then getting faster and faster. You see the city below now, the street-lights on the cars. We look up and see the beautiful lights of the spaceship, beautiful and soft lights. As we go up the beam, the lights of the spaceship get bigger. We are going to go into the spaceship and arrive.

We feel the friendly atmosphere, the love and warmth coming from our friends from another galaxy. You feel at home in this spaceship.

You look out through the windows of the spaceship, and see the lights of the city below.

The atoms of this spaceship, and all who are in it, are vibrating in a dimension, similar to what Earth-bound spirits use, so they are invisible to the earth dimension.

You may be drawn to one of individuals more than any other. Ask you higher-self if they are a parallel or past life of yours.

They may appear human, they may appear whatever you wish. You may merge with one of them, and see out, through their eyes. You can ask them questions, think up questions.

Your Guides will help you with the questions to ask, and the answers you will receive, from the crew, or passengers.

They may take you on a tour of the spaceship, and explain to you how they operate. Your Guides are always with you, so you can ask them to help you if you feel lost, but you won't.

They may take you for a ride in the spaceship to other planets, or other galaxies. Ask them questions, and try and remember everything you experience, and see. I'll leave you now.”

(If your student's don't say anything for ten to fifteen minutes, feel from your Guides when to bring the students back.)

“I want you to now say goodbye, and thank your new friends, unless one of them is coming back to channel through one of the students.

Make your way back to the beam of light, and float down through the spaceship, down through the sky and back into this building, into this room, and then float back to your chairs. Come back now, take three deep breaths, have stretch, if you want.”

(Remember my higher-self renamed Abigail, was guiding Carla, while her own higher-self was temporarily away receiving healing and education.)

## CARLA'S MEDITATION EXPERIENCE

(Carla) “I was asking questions, because I was told I was blocking, when I was in the spaceship. They were just taking me back in memories. It was like two triangles upside down, and in the centre of it, it's like a sound vibration, and it can change its form, and inside, it was like the inside of a vein, it was like alive.”

**“Like a living spaceship?”** (Carla) “Yeah.” (Marcus) “Organic?”

(Carla) “Yeah, yeah, yeah. This is all memory, and I kept going through hallways again, and opening up like this. I wasn't seeing any

E.T.s, then I came to the conclusion, and I said, ‘Have I been here before?’”

‘Yes,’ and Abigail said,

‘*Do you remember last time you came?*’ And I said, ‘Yes,’ and she said,

‘*Do you remember what you did?*’ And I said, ‘I got really scared.’ And she said,

‘Yes.’ So then we just started talking about memories of and I said, to all those things I saw, visions, like what I thought to be like beacons, and vibrations, and sounds, and lights, and everything, they are all connected in a sense? And she said,

‘*Yes, they are connected in that sense, but they are mainly the universe, and this one was different, which you knew at the time, but you didn't accept it at all.*’ And I said, ‘Do they still looked like frogs?’ And she said,

‘*Well, if you didn't block it, you'd be able to see. You're blocking on that level, because you got so freaked out by it, last time, because it being so different, to the other ones that you experienced.*’”

**“What other ones?”**

(Carla) “The other sounds, I don't know the words for them, energies, vibrations, things I flew into.”

**“Did Abigail help you to release the block?”**

(Carla) “Yes, that's what we're doing, going along trying to release the fear, and release the doubt. as to what I saw in those visions. She was telling me it's all okay. She keeps saying,

‘*Remember, try and remember, more and more, it'll keep coming back to you, what happened.*’ So we’re just sort of flying down the corridors. Then I went to ask about my higher-self, and she's saying,

‘*Yes, you did see her in those visions, but that's a different thing altogether, from what you are doing right now. So don't ask any more questions about your higher-self.*’ I kept getting the vision of people, but they have webbed feet and hands. It’s coming to me in the drawing, rather than... I went into shock, last time I went

to this...”

**“Did you ask Abigail where the shock and fear was coming from?”**

(Carla) “Not accepting, really, it was just too powerful. Most of what I went through then, was too powerful.”

**“Ask Abigail why did you meet them last time, when you weren’t ready for it, what brought you together?”**

(Carla) “I was ready for it, to be aware in the future, so I just come to terms with it. So next time we meet, I won’t be freaked out.”

**“But what was the connection that drew you to these E.T.s in the first place, who drew you to them? It wouldn't be your higher-self, Abigail knows what drew you to them, the first time. Was it pre-programming, before you were born?”**

(Carla) “Yes. She's saying something about coming astrally, I don't know about that.”

**“Ask her if you had a lifetime as one of them.”** (Carla) “Yes.”

**“Was it many lifetimes ago, or recently?”**

(Carla) “It was my last lifetime.”

**“I was picking that up weeks ago, that you were a recent incarnation of an E.T. Did you know that? Did you feel that way, that you were a bit alien on this planet?”**

(Carla) “Yes, well, I've always been called a space cadet, by my family. I guess that gave me a slight idea.”

**“So, does Abigail say that these aliens have the power of space-flight, utilising it quite a lot?”**

(Carla) “Yes, she said that's why I call them U,F.E.s. Unidentified Flying Energies, or Entities. It’s not like an object, it’s more complex than that.”

**“That's what I've said before, that's the only way they get around, is to alter their vibrations, so they travel in spirit form.**

**They manipulate energies, just like we do, but In the astral, there are so many different vibrations, and different levels, that we don't know about, it's incredible.”**

(Carla) “I just saw a flash-back, they come over active circles, all

kinds, to see what the circles are doing. (Classes, not crop-circles)

**“I knew that, did you just learn that?”**

(Carla) “No, I have seen it on the astral, the setup of a circle with the energy above, and the saucer, which I didn't want to admit.”

**“Ask Abigail what was the purpose of showing you that. And don't just say, to awaken the memory, it has to be more than that. Is it to release anything, is it to release a subconscious obsession to accept who you were? Does Abigail say it's just that you miss the travelling?”**

(Carla) “Yes, and that's why I travel astrally.”

**“Did she say that the purpose of the meditation is to release, the obsession, release, the wanting to know, when you already know? It's like as if you're trying to prove it to yourself...”**

(Carla) “Yeah.”

**“...the desire is to try to prove it to yourself, and they want you to release that desire, because now you have proof.”**

(Carla) “Fear of being ridiculed, if I told anybody about this.”

**“Yeah, but the point is, you will do, you will always be ridiculed, but the thing is, you've got to acknowledge, and accept, in a way, that you were.**

**We accept that you were, so that you can take away your obsession. Does Abigail say it is similar to that?”**

(Carla) “Yeah.”

**“And that you're not here to re-establish the links with the E.T.s, but your desires... because it's so close to the last lifetime, that you are drawn to wanting to fall back into the old past lifetime, in a way. What did she say?”**

(Carla) “She said there is still this thing about the future coming up, a connection, and now with knowledge that I will acquire in the future, when I'm ready for it, when it doesn't frighten me so much.”

**“Ask Abigail, if you're here to grow...”** (Carla) “Yeah.”

**“...and release stuff, and the point is, that there is such a strong pull, desire, obsession, with re-establishing links of your...?”**

(Carla) “It's not an obsession.”

**“Or a desire, then?”**

(Carla) “It's not a desire, she's telling me it's loneliness. So I've got to release feeling lonely on those levels, I guess. Stop looking for them.”

**“Yeah, but it's also...”**

(Carla) “But it's not a big obsession, though, and I've only really done it, since I've been here. I keep looking up in the sky, and I keep saying, look, ‘I don't mind if you just show me,’ and they told me today. It was a small plane that I saw.”

**“Well, ask her why, is there any connection with your mild obsession with wanting to meet a U.F.O., though, you know what I'm on about?”**

(Carla) “Yeah, it's a mild obsession.”

**“Was it triggered off, by coming to live here?”**

(Carla) “She's saying, because she knew that it would be alright to tell Raymond, this stuff, instead of hiding it inside, and pretending it never happened.”

**“You see, there is a compulsion to be accepted, and that conditioning, that compulsion is messing you up.”**

**Ask Abigail, it's as if you feel that you are alien, and you want to be accepted that you are Alien even though you are on Earth as a human being? Ask Abigail if you need to release that?”**

(Carla) “No, I don't need to release this, it's not an obsession.”

**“What's the purpose of it, then?”**

(Carla) “Yeah, in the subconscious, there is a feeling like a space cadet. To release the loneliness associated with that, because it's caused a lot of unhappiness for me.”

**“The only reason you feel the loneliness, is because you are still holding the desire to be back with the people that you knew.”**

(Carla) “Yeah.”

**“Or thinking that you can't get back, or thinking that you are lost forever from, or you feel as though you are never going to meet them again.”**

**All this is bound up in this, which you've got to release. Now you know, you can, and will go back to them.”**

(Carla) “I will.”

**“Right, release it then, because in not accepting yourself**

being human, if you focused too much on wanting to be an E.T., and focusing back to wanting to form links, that way, you're not going to relax enough to get on with what you are here for, as a human being, and growing and learning as a human being, do you follow? Ask Abigail if I'm right?"

(Carla) "She just put it really simply, the feeling of wanting to be in these realms, instead of that realm, and that's not good, because you are stuck here for now, to learn what you need to learn, and so..."

She says it's very hard dealing with the subconscious, if you can't bring it to the conscious. If you haven't built the bridge yet, well, how can you know really what's there, you know, what's in your subconscious.

And is that why I have the desire to learn Astronomy and Astrology, at the moment?"

"Ask Abigail."

(Carla) "I just did. Yeah."

"It's the wanting to get back, and away from focusing on this planet, and things that you've got to learn here, and all the time you are constantly bombarded with reminders of the E.T.s. There are movies about them, you know what I'm saying.

Whichever way you turn you've got science-fiction thrown in your face, spaceships and outer-space, Aliens, and this is a constant conscious reminder, triggering off the subconscious desires of wanting to get back to what you were, who you were, where you were happy, where you felt at home.

And all these things are being stimulated and triggered off, is making you homesick, and they want you to..."

(Carla) "Release the desires."

"Yeah, and accept being a human being this time, and accept that you are a human being incarnated on planet Earth for things to learn, and things to grow. Your spirit grows whether you are an E.T., or an earthling, it's all growth, do you follow?"

(Carla) "Yeah."

"Ask it, Abigail, if the E.T. is a parallel...?"

(Carla) "No."

“It's a past lifetime of yours?”

(Carla) “Yes.”

“Ask her, if you have had past lifetimes as human beings, before that lifetime as an E.T.?”

(I had no class nights, where Carla had seen any past lifetimes yet, when I asked this question.)

(Carla) “I just got a yes, and no. Yes.”

“Ask Abigail if the human incarnations that you had, you got so off-track, when it comes to relating in human form to humans, because you chose to incarnate into an E.T., for a break from it all, to try to break free of all the conditioning of the previous lifetimes as a human being, like a holiday?”

(This last paragraph of questions is way off track)

(Carla) “This is all very confusing, I'm getting parallel lives keep coming through, and I don't really understand parallel lives, yet, so I can't... she's going on about, yes and no, and parallel lives, and stuff.”

“Well, ask Abigail, if the spirit that is occupying your body now, is a ‘Walk-in?’”

(Carla) “She's not going to answer that one, you ask her?”

(Thirty seconds silence)

“Right, well, what I seem to be getting, and you can ask Abigail to confirm this, but the spirit that had the lifetime as an ET, walked into your body, to help you.

It is a parallel life of previous human lifetimes that you've had, and it came to help, because the conditioning from the human spirit, got so out of whack, and they couldn't correct it, and it couldn't release some of the conditioning, which was bringing upon you bad experiences, and stuff like that, and the bad experiences weren't helping you grow.

Anyway, the extraterrestrial ‘Walk-in,’ exchanged places with your spirit, and he can help straighten things out, and to help figure things out, to be able to release things, and stuff like that.

And that's why you are picking up the homesickness of the

‘Walk-in’ spirit, as well of it’s E.T. past lifetime. Ask Abigail if I’m roughly right?”

(Carla) “Yes, roughly right.”

“So the E.T. spirit ‘Walked-in,’ at some time in the past, it was before you met me, I can tell you that, wasn't it?”

(Carla) “Yes.”

“For you to understand that the conditioning was creating your reality from your own previous conditionings from past lifetimes. The human spirit had sort of left an imprint in your subconscious mind...”

(Carla) “Oh yes, I can see when he walked in, not just from how I felt, but from what other people were seeing. When they saw me, like the sparkler, people kept saying,

*‘You're going off like a sparkler, you need help, you need help.’*

“You can still release stuff, and it still gets back to your human spirit, who is maybe somewhere else, having an R and R, and with your higher-self being in trouble, your higher-self may have made the situation worse, because it was biased in influencing you in your relationships.

And maybe that's why they brought in the advanced previous branch of your past life, the parallel life E.T., to help calm you and have a dampening effect on your triggered off conditioning, to help you go in the right directions, and have more of an influence over your mind, do you follow?”

(Carla) “Yes, so I didn't end up dead.”

“Well, yeah. So, to help you with releasing lots of past life conditionings, and then it will most likely leave, then your spirit will come back, and your higher-self will be fixed up as well. This is a new one on me, them bringing in an alien parallel life.”

(Carla) “No wonder I felt so of the planet, at those experiences two years ago, which led me to you eventually, via Bellingem.”

“Yeah, because you need to release a lot of the conditioning, you had to get your higher-self aware to be fixed up. You had to learn, and you are learning as you go along, as well. It's like this alien is saying to you,

*‘See, see. You are creating these attractions of these daft buggers, that you’re attracting towards you, then having relationships with them, it’s not their fault. It’s your past, it’s your conditioning.’*

Don't keep blaming the others, because you'll continue to bring to you the same thing, again and again. By blaming the others you are focussing your eyes on them, instead of looking within and the past, to find out that it's your past life conditioning.

But we know they are arse-holes, but you don't have to live with them. Let them live somewhere else, to learn their lesson'

You were becoming aware of that, but this is good stuff, now you are understanding the reason you were shown all this.

Ask Abigail if this spirit was being shown his homesickness, and needed reassurance, to visit his aliens back in time, if you like.”

(Carla) “I was just shown everything in those realms.”

“Is that what you've been doing tonight? But the trouble is, the conscious mind of Carla thinks the aliens are ugly, and frightened you. So his spirit wanted to visit, but Carla had a glimpse on a conscious level.

But then the human mind had to understand the conditioning of the human lifetimes, to release it.

The alien spirit knows that, but it's still pining for its alien race, and you had a glimpse, and got a fright.”

(Carla) “A very big glimpse, and they are just taking me back, and showing me that again, to say that it's all right. All the things I saw and experienced, and Abigail was also talking about certain times, certain sorts of voids, or gate-ways being opened.

And that's what happened two years ago, was some sort of gate-way was open, and that's why I was able to see so vividly. Like I was actually there, not like how I see now on meditations, but just full on, colours, and sounds, that just shook through my whole body.”

“Ask Abigail if the spirit of the alien has a higher psychic development, you know, is more psychically developed to be able to...?”

(Carla) “Yes, and can see all the celestial pathways, and chambers and what's flying around up there.”

“...help you, and then they can get you into the right flow of things, and stuff like this.” (Carla) “Yeah.”

“You see I was right in that it needed to be released, but he didn't need to be released from your subconscious, or your mind, but it needed to be released from the alien spirit, who had ‘Walked-in’ to help you. It's like he has a dampening effect on your past life conditioning.” (Carla) “Yeah.”

“He’s trying to help his human spirit side of the parallel life, that's got into a bit of a mess, with past life conditionings and sexism, and other stuff we don't know about. We are just scratching the surface, but you are aware of the effects of the ones that have been triggered off.”

(Carla) “I know how it got here, through a circle, and to me somehow.”

“But ask Abigail if it was all to help you, and is all part of the plan?” (Carla) “Yes.”

“It wasn't an accident.”

(Carla) “A lot happened from that point on, though.”

“Does Abigail say that you can work on this, with Abigail, and get to understand all this, and to accept the alien, and accept that part of you that feels alien?”

But the alien needs to get rid of his homesickness, because he was affecting your human mind, wasn't he?” (Carla) “Yes.”

“Your Guides, needed a Guide that would mesh closer to your vibration, like a parallel spirit, to have a stronger influence over you than they could.

‘Walk-ins’ are nearly always parallel past or present lives, because the vibration is so close, because you've had past lifetimes of the same vibration, you come from the same spirit source, that gave birth to the alien past lifetime.”

(Carla) “For that ‘Walk-in’ to occur, me going through all the colours, which was all the colours going through my body, all the vibrations and energies I flew into, was to raise my vibrations, so, the ‘Walk-in’ could occur?”

**“Ask Abigail.”**

(Carla) “Yeah, that’s correct.”

**“So, is everything falling into place now?”**

(Carla) “Yeah, now I understand the visions a bit better, you know, like the white tube, and the circle, and the set-ups.

I couldn't understand why I was being shown that. That's why I kept saying, when I first met you, for what purpose do I know all this, or I don't really know.”

**“It's very difficult to try to work on everything at once, once you become aware of a big puzzle piece, you shouldn't be checking out all the other pieces that interact with this puzzle piece, you should be tidying up the puzzle piece.**

**Making sure the puzzle piece is secure, and fits in the right place, before you go on, like,**

**‘I know where this goes, I know where that goes, because then you're not going to scatter your energies...’**

(Carla) “Again.”

**“What’s Abigail say?”**

(Carla) “Yeah, that's right, that's what I was getting, she said, *‘Again.’*”

## MARCUS’S MEDITATION EXPERIENCE

(Marcus) “I went up a white tube, and it was in this time-frame, right now, above Sidney, and it was a saucer, and I was with Jodie, and we were going to see her ship, so it was people that looked like her, and I had to be small, about four foot tall, I felt claustrophobic in the beginning.

There wasn't any particular door, but there was a spot, and everyone knows where the spot is, to go in, and we were greeted by the captain of the ship, and his assistant and two other people, and his name was Jorge, or something, and he was my parallel life.

It was really cool, but I was serious when I got there, but then we went up to the top, and there was a really nice atrium at the top of the spaceship, it was all glass. You could see the cosmos and I sat in this big lush leather kind of a lounge, and I said, ‘Obviously, you are healing me?’ and they said,

*‘Yes, we are healing, vibrational work,’* and when I was in the chair,

they said,

**'You can relax, but just ask us questions with your mind, you just relax and chat.'** So I started asking questions, like finding out about our parallel life connection, and I asked, 'What's my work here?' and they said,

**'Harmonize,'** and I asked, 'Was the person I am having a relationship with now, a parallel of mine?' And they said,

**'Not a parallel,'** 'But did I have a past lifetime with them?' and they said,

**'Yes.'** They all look like Jodie with their half-moon head, and they were all different colours, and they were all really jolly and smiling and laid-back, it was really cool.

Then we all left there and we went down the spiral, we got to this like gravity free room, it was mostly blue, which I needed, and we were just floating around. Then I came back."

**"Did anyone come back to channel?"**

(Marcus) "Yeah, that Jorge guy, he was the one that popped into my head."

(Carla) "Is it possible that my alien could have 'Walked-in' twice, like 'Walk-in,' 'Walk-out,' 'Walk-in?'"

**"Oh yes, my parallel 'Walked-in' and out, many times, from childhood.**

(Marcus) "I asked, 'Am I am male or female soul, and they said, **'Female.'**"

(Carla) "I just asked if my alien is male or female, and they said, **'No.'**"

**"Oh well, they might have completely different sexuality than human beings. There are life-forms on this planet, which change sexes half-way through, so this planet can produce things that are so far out, so that there can be things out there that are just as far out, when it comes to..."** (Marcus) "Sexuality."

## MARCUS AS THE CHANNEL FOR JORGE

**"Do you know of these aliens that Carla's 'Walk-in' comes from?"**

“Yes.” “As for what was explained, it is all true?”

“The beginning, yes, it is the beginning, yes.”

“You know about ‘Walk-ins?’”

“Yes.” “What are your connections with Marcus?”

“I’m a parallel life of his.”

“Talking about sexuality, do you have males and females on your spaceship?”

“Yes.” “Is everything similar to on Earth?”

“Yes.” “What would you like to talk about, Jorge?”

(Marcus) “I’m just getting the word, ‘Sexuality,’ all the time, he says,

‘About Marcus’s sexuality.’ In the meditation I said part of me coming to these classes, I wanted to see if there was a spiritual explanation for being homosexual, as I am, right, I asked the guys, when I was there in the atrium thing, and I said, ‘What is it?’ and they said,

‘Just relax, go with the flow, it’s fine, it’s normal. It’s just part of the whole setup, being homosexual. It’s part of the whole set-up of the cosmos. It’s not a sickness, so to speak.’ But I’m not satisfied with that, I want more information.”

“Why do you think I was asking those questions?”

(Marcus) “Yes, I know.”

“Because they want to bring you back, so you can get some answers. You should have asked me, and we could have got some answers about this a lot sooner, but not me getting the answers, but helping you get the answers.

You could have asked me, and we could have set it up so that you could get the answers.”

(Marcus) “I see, yeah, sure. Okay, but I have to feel comfortable.”

“Yeah, that’s right, this is why... You know, it’s all right, I understood this, that’s why I never brought it up before.”

(Marcus) “Yeah, sure, I kind of knew you knew, I knew.”

(You might have wanted to know from the first night in class, but you would have got suspicious, if I said on your first night, ‘You are going to find out the reason for your sexuality,’ it would have been too soon.

But as I don't tune in to my students to find out their fears, or desires or past life conditioning, then your Guides can schedule the right time to help you find out, when you are comfortable with the people, or the reason is a new one, like tonight.

Which I would have not been able to help you learn about, without suggesting many different reasons that I have learnt about, which wouldn't have been the cause, anyway.

So your Guides wanted to arrange the amount of, you could say evidence, proof, information, that your mind required, to put your soul at ease, about your sexuality.)

**“So, what does Jorge want to say about sexuality? Well, you could start by asking basic questions, like, was there a causal event that affected you to become homosexual?”**

“Okay, yes, there was something, but I said, ‘Is it in this lifetime?’ and they said,

*‘Just before this one, when I was with them.’* That's where I was before this, I was a half-Moon head person.”

(Carla) “So, you were a homosexual before birth?” (Marcus) “Yes.”

**“You’ve got to find out from your...”** (Marcus) “What it was...”

**“...if it’s was normal for those on those space-ships, or is it because of... You see, we don't even know the alien’s sexuality, of right through their lifetime, it may change.”**

(2010 INSERT. I have double checked with my higher-self, and my Guides and higher-self told me they could have shown me the whole situation in one go, but Marcus’s Guides knew Marcus, and if I had explained it all in one go, it wouldn’t have convinced him.

So they decided to stretch it out, by not only gradually showing me the picture, but they wanted Marcus to get the answers from Jorge, so my Guides were feeding me the questions, but Marcus had his own beliefs about their normality, interfering with the answers he was giving me.

So I hadn’t to be swayed by his opinion but keep following the thoughts and questions that kept coming into my mind from my Guides.

I’m sorry if it is a slow process but a therapist in this type of work has

to have a lot of patience, as I was also being spoon-fed the details and questions at the pace to suit Marcus's Guides.

And even then I might have got a small amount of it slightly wrong. But I was definitely shown by my Guides, my memory of the changeability of the sexuality, of life-forms on Earth, as a way of telling me that something like that was normal for the space-ship occupants.)

(Marcus) "Yeah, it's normal there, it's normal."

**"But how do they reproduce?"**

(Marcus) "They have intercourse. I don't know whether it's men and women, but I don't know if that's exclusively how they reproduce."

**"Ask Jorge if the men and women are dual male and female, mother and father figures, do you follow what I'm saying?"**

(Marcus) "Yes, yes."

**"There isn't any set pattern, like there is on the human side, where males are masculine and father figures and women our feminine and mother figures. Where I feel that your race, Jorge, is a lot more flexible?"**

(Marcus) "Yes, I felt that, when I was there on the meditation, it was an incredible freedom there."

**"So, ask Jorge if did you in that past lifetime, as an alien, did you polarise yourself, one way or another?"** (Marcus) "Yes."

**"To an extreme, one way or another?"** (Marcus) "Yes."

**"And would they classify that to them, as a person that wasn't well, by polarising themselves, say, one sex more than the other, where they were flexible before, to be able to change?"**

(Marcus) "Well, it's not like I lost the flexibility."

**"No, but you may have had the desire to be one sex more than the other sex."** (Marcus) "Well, yes, obviously, yeah."

**"Ask if you polarised yourself to stay one sex, because you liked it more, than switching and being flexible and adjusting?"** (Marcus) "Yes."

**"Ask Jorge if what you did in that lifetime, did they class it as an aberration, just as we would class somebody who is mentally sick, who was not sane, as an aberration of the human**

**mind. But this would be an aberration of the sexuality, if it was that way?"**

**(Marcus)** "No, because that is a choice that some of their people make, and is not considered an aberration. Because even though there are people there who have a strong inclination towards the same sex as themselves, they still procreate. They still have a family life, but it's all woven into the society.

I don't know if they are trying to say to me now, though. It's just that this planet can't deal with it, or..."

(My question was related to the previous question in the high-lighting, and had nothing to do with homosexuality, but the aberration of wanting to stay fixed as one gender.)

**"A human being can't change the physical, but it seems as if your alien body can actually change the functioning, just as we were talking about animals and plants in this world."**

**(Marcus)** "Yes, I understand."

**"So, ask Jorge if on their planet, the aliens used to be able to adapt and change their body, to be able to either..."**

**(Marcus)** "Yes, they do, they do it now."

**"So you can be a combination of both, in that you can be liking the male physical side..."**

**(Marcus)** "I see, I see, yes, yes."

**"...and be female in the mind of the emotional side. So you can be a combination of both, and that's the way you like it."**

**(Marcus)** "Yes."

**"So, in one way you can be attracted sexually to the same sex, physically, but your emotional side can be the female, internal, emotions, mind, the way you think, the way you feel."**

**(Marcus)** "No, no, it couldn't be. The internal mind isn't a sex, you know what I mean."

**"No, but your mothering nature, do you have strong maternal instincts, a motherly nature towards caring for others and stuff like that?"**

**(Marcus)** "That would be just fundamental love, you know what I mean, I

don't think that's..."

"You can't compare. You ask my higher-self to clarify this, because sometimes we are too close to be able to compare. I'm talking about heterosexual straight guys, I mean I'm very motherly and maternal myself, but I don't have a sexual desire for the same-sex.

But that could be part and parcel of what you came from, in that lifetime?" (Marcus) "Yes, perhaps."

"That's what I mean by the internal side."

(Marcus) "Are you talking about mental, here?"

"Well, the instincts of the feminine side of the nature within, even though you have a physical, which is the masculine side, it's not in conflict, if you can handle it, and be in harmony with it."

(Marcus) "There is no conflict."

"I know, that's what I mean, I understand that, but you wanted to know where it came from, and you wanted to know, if you were normal, or something caused you to be the way you are."

(Marcus) "As far as I'm getting, it's fine, it's normal. But there is still some event, or happening, that made me carry it through into this lifetime, but I don't know who knows, maybe that's enough."

"Ask Jorge if you made any vows before you died, connected to sexuality, or connected with yourself, or if that's not the answer we'll look in another direction."

(Carla) "I was just picking up one being saying to another, *'Just remember, don't ever change.'*"

"Yeah, well, people can make vows like, 'I'm never going to have anything to do with the opposite sex again.' Then they have nothing left but the same sex, and sometimes they're not happy with that, either."

(Carla) "Like a partner in that life, saying, *'Don't ever change.'* And he's taken it completely and literally, and so he's continued through to this incarnation."

"Well, you ask if you have been told this, Carla?"

(Carla) "Yeah."

**“If Carla is being told this, you can ask if it's true or not, that's where the event came from. So even if you incarnate into a human being, the actual nature of the spirit, and what it wants...”**

(Marcus) “Yes, I understand. I asked if I was a woman in that life, and it's not a ‘Yes’ or a ‘No,’ because obviously the changeable nature of the sexuality, and it seems as though it was a situation that was out of my hands, that I was more like a victim of it.”

**“Maybe you were brainwashed into not changing, like hypnotised. Like when Carla said, ‘Don't ever change.’ Maybe it's connected with that.**

**I'd say was more likely that you were physically male, and you had the female mothering, you were having the mother role, but in the physical, you were male, but because of the nature of the alien form, where it can change its physical sex, at will, and also change it's mothering to fathering role...”**

(Marcus) “Yeah.”

**“But you ask Jorge about this.”**

(Marcus) “Well, they kind of have the total capacity all the time, of both.”

(Carla) “You could have been the female side, with sugar on top, and was really liked, because of that.”

(Marcus) “Right, yeah, like I was a hit, and I didn't want to go away from that, like, I'll stick with this, because this is really cool.”

(Carla) “Yeah, this is what I'm picking up, is that you were very very much liked, in that way.”

(Marcus) “But then I ask, ‘Is it necessary that I carry that over into this life? and they say,

‘Yes.’ I just said, ‘Is it going to change? And they said,

‘Yes, *but not in this life, though.*’ Which is great, that puts my mind at ease, because it doesn't feel like it is.”

**“Well, maybe this life is to wear it down a bit, so that you will be ready for a change for the next life. But I mean, there is no big deal, anyway, I mean, there are so many lifetimes, you can carry on being this way, sexually, emotionally, for as many**

lifetimes, as you want, so long as you can create your reality, that protects you from coming to harm from others.”

(Marcus) “Sure, I understand this.”

“But some people, they get so totally off the track, that they create their own reality and suffer, and suffer, suffer.

So the more you learn about yourself, the more you can set yourself free, and expand on your life.

You see, some people don't have much to release, and then they just add to...”

(Marcus) “Like today's meditation wasn't any great kind of learning experience, but like seeing some nice pictures. So this whole kind of channelling therapy thing, is just seeing the pictures about, you know, the story in pictures, just background information on it. Because of my enquiries, that was part of the reason.”

(Carla) “Could it be possible that he could be made aware not to make pacts or vows like that again, you know, not changing himself necessarily?”

And another thing, I was picking up before, is, it's not about changing your sexuality, Marcus, it's more just saying, find a bit more balance. Like you've got a nice feminine side, but don't totally neglected your male side, because that's going to be needed, to stand firm in your convictions.”

(Marcus) “I think, no, you're off the track. I don't deny my masculine side at all, or my feminine. I'm totally in touch with them both.”

**“Do you want Jorge to channel?”**

(Marcus) “I feel like I'm too close to it.”

**“This is a subject that has to be done little by little, and digested slowly. Like digest a bit, and come to terms with it, and relax a bit, because you're also fearing losing things.”**

(Marcus) “Yeah.”

“So just relax with it, I mean, I've been doing this for so long, to realise that some things need to be left, like some people's spirit say, they will not heal, because the person needs to go through with some disability, to help them with their spiritual growth.

I don't get too upset if people are suffering anymore, but

**you are not suffering, anyway.”**

(Marcus) “Have you encountered this before?”

**“No, this is another reason that I have learnt tonight.”**

To show you that what I said in all this to Marcus, didn't put Marcus off my classes, and because unknown to me, Carla's extra-terrestrial Guides hadn't finished helping Carla, I will show you the following weeks class-night, in the chapter after next, before a couple of new students arrive in Elton's class, the following week.

(71)

HEALING CLASS 18/7/88, ELTON.

PYRAMID, THEN MEDIAEVAL EUROPE MEDITATION.

“I want you to imagine a desert scene where there is an oasis. In the distance is the great Pyramid of Cheops. We are going on a trip, we’ll go past the oasis with its palm trees and pool. We’ll go over to the pyramid... I’ll lead the way. We are going into the pyramid... there’s a doorway at the bottom. We climb the steps inside the pyramid, all the cool stone surrounds us. In the distance, at the top of the steps inside the pyramid, high in the King’s chamber, there is a beautiful purple light, and it’s flickering.

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

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

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

(Approximately ten to fifteen minutes silence)

(2)

**“I want you all to stand up now, and walk out of the pyramid, walk past the oasis, and walk back into this room, and sit down. Come back now, take three deep breaths, have stretch if you want to.”**

**“How did you go?”**

**(Elton)** “Quite good, a lot different from the last one. And I actually imagined the Master in front of me, and he kept saying something about control, and he showed me a grotto with sheep in it, like as if I was a sheep, at some time.”

**“How did you find the purple flame?”**

**(Elton)** “A big piece of Amethyst, just a big beautiful colour. I think I had a lot more success this time, with visualising what you were saying, and what was going on.”

**“What did the Master look like? Can you remember any features?”**

**(Elton)** “Not really, I just saw a bloke in a beard and a long robe, and he just stood in front of me, and said,

*‘Greetings.’* That's about what I can remember.”

**“The Master understands, he’s not going to sort of lay down a load of heavy stuff that you’ve got to remember, when it's your first attempts at seeing a Master. He’s just going to say, ‘Hello,’ and, ‘How are you,’ and, ‘It's nice to see you coming to classes,’ something like that, you know.”**

**(Elton)** “I got the feeling that that's what it was, something like, ‘I'm glad you’ve come.’ That's very funny, because the other day, I had a meditation, and actually saw the nose, and mouth, and chin, of somebody, like very close-up, amazing.”

## **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.”

(Elton) “Interesting, I read that one today, that's one of the things I opened up and read, this afternoon. I went to the church and stood on the steps and peered in, it was very quiet and still. And when I went to the castle, they were having a party, a real rage, and then I went for a walk.

I was struck by the thing, that there was a lot of women, everywhere there was women, beautiful women, but then all women are beautiful.

There were lots of them, probably more women than men. I went for a wander around, and one room, I went into, there was an old gentleman looking into a big crystal ball.

He knew I was there, he was clearing his mind, by gazing into the ball. The ball was crystal, I'd say. I've seen something very similar to it, just recently, it had a series of bubbles inside the ball, amazing."

**"What happened to this guy?"**

(Elton) "He just knew I was there, I asked him what he was doing, and he said he was clearing his mind, by meditating on the crystal. I stood and watched him, and he just meditated. And I'd say his vibration got finer and finer, as he went deeper into his meditation. I was still wearing the same clothes as I am wearing now, as far as that went."

**"I asked mentally, if you were having a past recall, and I was told, 'No,' and if I had have been told, 'Yes,' I would have started asking you questions. to find out why you are seeing it, but you weren't. You weren't seeing a past life scene, but it doesn't matter, it's just part and parcel of an exercise on visualisation. Did you see it all very clearly?"**

(Elton) "Reasonably clearly, but not as clearly as what I would have liked, but there was something about colour."

**"What?"**

(Elton) "I don't know, just something popped into my head about colour before, and that's how..."

**"Did you colour in the scene?"** (Elton) "But it wasn't in colour."

**"Was it in black and white?"**

(Elton) "But what it was, I've only ever had one sort of very stunning colour type meditation."

**"I don't mention colours, do I?"** (Elton) "No."

**"I should introduce colours into the meditation."**

(Elton) "I've never really had colours into it, there's never been beautiful colours, real-life colours, if you know I mean? It's sort of just image, more of a mauvy-greyish sort of image."

**"It will come."**

(Elton) "But the images are there, not all that clear, but they are there."

## ELTON AS THE CHANNEL

“Greetings my friend.”

“How are you?”

“Good, are you one of Elton's Guides?”

(Elton) “I think so.”

“Yes, or no?”

“Yes.”

“Are you a female or male Guide?”

“Male.”

“Did you know, Elton from past lives?”

“Recent.”

“So you're a Guide that's new to Elton?”

“Yes.”

“Are you the Guide that's with him from birth?”

“No.”

“You're a temporary Guide?”

“Yes. My name is John.”

“Are you that Guide from last week, or a different Guide?”

(Elton) “Yes, I'd say different. I feel different.”

“Good, you're starting to feel the difference between your Guides. What area of Elton's development, are you working with, John?”

*“Feeling, expression of feeling. Communication, to communicate his feelings, of expressing it to others, making him understand.”*

“Are you doing any alterations to Elton's consciousness, to help him with communication?”

*“Helping to make aware, not to let you go interfere in what he sees, so he stops it.”*

“Are you with him all the time?”

“Yes, and through this development.”

“Are you going to help him develop his clairaudience? so you can speak to him, and he can ask you questions?”

*“Just to help him see his lifetime Guide, which I don't think he's seen yet. He's seen glimpses of many faces, not the same.”*

“Is it necessary for all students to see their lifetime Guides?”

*“It helps, it helps in the belief, to know you're not alone.”*

“Do you have any knowledge of Elton's past relationship with his wife, in past lifetimes?”

“No, it for someone else, I think they share a Guide.”

(This sharing of Guides, is not as rare as you think, as my son and I shared a healing Guide.)

“Does any other Guide or spirit, want to speak through Elton, tonight?”

“Just me.”

“Do you want to say anything else?”

“Elton asked my name at his home, last week, and I am John.”

“Would you like to explain some of the criteria of becoming a Guide? Are you're allowed to tell us some of the training? the qualifications of a Guide, becoming a Guide?”

“Well, a desire to help, to steer in the right direction, not changing, just that it's for the individual.”

“Do you have Guides watching over your influence on Elton, to make sure that you do not step beyond certain bounds?”

“His lifetime Guide.”

“His lifetime Guide is a lot higher vibration, isn't he?”

“Yes.” “Guides are of different vibrations, aren't they?”

“Yes, there is one for every emotion.”

“The higher the vibration the Guide has, the more wisdom the Guide has, is this true?”

“Yes. Sometimes there are two, to give the one subject. To make sure that you don't screw up the message, if you know what I'm saying, so one oversees the other.” “And this is all safeguards?”

“Yes.”

“So no mistakes are ever made?”

“You know your agreement, whether physically you do not, the agreement you made, to come and learn.”

“Who, the Guide or Elton?”

“Elton.”

“So, any mistakes made by Guides would never become a reality for Elton? So they are nipped in the bud, before they get to affect Elton?”

“Elton will make a lot of mistakes, but this is part of his learning.”

“Are you saying that the Guides can make mistakes that affect Elton?”

“The suggestion is, sometimes there is a reason for talking. Sometimes there is argument with himself.”

(This is when our desires, or ego interferes with the answers coming from our Guides or higher-self, when the answer is an unheard thought.)

“Is Elton's higher-self allowed to speak through Elton?”

“*Not at this time.*”

“What is the reason for not allowing Elton's higher-self to communicate through Elton?”

“*Development.*”

“Is everyone’s higher-self on such a high vibration, that we have to raise our conscious vibrations, to attain a link with the higher-self?”

“*It's just a matter of how much you want, and what you achieve.*”

“And the higher-self’s vibration’s, are they on par with the lifetime Guide, as high as the lifetime Guide’s vibration’s, or higher?”

“*Very close, otherwise you would not communicate.*”

“Is Elton's higher-self around here at the moment, or is he busy doing something else?”

“*Somewhere else.*” “Is he somewhere else in time or space?”

“*It is a big place, a large universe.*”

“Is Elton's higher-self, at this stage in contact with Elton’s parallel lives, in other dimensions or times?”

“*He sees, but not in contact.* (Elton) Wow, I feel tensions in my body.”

“They're building up, you mean?” (Elton) “Yes.”

“That’s only your reaction to this knowledge coming through.

When Elton's wife comes to the classes, will Elton and his wife start having past recall of previous lifetimes?”

“*Maybe, maybe for Kate.*”

“I prefer not to ask these questions, because I end up leading the questions. Eventually he will be able to speak, what you want to say.”

“*That's good.*”

“Is the connection getting stronger for perceiving your communication to Elton?”

*“There is more thought along these lines happening.”*

*“Can he practice at home?”*

*“Yes.” “Does he have to say any special protection?”*

*“No, he must put his Reiki symbol on his head.”*

*“That’s good enough for him, if that's what you want him to use. He's coming along great, isn't he?”*

*“He spends a lot of time thinking.” “Is that good?”*

*“Yes, he think of us, soon he will meet his Guide, but not yet. He has met him before, he will meet his adversary again and again.”*

*“Who is the adversary?”*

*“He will tell you of two experiences. It is how he handles the situation, without ego, and very calm.”*

*“Is this thinking about you helping to quieten his emotions about all this, so that it will be easier of you to develop him?”*

*“I would like that, it will be easy soon. There are changes.”*

## RAYMOND AS THE CHANNEL

*“Greetings my friend. We are very pleased with your development this week, and your progress is at the correct speed for now. Your life work is being put together, like a construction kit, by your higher-self and Guides. As you develop, more doors will be opened for you to achieve what you will. Your abilities from the past are being shown to you, so that you will believe them.*

*We do not always help to unfold these abilities in this class, but do them outside in your life. But what you learn here, will develop your communication with your Guides, and your higher-self. So that we can help you understand your abilities, and how to use them.*

*Wisdom is always necessary, when you develop powers and abilities that can influence other people. For you have only to look at mankind's invention, the gun, to realise the misuses. Man's inventiveness, there is not much use for guns anyway. You do not hunt wild animals anymore, to eat.”*

*But we will be here, helping you to understand. We will leave now, God bless you all.”*

(72)

I explained to the students that their past re-call would be connected with their careers before they started the meditations.

I will separate the recorded transcripts, and put each students and my conversations together to make it easier to remember what they learnt, as they were taking turns in telling me what they were perceiving.

I will indicate where the other student started talking with a line break, like this.

\*\*\*\*\*

### HEALING CLASS 2/11/93, CARLA, AND MARCUS.

#### BASIC + ADVANCED CHAKRA, PAST-LIFE RE-CALL 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

(2)

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.”

“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”

## PAST-LIFE RE-CALL MEDITATION

“I want you to take three deep breaths and relax, your higher-self or Guides are going to show you past-life scenes from the akashic records. The reasons will unfold as you see them, if the picture stops or it repeats itself, they want you to speak out what you are seeing, so that I can help you, in case you are a beginner, and your communication link with your guides or higher-self, is still developing.

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

The reason we want you to see a past life scene can be many But more often than not it is to release something that has left emotional or mental baggage, that we call conditioning, whether dormant or activated, your higher-self or Guides know what they are, and can put restrictions on your development or experiences in this lifetime.

They may not be activated but your higher-self and Guides know which ones they need to release at this time in your life. Trust your Guides or higher-self, even though you may think it is your imagination speak it out and more of the scene will appear for you because your mind blocks it if you don't believe, the more you accept the more you will see.”

(Marcus) “I was flying down the cliffs, and I came down and saw the ocean, I flew over the Pacific ocean with Jodie to Atlantis, and there's some land there that isn't there now. So it's back in time, and it's on this

planet, and I'm a half-man, half-fish, like a Merman, I guess. And now nothing is happening. Dark hair, green eyes, brownie scales.”

### **“Ask your higher-self if it's a parallel Earth?”**

(Marcus) “No, it’s this planet. I’m diving in now, to the water, but going back to the land under the water. I can breathe underwater. I'm swimming, and there's lots of other are people around.

I kind of glow-in-the-dark a bit, because it's dark down there, so we’re fluorescent, and we live in caves, in the land of Atlantis that’s under the water. I'm going to my house, my cave, I guess.”

\*\*\*\*\*

(Marcus) “When I went into the cave, the earth started to tremor, and everything collapsed, and I have been killed, crushed. So I asked if I was happy in that life, and they said,

‘Yeah.’ And I said, ‘Why was I killed?’ And I didn't get any answer to that, and I said, ‘Obviously, I died alone, though.’ There's something in that dying alone, that I have to release.

I release the feeling of loneliness from what I experienced at my death in that life-time.”

### **“Were you in a relationship with anyone?”**

(Marcus) “No, that's it, and I said, ‘Is that the end of that?’ And they said, ‘Yes.’ I then reincarnated on the land of Atlantis. I asked that before, because when I was first sitting there on the rock, I was the Merman looking at the land, and I asked if I had reincarnated on Atlantis, as well, and they said,

‘Yes.’ So I'm now on land.”

\*\*\*\*\*

(Marcus) “I’m a black woman, and I'm sitting in a chair, and I have children, and I'm alone, and this woman is a really famous singer, and she's just relaxing.

I'm asking, am I supposed to be singing in this lifetime, and this woman can help me in this lifetime, because it's a fantastic way of communicating to a lot of people.”

### **“What kind of singing is it?”**

(Marcus) “All sorts, kind of cabaret. She just sings alone, without any music as backing. That's how I should do it, I reckon, just really simple.”

**“Ask your higher-self if any of the songs would help you with a singing career from that lifetime, or maybe the languages is too different to translate the songs, or some of the tunes?”**

**(Marcus)** “They say I hear them, anyway, tunes that come into my head, and I know the ones when I hear them, which are from her, like a few bars will ring a bell.”

**“So all you need to do is put the lyrics to the tunes?”**

**(Marcus)** “Yes. I wrote them in that lifetime, the lyrics.”

**“That means, if you've wrote lyrics in a past lifetime, then you will have an easier ability to put lyrics to tunes that come into your head.”**

**(Marcus)** “Yes.”

**“Now, you had better find out in the early stages, which you are best suited to doing, which is going to be more self satisfying, what is...”**

You see, careers are also monitored, censored by your higher-self. For instance, if you'd been a singer in many lifetimes, what are you going to learn again, by being a singer?

But if you need your abilities from singing, and lyric writing, to go into another direction, where you are going to grow more, because you're going in a direction that you haven't gone in, before, so much.

But then again, it might get you into more contact with people, on a level which keeps you at their level, instead of putting you above their level, and it may be better for you...

You ask your higher-self, if your Guides and higher-self will help in the direction they want you to go in, but they won't help, if it's a direction that's going to be bad for you, on your spirit or your growth side?”

**(Marcus)** “Yes, they say, ‘Yes,’ straight away.”

**“So, what I'm saying, is, now you've got to find out whether the direction is into lyric writing for other artists, which means that you can keep...”**

**(Marcus)** “That's later on. I have to sing first, I have to sing my own lyrics first, before that happens, but yes, singing and writing.”

**“But what I mean is, is the main career going to be singing, or**

is the main career for your growth, going to be in lyric writing, where you can still stay...

You see fame is a dangerous game in this world, at this time, because how we treat people with Fame, Star status, it's very hard for those people to have a normal life. You can be rich and have a normal life, but we are not talking about that, we're talking about fame, which is a pain in the arse."

(Marcus) "Yes."

"So, I'm just saying, to sort of... You might have a great desire to sing..."

(Marcus) "Be drawn to that, yes, I understand."

"They want you to understand, by informing you in advance, the situation, so that you can't say later on down the track,

*'You never told me this.'* Once you get these abilities back, you might want to go for being a singer. You see, all I'm saying is, if spirit are bringing me to get you to find this out now, before you've even..."

(Marcus) "Begun it."

"Before you put too much energy from within your heart, into what you want, do you understand?"

(Marcus) "Yeah."

"So you won't be too disappointed, you see." (Marcus) "Yes."

"You can still sing the songs, they're saying, but don't... I shouldn't be saying all this, I'm just trying to get you to find out from spirit, if I'm on the right track, so that you know I'm not trying to rain on your parade."

(Marcus) "I totally understand."

"I mean, it's totally different, going into an art career, you see art's not the same."

(Marcus) "The focus is not on the person, but on the work, like if you're singing, the focus is on the singer, they're the vehicle."

"And there's a big difference between fame in art, and fame in singing, because the media can really mess you up, with the rest of the world, and the paparazzi, and these enquirer magazines, and shit like that. But you can be top in the art field. and be anonymous."

(Carla) "Yes, this is what I plan to do, I'd love to be anonymous."

(At the same time Marcus was learning about this, Carla was also finding out that she is being helped in a career in art, as you will read next.)

**“That’s why spirit were trying to get Carla to understand, that she can go right to the top, but what you're wanting, they want to let you know, that it's your choice, but you are not going to get much help, if it goes against your higher-self’s wishes, do you understand?”**

(Marcus) “Yes, I realised that over the last couple of weeks, actually. That's why this lady is sitting down, because she's over the fame of it.”

**“So you have to get a lot more information about it, maybe to release things.”**

(Marcus) “I have to release the desire to get mass approval, I release the desire to get mass approval, like that desire to be famous. Yes, in that case.”

**“Have you ever thought that the desire to be famous, and get mass approval, is a self-esteem thing.”**

(Marcus) “Well, yes, it makes sense, doesn't it?”

**“But also, do you realise that if you produce something of quality, that other people use to sing songs, to make a lot of money from, and that's a lot higher...”**

**Remember the saying, if someone mimics you, it is the highest form of flattery. So, you will feel better...”**

(Marcus) “Yeah, I understand, creating the work for other people to interpret.”

**“Because then you're fame goes beyond just one singer, you're fame goes to all the singers, if the singers come to you for songs, then doesn't that mean you are more famous to them, in their eyes?”**

(Marcus) “Yes.”

**“Because they're seeking you out, for the songs for them to sing.”**

(Marcus) “Yes, I have to get over that obsession with wanting the fame, to be famous.”

**“Especially with this media problem in society.”**

(Marcus) “Yes, because I've been obsessed with that, ever since I was...”

(What I was trying to say, was, that other artists with talent, if they want to use your songs to make records, they, as equals to your talent, are paying homage to your abilities, and this should make you feel better, than a person in the street buying your records.)

\*\*\*\*\*

(Marcus) “About two and a half months ago, because I wasn't satisfied with the direction I was going in, and it was really totally mentally and physically wrong. So I'm in limbo at the moment, playing around with the next direction to pursue, and obviously I want to be helped with whatever I pursue, which means I have to find the right way.

At the moment I'm trying to find which way in terms of career.”

**“You finding out about yourself, might open the door to a whole new career.”**

(Tonight, it was like an old dried fruit on a tree, representing an old obsession for fame, as spirit helped you to see it, and helped you up the step-ladder, so that you can take it down, and lay it to rest.

The dried part of the fruit, was that you knew that it had no nourishment left in it, and they knew that if they provided the step-ladder, representing seeing the black woman singer, sitting down, being retired from the fame, so that you'd want to climb the ladder and take it down.)

**“Ask your higher-self if you are still going through the process of wiping the blackboard clean of all obsessions, before they can show you the career, that is not interfered with, by the past conditioning of your past lifetimes, which would mess up the training, or the interpretation of the career, because of the conditioning of the past? Is that too hard a question?”**

(Marcus) “No, that's it, I just got,

*‘Just until Christmas, I have to clear, chill out, don't let it get under your skin.’”*

**“And realise that there is a direction, a career.”**

\*\*\*\*\*

(Carla) “I'm sort of caught in space. I just went to a spaceship. They just

took me. They're not showing themselves to me, they're just... I hear them talking, I know they're there, and then they took me into a room, and they said,

*'We want you to look into, at what's in the centre, like pulsating light, or whatever I want to see.'* So, I saw a big purple sphere, which I see quite a lot in my meditations, and I just became absorbed into it.

And then the next thing I was outside the spaceship, and I haven't gone any further yet. Ariane's there with me."

(Carla's higher-self had been brought back, but had changed to a male, with a different name, Ariane, but was going through a process of being healed, but he was on a very short leash, and wasn't allowed to influence Carla in any way whatsoever. More will be explained at the end.)

(Carla) "I was asking why I didn't see anything, and my Guides said,

*'You've got to relax.'* I was seeing a citadel, and I was thinking, 'No, hold on, I meant to be on the Earth-plane,' so I was blocking it off, and then you said,

*'It can be on another planet.'* So I went, 'Oh, okay,' and then there was a big light, but I don't know where it was, I didn't ask, because I thought I was seeing, maybe what I wanted to see, instead of what they were trying to show me."

\*\*\*\*\*

(Carla) "I've got, so far I'm a traveller, yes, in public relations, yes."

**"Where are you a traveller?"**

(Carla) "Space. I'm being taken to different sorts of planets, and seeing citadels. Like, I'm not going into them, and they're not citadels as we know. Like I can't see any people walking around, or any cars moving, just really weird landscapes and transporter spots.

So I asked, 'Where am I in all this?' And I guess I was talking about this particular one I was seeing, and I said, 'Am I on the surface?' And they said,

*'No.'* And I said, 'Am I in the planet?' And they said,

*'Yes.'* I kept asking what planet it was, and I got **'Jupiter,'** but I don't think that's right, but then again I've never been to Jupiter, so I perceived

to be right, I now know, and what I'm told, too..."

**"Alright, ask your Guides, if the life-form you were, and where you lived, is the place that's been described by Edgar Cayce?"**

(Carla) "Yes,' but I don't understand that."

**"It doesn't matter if you don't understand, once I understand, then I can explain things, because your Guides know what I'm talking about, even if you don't, because you don't know half the time, what you are seeing, anyway, in tonight's meditation.**

**You see Edgar Cayce said, while he was in trance, while channelling, that in between lifetimes, spirits go to experience life in the planets, as other life-forms, energies and vibrations, that aren't even perceived by this reality, by the Earth-plane, a bit like parallel Earth's, but not Earth.**

**So ask your Guide if this is what you are being shown, one of those experiences, between incarnations, where you went to live in Jupiter?"**

(Carla) "Yeah."

**"Because I haven't got a clue of the kind of... It's like if we were to look at Jupiter under a telescope, we're not going to see any of those beings."**

(Carla) "No, that's what they're telling me, too. I asked seven times, 'What is the name of the planet?' And they said,

**'Jupiter.'** But they were talking about other planets with me, not just this planet."

**"You can experience life on these other planets. Edgar Cayce has channelled of spirits experiences on those planets as well. I mean, you ask your Guides if there are cities on the Earth that are completely invisible to our reality, but where there are beings who are using the Earth as a place to live, that are of a different vibration, and the cities are invisible to us, but they're there?"**

(Carla) "Yes."

**"Like Cities under the sea?"**

(Carla) "Yeah, they just told me that, they just told me that."

**"There are cities at the Antarctic..."**

(Carla) "Yeah."

**"Cities at the Arctic, cities in the deserts. Usually where people aren't, they don't usually build these cities on top of..."**

(Carla) “Because of the interference, our energies would interfere with what they're trying to achieve, and they're not in a sense interfering with us. They are, but they're not, you know, not badly, like we would if we were to discover them, what we'd do to them, would be...”

**“So, ask your Guides what’s the purpose of you being shown this? I know, I've just been told. I just got told then, when I asked the question. Ask your Guides if it is for art purposes?”**

(Carla) “Yeah.”

**“Did you get that already?”**

(Carla) “Yeah, but I got that ages ago, I was thinking like, ‘What am I going to draw?’ Then I thought, ‘I'll start of drawing my cosmic experience,’ like I had two years ago. ‘I'll draw the tunnels, I'll draw everything I came across.’”

**“Now, ask if you are going to be able to tap into your memories of scenes of these landscapes...?”** (Carla) “I already am.”

**“The scenes of the energies and the colours from these vibrational entities, and from living in these places, like Jupiter, and the other planets?”** (Carla) “Yeah.”

**“And that spirit knows that if you draw and paint these artworks, then when they get into magazines, because they will get into magazines, the sales will go through the roof, and the...”**

(Carla) “And they are saying, ‘Yes, it has been done before,’ I just asked. This has all been done before, I've already got a backlog of other people's drawings in my brain.”

**“Yeah, we're talking about your unique scenes, and that they are tailor-made, I told you this a week ago, well Sunday.**

**I said that the drawings are tailor-made to have a response from people that had lifetimes living in these places, that you would be drawing. That they're going to remember on a subconscious level, and love your drawings, and want to put them up in their house, or whatever, and that...”**

(2010 INSERT. I was going to say, that they then would be drawn to seek her out, because of what the effect the paintings or posters would have on

them, and that then Carla could tell them about guided meditations, and how they can access their own past memories.

But Carla hadn't been sitting in a circle for very long and when a person gets excited, then it tends to block any guidance from Guides, and with a dicky higher-self, that's not going to help.

If it had been one of my advanced students, they would have felt that I was on a roll, in explaining the reason and purpose her pictures would have in helping people to expand their consciousness, and they would have refrained from interrupting me, but on this night the flash of the purpose flew out of my brain, as it didn't originate from my own mind.

But with my enhanced senses, and the invisible helmet on my head, this purpose has popped into my mind while I put this chapter on the disc.

After Carla left the classes and my home, I never heard from her again, maybe when she paints her paintings, they may coincide with the time these discs are released to the world, then all these awakened people, from her pictures, will have heard about the volumes, and will be able to make use of them.

Who knows what timing is involved with a mission as important as this.)

(Carla) "That's what I said, too. I'm going to call them Universal Symbolology's."

**"Well, what spirit are trying to explain to you, is that they are letting you know that there are places, they are memories, they are places that they can take you, and show you things to be drawn, do you understand?"** (Carla) "Yes."

**"That they are real, you've lived lives there, your spirit lived vibrations there, and that it was to confirm what I was telling you about on Sunday, remember?"**

(Carla) "Yeah, they just told me, I'd forgotten, but that's also why I'm very attracted to those pictures, anything to do with outer-space, or planetary looking, or..."

**"Alien landscapes."**

(Carla) "Yeah. I'm really attracted to.... That's why I've always wanted to get into doing a air-brush."

“But spirit are telling me this,

*‘Will you tell her, tell her that she's got to stop thinking that it's all been done before, it's a negative reaction to it all, by saying that.’ Ask your higher-self if it's a negative reaction to it?’*

(Carla) “Yeah.”

“Stop thinking that way.”

(Carla) “Low self-esteem.”

“Right, and they will be able to show you lots of beautiful scenes. for you to paint, or whatever. And the spin-offs are incredible, because if you want to get these artworks to the public, to help people remember these beautiful places, then you are going to have to swallow your pride, and allow the paintings to be made into posters, so that the people can afford them.”

(Carla) “Oh, yeah, sure.”

“You can sell the originals, and get a big price for them, but once they are gone you still reserve the right to posters of those pictures, even if you sell them, and you'll make plenty of money from the poster production.

And the artworks will end up in galleries and stuff like that. I said that you will be seeing a past life in connection with your career, didn't I?”

(Carla) “Yeah.”

\*\*\*\*\*

(Carla) “Like once that Medium told me, and I went out to the van, I had this vision of me all dressed in black, wearing a mask, and they said,

*‘Now, do you understand the visions that we've given you, about stockpiles of paintings, having your own attic studio room. It's not just a desire within you, it can become a reality, instead of always being you wanting that, and desiring it.’”*

## CARLA AS THE CHANNEL, FIRST TIME

Carla channelled twenty-six-year-old spirit man called Damon, who arrived the day before, and was attracted to Carla because she is funny, he met Carla at the Marketown Mall, where he was looking for someone who he lost, who was his friend, who had already been rescued, or gone to the light. And it was his friend that came through

the white light, to get him.

It seems that while he was in spirit, Damon entered the body of a raven that lived in a tree in a forest, and he remembered the taste of worms.

Then Carla was allowed to channel her higher-self, Ariane, where he channelled that Damon had broken a law, by interfering with another being, and he had been drawn to Carla by other spirits.

(Maybe Ariane needed to also learn something about this breaking of a spirit law.)

Then Ariane was explaining how his vibrations, had become lowered, he said that the government in spirit, trapped or entombed him, which caused him to revert to become child-like. He didn't want to tell us the reason, but Carla picked up, and said, '*Because he was playing games, mischief.*'

He said that Carla's parallel lives have all died, and gone back to spirit. He said, he takes their experiences and adds them to his own. But when they reincarnate Ariane may not be their higher-self.

(Maybe, because he hasn't been healed yet.)

He said the celestial government will choose who will be their higher-selves. He said, he is entombed still, but he's better, but he's still being totally guided, in check.

He had to release his over-protectiveness of Carla. He didn't like me, but my higher-self is nice.

I then got Ariane to find out that he was choosing to project a monster with tentacles, big eyes, and a big nose, over me. I then got him to see my Angel wings, and he asked Abigail if I was an Angel, and Abigail told him. '*I was.*'

He then saw lots of angels smiling and saying to him, '*Don't be naughty.*' He was then shown my halo, which he said was gold and silver. He liked my Angel wings, because they were white and shiny, like a rainbow.

He said, my Angel wings were more solid than the other angel's wings, because I have a physical body. He then went off to play with his toys, with Abigail.”

When I came to type up the class night I condensed Carla's channelling, I don't remember why, maybe a subconscious fear of telling, or convincing people that my spirit has got invisible angel wings, as I can't produce them in the physical, and if I had hundreds of rescued spirits channel that they can see my spirit's wings, as well as many students who psychically have seen them, most of you readers still would find it too hard to believe.

I'm still not happy with the title of this disc, and if it was up to me, readers wouldn't find out about my spirit's wings until the third volume disc, two years after the first and second discs had been released on the internet.

## (73)

HEALING CLASS 25/7/88, KATE, AVALON, ELTON.  
 BASIC AND ADVANCED CHAKRA +  
 SHANGRI-LA MEDITATION

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 I think you can recognise what to skip past, if you are familiar with the chakra meditations.

“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.”

“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 want 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”

### SHANGRI-LA MEDITATION

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

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

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

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

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

( Approximately ten to fifteen minutes silence)

“I 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.”

Elton’s wife, Kate, and also another new student, Avalon, who is a nurse, are now describing their first experiences.

## KATE'S MEDITATION EXPERIENCE

(Kate) “I could picture everything, until we got to the Temple, but not actually seeing it, but imagining it. I never get clear pictures, I just think I'm there. But once inside the Temple, I couldn't visualise anything inside the Temple, it was just darkness. When I was trying to visualise the Master, I didn't get a face or anything like that, I just got voices.”

**“What did you hear?”**

(Kate) “Well, I think it was my Guides. I've been starting to hear them over the last couple of weeks, I think because I accept that they are there. Basically, they said I'm here to develop my clairaudience, and basically to teach it to others, when I've developed.”

**“Did you feel any sensations in your body?”**

(Kate) “Yes, I always feel like I'm... it's sort of strange, it's not a tingling, it's sort of like a different essence. You feel like you're sitting here, but it feels like your mass has changed in some way. I know I'm still material, and I'm still one form of mass, but it changes subtly, I can't describe it.”

## AVALON'S MEDITATION EXPERIENCE

(Avalon) “We got up to the top of the steps, and you said there's going to be a lovely view, and then I felt that I went for my first flying lesson, because there was this big valley underneath. And then you said turn around and go into the Temple, and I said, “O, oh, and I visualise that being on the right-hand side. I went in the Temple, and I found it really hard to visualise anybody.”

And then I just had the feeling of my Guides going through the chakras again, and them just saying,

*‘What are you so frightened of?’* or something like,

*‘Why do you feel sort of negative about all this?’* I don't know, but that's the impression I had. And I had the feeling of checking out my physical body to make sure that it was still there, and that there wasn't anything to be frightened of, that's the impression I had, anyway.”

## ELTON'S MEDITATION EXPERIENCE

(Elton) "I did find that I had a better visualisation this time, but not pictures, more in the feelings. I felt like I was there, rather than actually saw it. We got up to the part where the Master came into the Temple, and I kept getting things about painting pictures with sound, music. Anyhow, some things will be provided for me, and how things are being set up for, I don't know, I'm not quite too sure about that. So that's the feeling I got off it.

And coming back on the magic carpet, I had a Yahoo, that was just exhilarating. It was a good carpet ride, it really felt good coming back, that is. But that's because I was on a magic carpet. I was actually met on the stairs before anybody. I was actually on the steps, and someone said, '*Hello,*' to me. I think it may have been John, again.

But getting back to the music part, painting pictures with sound. I don't quite know what that means, I don't quite know what they mean, by some things being provided. I don't know whether that's people, or just things and equipment, I'm not too sure about that at all, it's a bit sketchy."

## AVALON AS THE CHANNEL, FIRST TIME.

*"Good evening, you have been on the meditation to the Temple."*

*"Were you in the Temple?"*

(Avalon) "No, I can't, I'm sorry."

*"That's alright."*

(Avalon had a practice later, after the others had channelled.)

## KATE AS THE CHANNEL, FIRST TIME.

*"Hello."*

*"Hello, my friend, are you a Guide?"*

*"Yes."*

*"Are you Kate's main Guide?"*

*"Yes."*

*"Are you happy that she's coming to these classes?"*

*"Yes."*

*"What do you look like? Do you want to describe yourself?"*

“No.” “Do you want to give us your name?”

“Matilda.”

“What area of her development, are you working on, at the moment?”

“Her fears.”

“Does she have other Guides at the moment?”

“Yes.” “For different reasons?”

“She has one intellectual, for her studies.”

“What are the other Guides purposes?”

“Not important at the moment, they are waiting.”

“Is Kate’s higher-self here?”

“Yes.”

“Does her higher-self want to speak through Kate?”

“No.”

“Do you have any subject to talk to us about, tonight?”

“Yes.” “You can speak if you want to.”

(Avalon) “I get yes and no answers, very clearly.”

“Can you tell Kate what type of development, she's going to be working with?”

“Self love, she must develop that first. She finds it very difficult, she's full of fear.”

“Can we find out what the fears are? Can you name the fears?”

“Rejection.”

“Are the fears of rejection, coming from conditioning from this life, or another life?”

“Some from this life, and some from the last one.”

“Is it true that in development classes like this, certain emotions are amplified, so the student becomes aware of them?”

“Yes.”

“What causes this? Is it just the energy from spirit?”

“Yes.”

“And one of the reasons in the development of the student, is to overcome the fears. It's whenever spirit energies are

working with them, it can amplify these fears and problems, and interfere with their work, is that true?"

"Yes."

"In what way do you want her to overcome these fears of rejection? Affirmations, past life recall, which way do you want to use?"

"*Past-lives, (Avalon)* I'm not sure about that one, I was getting both."

"Well, it will be both, most likely. Do you want to go on?"

(Avalon) "Mmm, I can feel the fear, it's incredible."

"Do you want to show Kate, a fleeting glimpse, of the conditioning that caused this fear of rejection, tonight?"

"No, she's not ready."

"Do you want her fears to be worked on, through healing, afterwards?"

"Yes."

"Will the spiritual healing take away a lot of the fears?"

"Yes, it will be a start."

There's no reason to feel rejection in this class, is there?"

"No, she's scared of herself."

## ELTON AS THE CHANNEL

"Hi." "How are you?"

"Alright."

"Has Elton been developing outside the classes?"

"Slowly, but to be expected."

"Can you explain more about this painting with music? Are you the right Guide who can tell us?"

"*Must start another band. It will be provided in time and space, which is good. There's so many things that you've already done, and written see some new-age things, about people and relationships. About time, and where you are, and feeling, mostly on feeling.*

*Lots of ups and downs, lots of good times, lots of laughter. Yes,*

*music, loud music, not being forced, but played with feeling. Hard work, but good work, we shall be with you."*

**"Are you a musical Guide?"**

*"Yes, I think he's known me. He has me for another term. Yes, Cornelius, I think he will remember. Then he must work hard, and practice."*

**"Is Elton telepathically in touch with other parallel lives, that are musicians, who have musical careers? Parallel lives with the same past-life memories as Elton's"**

*"In his dreams, but then we all dream, we all live our dream, so that we may learn."* **"Do any other Guides want to speak?"**

*"Not at this time."*

**"You're a new Guide to speak in this class, aren't you?"**

*"Yes."*

**"It's your first time to speak?"**

*"Yes. I am shown many fine lines on paper, already known to Elton. Many more to come."*

**"His channelling is getting better, isn't it?"**

*"Yes, he has to learn to control some of his arrogance, and some of his cheekiness. Merge the two, confidence will come."*

**"Have his Guides been giving him words to say to people outside this class?"**

*"A few."*

**"Has he been aware that you have been channelling through him?"**

*"Yes."*

**"Good."**

*"For a least twenty years he has been channelled."*

**"And not been aware of it?"**

*"Not until recently, by lots of different people." (Spirits)*

**"What was the reason for him developing, to find out about all this? Do you wish other people to become aware of him channelling wisdom and guidance from spirit?"**

*"No, just to make the connection, is enough."*

**"But if the connection was there without him knowing, what's the difference now?"**

*"He is aware."*

“Is it better for the Guides in spirit, him being aware?”

“Yes, much easier to talk, more to easier to say things that affect us all.”

“Does his development help to distinguish between his own thoughts and Guides communications?”

“To a degree.”

“Is it to be desired that he does learn to distinguish between guidance, and his own thoughts, when he's helping other people?”

“At this stage it's to let there be a flow of energy, whether it be thought words, or sound, it's the flow that counts.”

“You see, we all have specialist areas of how we help the people in the world, to grow and learn. Healing can be in all different areas, isn't that so?”

“Yes, it is the connection that is made, that is important. Thank you.”

#### AVALON AS THE CHANNEL

“Hello, my friend.”

“Good evening.”

“Are you a Guide?”

“No.”

“Are you a man or a woman?”

“A man.”

“Are you a young man?”

“No.”

“An older man?”

“Yes.”

“Did somebody bring you here tonight?”

“No.”

“Are you a relative of anyone in this room?”

“No.”

“Have you seen your Guides?”

(My Guides

indicated that the next answer wasn't true, hence the next question.)

“Yes.” “Have you talked to them?” (Avalon) “I'm sorry.”

“That's all right, you're getting confused with your own mind.” (Avalon) “I am, yes.”

“I'll keep on talking, they are still here, so I'll keep on talking, you don't have to answer if you don't want to. My friend, if you look behind me, there's a white light, and in

the white light is your mother. Can you see your mother?"

"Yes." "She's got her hands out to you."

"Yes."

"She wants you to go too her, if you go to her, she'll tell you all about it."

"About what?" "Of why you're here."

"Yes." "Will you go to your mother now?"

"No." "Why don't you want to go with your mother?"

"I'm frightened."

(Notice the link with what Avalon's Guides said on her meditation. "*What are you so frightened of?*")

"Can you feel the love coming from your mother? Reach out and feel the love that she's got for you."

"Mmm."

"There's nothing to be frightened of, your an old man, you shouldn't be frightened."

"I'm going."

"Are you going to leave with your mother?"

"Yes." "Bye bye, then. That's it, he's gone."

(Avalon) "Mmm."

"When I asked the question, 'Have you talked to your Guides?' I knew that the answer was coming from you, not from the old man. I knew that you were getting confused."

(Avalon) "Confused, would that be... Because the last couple of nights... Well, there are periods that I don't sleep very well, would that be what's causing it?"

"Yes, that's what spirit says, he's been hanging around you. But it's all part and parcel, of your development. You may go through stages, where you will do a lot of rescues, because you will be going through levels of vibration. It depends on which area you are going to be working in. Some students work a lot in the rescues, some go through the rescue stage, and go into other areas of development, so it doesn't really matter."

## RAYMOND AS THE CHANNEL

*“Greetings, my children, tonight your meditations were very good for your development. We know when to give you meditations that are more hard work, and maybe less pleasant. But tonight you were just practising, and developing. When you are more developed, you will go on missions, and be more of use than practising to develop, so that you will be more righteous, and the word means right-usefulness, it got shortened somewhat to righteousness.*

*You did very well tonight, Avalon, for your first attempt. You will feel more positive now. Don't worry, Kate, everything will work out. Just look at Elton's fast development in just three weeks. There is much more to experience for you all, and some of the meditations are what you would call, ‘Far out,’ but when you have lost your fears, these meditations are exhilarating, and even a meditation you see suffering in, you will not be too distressed about the suffering.*

*And as you that are living in the west, have been watching suffering on your TV screens for many years now. And this conditioning has helped you to be not so reactive to the suffering. You can then do the right thing, when you come across it.*

*(In your meditations, or your past-life recall.)*

*The right thing, being what your Guides tell you.*

*As you grow in wisdom and morality, you will receive higher Guides, of equal morality, to help you with your work. We want you to know, that if it is your destiny to affect and help many people, and I mean many people, then your mind and abilities must be very developed, so that no-one can bring you down. For when you become famous, or well-known, you attract negative energy, with people who want to bring you down.*

*So it is safer being anonymous, while you develop. Have patience, for you are learning wisdom, as well as development. We thank you for listening tonight, God bless you all.”*

(74)

**HEALING CLASS 1/8/88, JOHN, KATE, ELTON.  
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

(2)

about it.”

## JOHN'S MEDITATION EXPERIENCE

(John) “I feel myself in a very dark, safe place. I'm all squashed up, but it's nice. I'm confined, but I feel it's not a tight confinement, it's a safe feeling. I'm feeling safe, and warm, and loved, and it's just really nice.”

**“I want you to ask your higher-self, why you are being shown this scene.”**

(John) “To know that you have been loved.”

**“I want you to ask your higher-self, to show you another scene now, to go on from the womb, when it feels ready.”**

(John) “I am being born now, and this time, the tightness is threatening, I'm being squeezed out. I'm fighting to get out, and I don't like the pressure around me, and I have to fight to get out. It's annoying, but I have to try so hard.”

**“You can ask your higher-self, if it wants to tell you about the experiences, it may give you some words of wisdom.”**

(John) “I already know about that experience. My higher-self wants' me to compare that experience, with the previous one. I only knew about being born, but the higher-self wanted me to see the other side of being confined, and having the pressure. One side wasn't very pleasant, and the other side was very pleasant.

I'm being born now, and there's lots of people around, and they're all picking me up, but I don't like it.”

**“Why don't you like it?”**

(John) “Because they're all touching me, I don't want them to touch me. I wanted to touch, but they're doing all the touching, and they won't let me touch anything, and I can't grab anything. I'm just reaching out, and there's nothing I can grab, because I'm being touched, as they're holding me, so that I can't touch anything.

And there's a bright lights, which I don't like, and I feel scared, because there's nothing for me to cling to.”

**“Did you ask your higher-self, if there is any conditioning left over from that feeling scared, affecting you?”**

(John) “My higher-self said, ‘Fears are a part of my life,’ and some of it comes from that.”

**“Does your higher-self want you to release any of the fears?”**

(John) “Yes, I must. I will be releasing fears gradually over time.”

**“What, by seeing the scenes?”**

(John) “As I move through my life, I will be releasing fears. I can release some tonight, but there's a large portion which I cannot release until later.”

**“That's right, are you being shown anything else?”**

(John) “No, just that I should say, that I release my fear from that experience.”

**“Is that what your higher-self wants' you to say?”** (John) “Yes.”

**“Just relax, and try and blend the two experiences, of being secure and safe in the womb, and overlay on that, the experience of feeling fear, and maybe it will help release the conditioning. What's your higher-self say about that?”**

(John) “What I have to do, is to understand the feeling of that, and how it relates to my life now. And my higher-self say's, I must get in contact with the feeling of being held as a child, and it's okay to be held. And it's okay not to hold onto others. Yes, and not to be afraid of being held.”

## KATE'S MEDITATION EXPERIENCE

(Kate) “I'm in the womb, and there's fear with me, terrible fear.”

**“I want you to ask your higher-self, what the fear is, fear of what?”**

(Kate) “No, it's my mother's fear.”

**“So, you're feeling her fear?”**

(Kate) “Yes, I can't help it, it's just right through me.”

**“Now I want you to ask your higher-self, what you have to say, or do, to release yourself from this fear that your mother had.”**

(Kate) “I don't know if I can release it.”

**“It's not your fear.”**

(Kate) “I was born out of fear. I was given up for adoption, out of that fear, and I'm not getting a clear answer of what I had to learn from that.”

**“Well, you sort of have to blank out what you feel, or what you think, to just let your higher-self tell you. If your beliefs are contrary to what your higher-self wants' to tell you, you're not**

going to allow that to come through.

You see, literally, you have got to wait for an answer. Maybe it will come as a word...”

(Kate) “I don't know, I forgotten a bit, I was getting a lot more...”

**“Ask your higher-self, why you are being shown this scene, shown the fear.”**

(Kate) “I think, to understand that it wasn't my fear, I got that feeling, because I've never looked at it that way before. Yes, I definitely get the feeling, that I had to understand, that it wasn't my fear. “

**“Ask your higher-self, if understanding that it wasn't your fear, is helping you to overcome that fear?”**

(Kate) “It's a matter of understanding that I don't necessarily have to overcome the fear, as much as understand why the fear was there.”

**“Your higher-self can show you the reason why your mother had that fear, and maybe it would help you to understand where and what the fear is.**

Often fear, without knowing what it is, is a lot stronger than if you know where the fear comes from, and then to you, it may seem ridiculous, and that ridiculous feeling breaks the fear. Do you understand?

So your higher-self can show you what your mother was feeling, what was the basis of the fear that's influenced you. Your higher-self can show you that. It can take you outside the womb, to the experience that caused your mother to fear.”

(Kate) “No, I just get the feeling that a bond was broken. It's kind of hard, because I know the story behind it, and I'm trying to block it out, so I can get something else. No, it's not coming, what I already know about the situation, is not letting it come.

I just get the feeling that I have to understand that I'd never seen it that way before, that the fear wasn't my own. I think that's what I was shown.”

(While her husband Elton was relaying his meditation experience, Kate received a lot more. So I will put it here, to keep it together.)

(Kate) “They have just told me why I spent my whole life, trying to work

out why had to go through an adoption process. Because, I spent ten days with my natural mother, and then I was given up. So there was all that bonding in ten days, and then I was given away to someone who was terribly restrictive, terribly strict in my upbringing, etc. I was told basically, that I have to learn to let go. I don't let go of people, I tend to hold on to them, I cling to them. I've done it all this life, and it caused someone great harm in the last life.

I got a picture of a woman with a child, I got the feeling I was the woman with the child. There was a lover, or a husband, or something, and for some reason we were separated, and the husband wanted the child for safety reasons. I wouldn't relinquish the child, and I think even myself and the child were killed because of it. So what I first got, was that I caused someone else harm, because I wouldn't let go of someone in a previous life."

**“So, you had to have the experience of being not let go of, yourself, to teach you of what you were like to others?”**

(Kate) “Yes, I had to experience that trauma myself, and this is also a lesson I have to learn in this life. So all my previous relationships before Elton, I have been left. Whoever the relationship was with, they left under great trauma and stress for me. And I was never able to let go. You know, I was trying to hold onto them at all costs. It didn't matter how I held onto them, but I would have to hold on to them.

Well look, it's to let go of the past, but is not so much to let go of past experiences, as to let go of people in my past. It's to be able to cut off those ties. And they just told me, that's one of my major lessons for this life, and it's related to karma. It's because I have caused someone harm in a previous life, I've got to pay for it.

I mean, I didn't get that at first, but while you were talking to Elton, I was asking all the questions, and it seemed to come through a bit clearer. I think after I managed to get rid of the fear, down a bit, so that I could get the answers, but it came through nice and clear.”

**“Yes, because you had a lot of fears when you first came to the classes.”**

(Kate) “You know, I could never work out why, the fear. And I've always felt that it must have been previous to this life, because once I was

adopted out, I had a very stable life, very restricting, but very stable, and not at all traumatic as a child. I mean people would call it a happy childhood, I didn't, because it was so restrictive, and I was always battling against it.

But it was a very secure and happy home, and I could never work out where these fears came from.”

(Elton's meditation experience was so long, that I have decided to put Kate's channelling next, as her channelling is also related to her meditation experience.)

## KATE AS THE CHANNEL

“Hello.”                    **“Have you been waiting long?”**

*“Yes, we want to speak about Kate's needs. She needed to experience tonight's, meditation, as these fears have been restricting her development for some time. She is to learn to express herself, and she hears clearly, but cannot as yet communicate clearly, she's lazy.*

(Kate) I'm not used to speaking stuff like this, it's really weird.

**“It's alright.”**

(Kate) “It's coming very fast, I'm having trouble. *She's only just opened to us, we still have trouble making her listen. She had to learn tonight to let go, she has experienced this many times in her life, this life.*”

**“What is this?”**

*“Even recently, letting go of those fears associated with self-worth. (Kate) Now it's starting to get jumbled. She needs to find a way to feel that she belongs. Fears of rejection, of being different, being brought up, and being surrounded by narrow thoughts, contracting thoughts, restricting growth. There was a reason of that experience, she has to break out.”*

## ELTON'S MEDITATION EXPERIENCE

(Elton) “It's the smell of perfume, that overpowering smell that older woman have. And being picked up and smothered by this overpowering smell.”

**“How do you feel when you had that smell, when you were being picked up?”**

**(Elton)** “Repulsed, I mean, it's not a really good smell, to smell when you're gasping for air, or whatever. And everyone wants to cuddle you. But the overwhelming feel, of being enveloped by perfume, and it's hard to breathe, hard on your lungs.”

**“I want you to ask your higher-self, if there is some basis behind this, is there something behind this fear, or this repulsion, that it wants to show you. Is there any conditioning before this, maybe your higher-self will show you something, tell you something?”**

**(Elton)** “Basically, it's the smell of people saying, ‘Can I have a turn lifting you up?’ And that's the normal thing that clucky will do, when they're around a newborn baby, I think. I don't know why I have chosen to have that actual experience, right at that particular time.

I think it's put me off little old ladies. I still feel the repulsion, when there's the greeting cuddle, and you know, the whole bit with family and things, and it stems back to this perfume thing. On some people, perfume smells really great, but most people, it doesn't. Especially if you are country orientated, I come from a country orientated type of family.”

**“Ask your higher-self, why you are being shown this scene of repulsion, by perfumed ladies. What is the reason behind you becoming aware of this?”**

**(Elton)** “It's something to do with my lungs, and it's got something to do with not using my lungs properly, but then, nobody ever does. It's to get me into the habit of breathing properly, doing breathing exercises, when I wake up, which I don't do.”

**“I want you to ask your higher-self, if when you smelt this smell with the old ladies, you suppressed some of your breathing, and sort of held your breath a bit?”**

**(Elton)** “I did, quite a bit, yes.”

**“I want you to ask your higher-self, if this has affected you in your breathing.”**

**(Elton)** “It has to a degree, made me very selective about what smells... I think at that very early point in time, you start thinking, ‘Are yes, this is a

good smell, this is not.' The actual process of selecting your tastes and smells, at that particular time, for me anyway.

My taste in smells opened up at that, whether I liked it or whether I didn't, whether it was pleasant or whether it wasn't."

**"I want you to ask your higher-self, if one of the affects into your adult life, Is that when you don't like a certain smell, that you hold your breath. You tend to do that?"**

(Elton) "Yes, well I tend to be repulsed by little old ladies, and the cuddling instinct that these people have, I feel obliged, which I shouldn't really, and I had this obligation thing, to do what everybody sees as the right thing. Like a little cuddle, just as a greeting.

This is basically with family, mostly with Kate's family. I don't get to see very much of my own, but it's still repulses me a wee bit."

**"Is your higher-self trying to tell you to go by your feelings, and not go by society?"**

(Elton) "I should be going by my feelings."

**"Which does your higher self want you to do?"**

(Elton) "Just do what you feel. I mean, if that feels good, do it, that's what it's saying. Like there was a time and a place to do these things, of course, and be aware of the situation."

**"Do you get anything else, outside that area? Being further on in life, childhood. Other than smothered in perfume?"**

(Elton) "I took a fancy to being on my own quite a lot, being the only child up to a certain time. For the first four or five years of my life, and maybe even six. Yes, a lot of time spent on my own, keeping out of my parent's way. Just doing the normal growing up things, a bit of jealousy when my brother arrived, which is quite normal, I've been told."

**"Yes, well, we are trying to separate what your higher-self is showing you, and what your memory is bringing up."**

(Elton) "Well, I could see actually, what I'm seeing right now, this thing with my brother, in a cot, and he's got something like a polio flu, I think. And I'm kind of angry, and I didn't want him to have this, because something else was meant to happen.

And he got this flue thing, and we couldn't do what we wanted, had to do. And I was very angry about that, in that I had this constant battle

going for...”

**“You couldn't battle with him, you mean?”**

(Elton) “Yes, that would probably be about right, being the older of the two, seeing him in this cot, strapped up. It's as though he couldn't, he had, like chickenpox, some sort of welts all over him. He was sort of like in a straitjacket type thing, to stop him doing it. I thought it was rather strange, the way he was standing, tied up, a little kid.

He shouldn't have been there, he should never been sick. It was just so sudden, and think that's what caused me that anger, I think.”

**“Ask your higher-self, if it wants you to release the anger.”**

(Elton) “It does, actually. It's been trying to release the anger for ages, eons.”

**“Does your higher-self say that it wants' you to speak it out, say, ‘I release the anger of my brother being tied up,’ something like that?”**

(Elton) “It's the situation feeling. I mean, it's not only in that particular situation, it moves on quite a lot throughout my life, and periodic splits through my life.”

**“So, are you saying that certain situations like that gets you angry, when people are in a tied up situation?”**

(Elton) “I don't know whether it's just the tied up situation, it's just every now and then, I just explode, the actual vehicle being my body, explodes, and out comes all this anger.”

**“Ask your higher-self, where this anger comes from? It may show you another lifetime, it may show you the conditioning that cause it. Ask if the conditioning which caused it, was in your childhood, or was it something from a past life?”**

(Elton) “I just got this feeling, that it's like I've been with it a long time. But I don't remember the first four years of it, after that it starts to surface.”

**“Ask your higher-self, if the childhood experience with your brother being tied up, was the trigger that started you reacting angrily, and it's connected to another lifetime?”**

(Elton) “Probably another lifetime, I think the brother was just a vehicle for it to switch it on. I mean, there are lots of people I can bump into

nowadays, who know exactly what button to push, that will bring it all up again.”

“Ask your higher-self, if it wants to show you the scene, in the past life, that actually started all this. It may say, yes, or it may say no?”

(Elton) “No, it's got to be worked on, I think, through meditation. It will come up, and it will be dissolved through that, with the help of other people.”

### ELTON AS THE CHANNEL

*“Good evening. We would like to say something about restriction of ideas, or ideals, that have come through from other times. There has been a time when this is directed at Elton. He has had great ideals, and ideals have been betrayed, that is one of his fears. He knows, and has seen some of the images of betrayal before.*

*This restricts his wanting to get on with certain ideals, that he holds very highly. His fears stop him doing these things, before he gets them off the ground.*

*Once he dreamed of ‘The resistance,’ in 1942 he was betrayed, yet carried this fear of betrayal through several lifetimes. This happened recently in this lifetime, and in the last two years, two or three times. He still holds the ideals strongly, but is a little afraid to implement them in practice.”*

“Does this fear of betrayal, create his experiences of betrayal, in life after life?”

“Yes. It has happened in this life a couple of times, but he has seen it through to the end.”

“In between lifetimes, has he not wanted to face this, and overcome this problem, and is that why he hasn't had the correcting conditioning from childhood, to correct the fear of betrayal?”

“The answer to that is, when he was little, his parental Guides, (parents) did not have enough knowledge about what ailed him, he was different. But they just didn't know.”

“But when it was in spirit, did he not want to face this

problem, and that's why it hasn't been fixed up?"

*"This is why he is here, if it is not fixed up, it will be why he is here again."*

*"But if it wants to contact his Guides, and say, 'I want the right experiences to fix this problem, would he then be born into having the correcting experiences?"*

*"The experiences of correction will manifest itself, that is also coming. This is all we can tell you at this time, it is not right yet, soon."*

**(Elton)** *"It feels like a bit of a weight, has been taken off my chest, mainly."*

### JOHN AS THE CHANNEL

*"Greetings, my friends. Tonight has been a good night for all here. There has been a great weight released from all of us. Each individual has released something, and the group has released something as well. There is a quickening of energy, great things will soon be happening. There is a void opening, and it will be filled."*

*John will move ahead very quickly, or very slowly, depending on the need. We are here to guide and to show the path, trust in your Guides, for they know the way. Sometimes at first, it is confusing, but it will all work out in the end. We are not creatures of misfortune, but warriors of wisdom. Be happy and peaceful, goodbye."*

### RAYMOND AS THE CHANNEL

*"Greetings, my children. You have been very fortunate tonight, with the presence of an old student, **(John)** to help you with your development. Your growth is sometimes hard for you to understand, and very often you seem to be flying blind, not knowing what you are going to experience, or if you are going to experience. And your imagination has not very much to work on, when we give you meditations like this. But you have experiences, to show you that your experiences are not orchestrated by the teacher."*

*When we want to give you a meditation, which is more*

*orchestrated, you will not have any doubts about your experiences, or the reasons for them. Even if you do not always know the reasons for your experiences. When they are working on (affecting) subconscious levels. But you have to feel confident in spirit, in Raymond, in the meditations. So we help you develop more confidence.*

*Your conditioning of what teachers are supposed to be like by your society, is very different to what this teacher is like. So it is understandable that you may have doubts about your Teacher. But don't have any doubts, because now you are in contact with your own teachers, on the other side. Which you can ask their opinions, talk to, while this one sits here.*

*He has much enthusiasm, and a strong belief in our teachings, and meditations. It is very hard to run classes like this, with no knowledge before-hand, of what is going to be learnt, or taught, as each individual is learning different things anyway. Maybe you will want to do this teaching work with other groups, anything is possible.*

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

(75)

## JOAN AS THE CHANNEL 13/8/88.

*"This is Esmay."***"Are you a Guide?"***"No."***"How old are you, Esmay?"***"Forty."***"What attracted you to Joan?"***"He told me to come."***"Who's he?"***"That one over there."***"Can you see this white light next to me?"***"I was going the other way."***"Which way?"***"And he said, 'Go this way.'"***"Can you see this white light here?"***"Yes, he knew."***"He knew, did he?"***"Yes, crafty."***"And what did he tell you?"***"He said, 'Go this way.'"***"This white light, sitting next to me, can you see a figure in the white light?"***"He's there."***"Who is he?"***"He's moved."***"What, he's in the white light now, is he?"***"Yes."***"Why wasn't he in the white light before?"***"He tricked me."***"Would you go with him before?"***"I wanted to go the other way."***"Which way do you want to go now?"****(Pause)****"What he's saying to you?"***"Come to him."***"Do you know who he is?"***"No."***"Is it Jesus?"***"No."***"I think he's connected, though."***"I don't think I like his way of working things."***"Shall we send him away, and get someone else instead, how about your mother. Have a look in the white light and see if you can see your mother, can you see your mother?"***"No."***"Is he still there?"***"Arthur's there."***"Who's Arthur?"**

(2)

*"My beloved."*

"When did he arrive?"

*"A while back."*

"Why don't you talk to him then, did he arrive in the white light?"

"Yes." "Did he arrive while the other man was there?"

"Yes." "Are you going to go with Arthur?"

*"If the other one will go?"*

"Yes, the other one will go away, you can go with Arthur, then."

*"We've got much to talk about."*

"Good, have you been avoiding these white lights?"

"No." "Have you seen white lights like this before?"

"Yes."

"What did you do when you saw these white light?"

*"I wasn't sure."*

"Did they keep coming up in front of you?"

*"Yes, I walked off."*

"So, you walked away from the white light?"

*"I didn't know what they were."*

"Now, you do, there are people in the white lights, aren't they, once you get used to them. What's Arthur say?"

*"He says, 'You never did trust anyone else but me.'"*

"Is anyone else in the there, with Arthur?"

"Not now."

"Any relatives?"

"No."

"Okay, are you going to go off with Arthur, go into the white light with him?"

"Yes." "Bye bye, then. Who am I speaking to now?"

*"We have problems."*

"What kind of problems?"

*"Adjusting."*

"Does Joan need any help?"

*"She's resisting this change."*

"Are you a Guide?"

*"Yes, this is a new level."*

"A higher level?"

"Yes."

"What are you here to tell us?"

*"We must adjust, we will not speak for long."*

*"It would be wise for you to start."*

"Start what?"

*“We are at a new level for Joan. This one must exercise extreme patience in her adjustment, she is ready now. She does not have the confidence, that we hold.”*      **“What can I do?”**

*“Guide us.”*

**“How do I Guide you?”**

*“How can we help?”*

**“Do you want me to ask questions, you mean?”**

*“Simplicity, while we are adjusting.”*      **“Simple questions?”**

*“Yes. Resistance is lowering, the more we come through.”*

**“Do I go through these changes, or have I stopped going through these changes, of Guides, to higher levels?”**

*“The process is constantly in force.”*

**“With Joan, or with me?”**

*“With all, it's only your perception of stop-starting. Where your ego builds up barriers. Your ego is very resilient, it does not like to be won over, so to speak. Will mask any event, to throw doubt on situations.”*

**“Is that in general, or for me specifically?”**

*“In general, yet you did ask for this information. It's an understanding to be understood, it happened to this one.*

*Much easier now.”*

**“Does my ego have two strong an influence, and stops me from receiving communication with spirit?”**

*“Yes, this is so.”*

**“How can I quash the ego, so that I can get communication from spirit?”**

*“You must allow your higher-self to gain strength over this ego.”*

**“How do you do that, what exercises?”**

*“You meditate, and relinquished all vulnerability to your higher-self. You must totally put yourself in the hands of your higher-self, without fear. You must allow your ego to understand that it hasn't total control over your spirit-soul, of who you are. It can be quite cunning as to how it represents itself, in the mask of being the real you. You more or less show to this ego, that you have somewhere else to go, so to speak.”*

**“Where is this somewhere else, the higher-self?”**

“Yes.”

“Has my ego been getting stronger and stronger, ever since he got squashed the last time, with the Julie and Caroline incident?”

*“Negativity is the fertiliser for the ego’s strength, let go of the past.”*

“How do you let go of all the memories of the past, it's like losing your memory, because all your memory, is the past, isn't it?”

*“It is possible to let go and observed, be analytical from a spectator's point of view, and not as a participant. Which allows your ego to hold its grip.”*

“Have my Guides been giving me certain experiences, to try to help me overcome this problem?”

*“Your Guides have been literally screaming at you.”*

“How come I don't hear them?”

*“You are not quiet enough to listen. The metaphor could be, tearing their hair out.”*

“Yes, but what are they trying to tell me?”

*“What has just been conveyed. Again, you have heard, but not heard. Do not misunderstand, this ego is an essential part of your being, and has its place. Yet you have allowed this ego to rule the roost, so to speak.”*

*“Well, doesn't everyone?”*

*“Yes, yet you wished to know why you are heading nowhere.”*

“You mean why I stopped?”

*“Yes, you are not alone in this dilemma. Yet, you are aware, and this awareness enables this world to convey. You can squash this conception, or you can re-evaluate and look more closely for substance. The choice is completely handed over to you.”*

“How do you recognise when your thoughts aren't ego and negativity?”

*“Be willing to be at all times open to your higher-self.”*

“But how do I know when I'm getting a message from the higher-self, not getting just thoughts from my ego? How will I recognise...?”

*“You ask.”*

“You mean, the ego can't answer the question falsely, then tell me that it's the higher-self, and it's really the ego, then?”

*“The ego cannot play the part of the higher-self, it's not that clever.”*

“So if I'm asking the higher-self, and I get the answer, it is the higher-self. How do I know that it's not the ego who's answering for the higher-self? That's what I mean, how do I recognise the difference?”

*“If you ask your higher-self, the higher-self will answer. The ego is not permitted to answer for the higher-self. Yet the key to the truth is simple, is to ask. If you do not ask, you will be opened to fabrications.”*

“Have I had to learn all this, what's happening with Brian in the class? I don't know whether it's true or not, in him probing one of my students, psychically, and her reacting adversely to it. One of the students said, that the force came from outside?”

*“This is a dilemma for the student to unravel, not you.”*

“That's what I was told on the night, that the student had to figure all this out. So I can't chastise, or tell Brian off, if it's nothing to do with Brian, is it? Was it Brian's psychic probing of Kate, that caused her reaction?”

*“The fault indirectly does not lie with Brian. For he would not have been able to succeed, if the student had not let him.”*

“But, yet, he said, he was subconsciously probing, so she wouldn't have been aware that he was probing. Now, what part of Kate, allowed him to probe, an unconscious part, or a conscious part?”

*“Her conscious allowed, the subconscious rejected. Both were struggling against the other.”*

**“Is this within Kate?”**

*“Yes.”*

“Why did the subconscious reject, was it because of a past-life trauma with probing, like psychic attack in a past-life?”

*“This we cannot convey.”*

**“Is Brian’s ethics wrong, in probing? Is it like an invasion of privacy?”**

*“Brian is playing new games, as like a child.”*

**“Yes, that's what I thought.”**

*“He will not be allowed to continue.”*

**“What, in these classes, or playing games with anyone?”**

*“Sooner or later there will be no more games, and he will have to grow up. Yet that is not for any physical or spiritual entity to decide, only his higher-self.”*

**“I'm worried about his influence in the classes, and Lydia's as well.”**

*“If the influence is allowed, it will penetrate, it is a learning process for each individual.”*

**“But it's harder for them to develop, if they feel as though they've got to be on their guard every night they come?”**

*“Their higher-selves will protect them.”*

**“So the whole incident, was for the rest of the students to become consciously aware, of where Brian is coming from, so that they can be on their guard, constantly?”**

*“If they were to learn, this is so. You can only take it upon yourself, to supply your own protection. You must not take the responsibility to protect others.”*

**“Does that mean I can't tell them about Brian and Lydia, warn them, Is that wrong to tell them about them?”**

*“Yes, each individual will learn at their own pace.”*

**“The more spiritually aware the students are, the more they will recognise Brian for what he is.”**

*“If you allow the ones of our world to enter into your circle, you must do so with complete confidence, and leave the events to unfold, as each of us, and others see fit.*

*There is a purpose for asking for our presence. When the student is ready, the lesson and the teacher will eventuate. This is something you are aware, is this not so?”*

**“True.”**

This was the last time Joan wanted to attend classes or private therapy sessions. About four months later she called me to visit her in hospital, because she was suffering from an emotional breakdown.

I didn't record my visit, but I did pick up that she was going through the process of a 'Walk In,' as her spirit wasn't coping too well connected to the physical, and obviously her higher-self wanted Joan to live for other growth purposes, as she was still quite young, approximately thirty years old.

About four and a half months after visiting her in hospital, when I came to write the chapter about Joan, for the second volume, I needed to find out a few things I didn't have recorded, things I had forgotten which were not recorded.

So I asked her if I could come around and ask her higher-self, if she could channel to fill in a few gaps. She told me to come around, and when I arrived, she told me that she was having trouble with her boyfriend, who only visited her once a month, type of thing, and she wanted some answers to her relationship problems.

She also learnt a little bit more about what happened in hospital, about the 'Walk-in,' she experienced, and this is where I received the details of what Joan was suffering from, when she first came and visited me before she started attending classes, which I inserted in the first chapter that Joan sat in class.

I have put this interview here, while your memories of Joan's experiences are fairly fresh.

### JOAN AS THE CHANNEL 28/3/89

**“Hello, my friend, are you the higher-self or Guide?”**

*“I am Frederick.”*

**“Are you a Guide?”**

*“I'm trying to be.”*

**“Who for? Joan?”**

*“I'm learning, I told them I wasn't ready.”*

**“What, to be a Guide?”**

*“Yes.”*

**“Who told you?”**

*“My Teachers.”*

**“In the spirit world?”**

*“Yes.”*

“But you are watched over, aren’t you? In case you make any mistakes.”

*“But I don't feel I'm ready.”*

“Have you seen these Teachers recently?”

*“They're here”*

“Why aren't they talking through Joan? Why are you?”

*“I don't know.”*

*“Is Joan's higher-self here?”*

*“Yes.”*

*“Can I speak to Joan's higher-self, please?”*

*“What do you want to know?”*

“Joan was asking if there were any spirits attached, or sucking her energy, who need rescuing first,”

*“No.”*

“Can you remember when Joan first came to visit my house?”

*“Yes.”*

“Can you remember what Joan's problems were, in detail, the problems with the consciousness and the body, at that time when she came and visited me?”

*“She didn't want to be here, in your dimension.”*

“On the Earth-plane?”

*“Yes.”*

*“Anything else?”*

*“Very fragile.”*

“Was there any physical problems with any of her seven bodies, causing her to feel spaced out?”

*“Very damaged.”*

*“What was ‘Very damaged?’”*

*“The astral.”*

*“The astral body, what caused the damage?”*

*“She was preyed upon for a long time.”*

“By spirits, or people with bodies?”

*“Both.”*

*“But what caused them to affect her?”*

*“They prey on the weak, she didn't have a chance, it started from conception.”*

“Why, what was the defect at conception, for the weakness? Is it karmic from past lifetimes?”

*“Yes.”*

“When Joan went into hospital recently, with the emotional breakdown, was Joan going through the process of a different

spirit coming in, like a 'Walk-In?' Was she going to have a 'Walk-In,' coming in at that time?"

*"It was just a backup."*

"You mean the spirit that was going to walk in, was a backup?"

*"Yes."*

"Did it ever happen that she had a 'Walk-In,' come in while she was going through that, in hospital?"

*"For the first three days."*

"Because I was told when I was doing healing, and was told by spirit, to tell her, wasn't I?"

*"She didn't take much notice."*

"No. This 'Walk In,' that came in the first three days, is it the same 'Walk-In,' that's in her now? Or has Joan's first spirit come back?"

*"Yes, it is the first spirit."*

"Was this 'Walk-In,' a parallel life of Joan's, or a stranger?"

*"It was Mary, she could not feel secure with a stranger, she called for Mary."*

"Was it Mary's higher-self that stepped in? If Mary walked in to Joan, who was looking after Mary?"

*"All was one, never separate."*

"Is there a Guide here that can answer these questions, quicker and easier, other than the higher-self? Because Joan has channelled easier than this before, in the past, hasn't she? Or is it because she hasn't channelled for a long time?"

*"It's her belief system."*

"It's harder for you to get these answers through, isn't it?"

*"Yes, she's blocking."*

"Joan is a bit unhappy about a relationship at the moment, do you want to tell her anything that will help her?"

*"She cannot be a martyr to them all, she must walk away. She's been pulled back, she must accept that she has to leave the ones behind, if it is their wish to stay, and not progress, as she would like."* "This is conditioning from previous lifetimes, isn't it?"

*"She has almost conquered her goal of detachment, but it is not*

*yet free completely. She cannot distinguish or separate the caring and detachment, like an all nothing situation."*

**"Which is the best way for her to learn and overcome this, is it for her to go into her past lives, and releasing the past-life conditioning, or by going through hard experience? Like she has been doing, lately."**

*"Whatever has the most positive result, she keeps doubting."*

**"The past-life therapy, you mean?"**

*"Yes, and inner messages, like a seesaw. She must walk away, satisfied that she can help no more. She must not carry responsibility of mistakes, which are made by others."*

*She is always ready to forgive mistakes of others, but never forgiving her own."*

**"Is she a lot stronger now?"**

*"Very much so, yet there are times when she will come down to another's level, trying to help."*

**"Then why doesn't she choose somebody of the same level as her, or higher?"**

*"She attracts these ones."*

**"Why, because they know that they can take advantage of her? On a subconscious level, they know that."**

*"They recognise her strength, strength to be up-lifted, to prop them up."*

**"You mean they recognise her sympathies towards them, to give them support?"**

*"Yes."*

**"Yet, a person that is strong, who would not need to be propped up, they would not seek out Joan, would they?"**

*"They drain her; it's like attacking from behind."*

**"Is there anyone she can go to, to get strengthened again, to revitalise her? To give her back what's been lost, and given to others?"**

*"Jesus."*

**"You mean she can ask for Jesus, to give her back the strengths?"**

*"Yes."*

“In our classes we went through an experience where Jesus came within, a part of Jesus came within a student, to help them with their life, and they asked for it, and Jesus was willing to put a part of himself within the student, are you are aware of this kind of concept?”

“Yes.” “Would you like Joan to have this Jesus within her?”

“Yes.”

“Would it help her with her life in this world, if she has Jesus with her all the time?”

“Yes.”

“Do we have to perform any special healing, so that Jesus can come within Joan, or can it just happen, because she wants it? Is Jesus here now?”

“Yes.”

“Does Joan want Jesus to be inside her, helping her, giving her strength?”

“Yes.”

“Does Jesus want to come within Joan and help her?”

*“She must let go and surrender her weaknesses, her strengths, her beliefs, to him. And never question, she must let him completely takeover, even Jesus had to be cruel at times, to be kind.*

*This she hates doing, but she must let him take control of her life, in every way.”*

“If he comes in and takes over, will she ever not like what he decides to do? Will she lose her decision-making abilities? Or will she have an extra conscience, that says, ‘do this, do that.’”

*“His decisions will be hers, and hers will be his, completely at one.”*

“Is she ready for this, at this stage?”

“Yes.”

“So, if she is to relinquish this, and allow Jesus to come into her, it’s into her body, and her consciousness, isn't it?”

“Yes.”

“Does she want to do it now; has she had enough time to think about it?”

“Yes.”

“Does she want to do it now?”

*“She's tired of being split in two.”*

**“I understand. Has she got to ask consciously of Jesus, and say to him, ‘Will you come in now?’”**

*“She has done this before, but it must be one hundred percent, not for a while his way, and the rest hers. She gives all to him, and yet ends up taking it all back. She takes back her problems, subconsciously, and becomes weak with the weight, and then she'll hand it back over, like tossing a ball back and forth. This is why we can't get further.”*

**“If Jesus comes in, how can she learn her lessons and become strong. If she's got his strength, how does she gain her strength? Does she learn from what he does?”**

*“She will not be able to forfeit her lessons. The responsibility will still be hers, but when she falls, it will be like a trapeze artist, falling into the net.”*

**“And bouncing back, you mean?”**

*“Yes, but still be aware of the mistake, of losing her balance.”*

**“So instead of going through the emotional trauma of the mistake, she will learn the lesson and bounce back, to try again.”**

**“Yes.”**

**“Because she reacts very emotionally to these situations, and that's her undoing, which makes things worse for her.”**

*“Yes, but she must completely lay herself before Jesus.”*

**“Is Jesus the only one that does this type of thing, with human beings on the Earth? Or are there other Masters that do this, like Buddha?”**

*“There are others”*

**“Is Buddha one of them?”**

*“For the ones that turned to him, Joan has always turned to Jesus.”*

**“Do any of these Masters seek out a student, or a person that they want to come in to help, instead of the students choosing the Teacher or Master, to come into their body-consciousness?”**

*“Whichever is best for the students' growth.”*

**“Because I had Buddha come into me, many months ago. Same**

type of thing, as one of my students had Jesus come in, but for different reasons. Are you aware that Buddha is with me?"

"No." "Is it because you can't see, or isn't he here?"

"We cannot see."

"You mean there's a barrier preventing you from seeing?"

"It is not necessary for this to be seen, at this point."

"So, does Joan want to do it now?"

"Yes."

"Do I have to help with the transfer, with Jesus coming into her body, her consciousness?"

"She wants very much for the ego to be taken away. Yet can't quite do this on her own."

"Does she want Jesus to help to do that?"

"Yes."

"Does she have to be in the right state, for it to happen?"

"Healing is required. Healing, where the ego has bruised or wounded."

"Who can do this healing?"

"Jesus will work with you."

"So you want me to do healing with Jesus, and then Jesus will come into her, afterwards?"

"Yes." "Do I have a part of Jesus working within me?"

"Jesus is with whoever requests. She will instantly know when he is within her."

"Is there anything else? Is that all?"

"She must not ever leave us?"

"Who, her Guides?"

"Yes. She gets immersed in physical problems."

"Well, if Jesus is going to be helping her, she won't be able to, will she?"

"No. She will have to work at it herself, to a certain extent. This is no free ride."

While Jesus was going into Joan, she said that she felt a strong presence come down into her body, then it faded as she adjusted to him.

Later in the next Volume, you can read the first time this happened in the class, with another student, and how this came about.

(76)

**HEALING CLASS 15/8/88, LYDIA, BRIAN, MONICA.**

When I received this meditation from my Guides, I thought the meditation would help a student re-experience a past life connected with the scene, but obviously our spirit Teachers knew what was going to happen, all along. This is what I was inspired to say to the students before I started the meditation.

**“Sometimes spirit gives me a meditation specifically designed for one individual, it helps that one individual with a great leap forward in their development. It may have not been designed for the others, but they are exercising anyway, and their Guides may take them to see something else.**

**Then maybe next week a meditation may be for another individual in the classes. Because we don't have large numbers in the classes, we can get specifically tailored meditations, for one individual at a time, and you just have to have patience, that's all.**

**I never know beforehand what the students are going to learn from the meditation, and their experience. Because the meditation's are totally different, with different students.”**

**PHAREOS COURT MEDITATION**

**“In tonight's meditation, you will experience what is happening to someone else, but you may be experiencing it, as if you are inside their body, looking out through their eyes, and experience their thoughts and feelings, of what they say, or what they do.**

**If you feel that you are that person, or you were that person in a previous lifetime, that's okay. If you feel that you weren't, that's also okay. You can ask your Guides, or**

ask your higher-self.

We are going to fly across the world, back in time to Egypt, to the time of the Pharaoh and Moses. And we are going to fly down to the pharaohs court, the Palace. We fly down through the ceiling, we see all the coloured drapes, and the fancy marble, and floor tiles, and groups of people.

On the throne is the Pharaoh, and sitting next to him is his wife, and their two children are nearby. Surrounding the Pharaoh are scribes, to write down what is said, and high people in the Egyptian society, all decked out in their finery, advisers, councillors, wise men, Astrologers.

Suddenly, there is an announcement of a visitor into the hall, dressed in drab clothes. Moses walks in with the staff all carved, with two other Israelites. You may become one of the Israelites, or the children or anyone in the court. Moses strides up to the Pharaoh, and asked him,

‘WILL YOU LET MY PEOPLE GO. IF YOU DON'T, YOUR FIRST-BORN WILL DIE.’ And Pharaohs says, ‘No.’

Now Moses leaves with his men, and you may go wherever you wish, either with Moses, or staying with the Pharaoh in the court, or you may skip forward in time, and see events that happen to individuals.

Maybe one of these individuals is your past life, the person that your Guides may have put you inside. Or you may experience other things, if your Guides wish you to leave the scene. You may ask your Guides, what you are learning as well. I'll leave you in silence now.”

(As no student described what they were seeing, after leaving them in silence for about fifteen minutes. I brought all them back from the meditation.)

### LYDIA'S MEDITATION EXPERIENCE

(Lydia) “I found I was quite put out by the words of Moses, when he was saying that the young child would die if the people of Israel... I

wasn't happy with that sort of comment.

It's sort of seems threatening towards the child, so I thought I'd just... I didn't really know who to relate to, so I thought I'd try to see what was in the building, that was of interest. And I seem to go through the building, looking at the different health and beauty treatments.

Most of what I saw, were things that I was aware of, that they use for beauty, including the arsenic in the cosmetics. Anyhow, the beauty treatments using arsenic, and the devastating effect it had on them, that they weren't really aware of. And then I came back to the main area again.”

**“Part of the individual's development, is to learn detachment from reacting to what we believe, and what we feel about certain situations, or what's been said, to be more detached.**

**If you notice Lydia, in previous meditations, (Highlighted in pink) you have reacted to certain things you have not liked, and it's blocked you from having a meditation experience, by not liking certain parts of the meditation, this is how you become aware.**

**It's like analysing what you are experiencing, and also censoring what you are experiencing, which is not allowing you to experience any further, in a way.”**

(Lydia) “Well, it didn't stop me experiencing from another point of view, I don't think. It was just that I couldn't see anything, anyone there, or any person there, I thought about the Astrologers and a different people there. I didn't feel my way into anyone, and nothing came naturally. Everything seemed to be sort of a bit distant.

So, my only definite reaction, that I had, was to that aspect of it. I just thought, ‘I couldn't bear the thought of a child being harmed, for whatever reason.’ I didn't feel that was correct, because for me, I think I've mentioned before, feeling is a very key thing, for me to go into in the meditation.

Just visualising on its own, doesn't really make sense to me. Maybe it could, but it doesn't, not at this stage, anyway.”

“Well, I suppose detachment is a lot easier, when you know the whole circumstances. It's like when you see a child that's been in a car crash, and it's got a bit mangled, and crippled for life. Because you don't know any more of the purpose, than this world, and you think, ‘Oh what a tragedy, it's a terrible experience that the person is going to go through, for the rest of their life.’

But if we knew beforehand, that the person chose to go through this experience, and it's one of many lifetimes, thousands of lifetimes, and is aware that it is going to go through this experience, to help it grow, then we don't feel so upset, because of what's happening, and we become more detached, because we see an overall view.”

(Lydia) “It doesn't change what is, though. An accident is something that happens, without people causing it to happen. Now, if it was a hit and run driver, and we were supposed to imagine being the hit and run, driver, then I would find that very difficult.”

“Yes, well, a person arranges to be where the accidents happens, for them to experience. There is no such thing as the person accidentally being there.” (Lydia) “Mmmm.”

“When a person perpetrates a crime, it is the victim who has chosen to have that experience. Maybe they wanted to learn that it's wrong to perpetrate the crime. Maybe in a past lifetime, they were the ones that were doing the perpetrating, and they know that going through the experience of being the victim, may turn them away from hurting others.

So there's always balance, but it's the emotional reactions, that we are talking about, that you have in your development...”

(Lydia) “And as I just pointed out, there's no way I would like to be having a meditation, and experience being a hit and run driver. I don't want to be involved in something like that.

In the same way, I didn't want to be involved in anything harmful to a child, and I don't see that any good could come of visualising my

involvement.”

“Like I said, your viewpoint of the whole circumstances of the Moses experience, is not complete. My descriptions of the meditation, are incomplete, but there were reasons for it all. It was recorded that it happened, and it's in the Bible.

So I accept God's judgement of what he's going to help initiate, but he doesn't do it to people who haven't volunteered in the first place, to have those experiences.

So, I wasn't asking you to be one of those first-born, and I wasn't asking you to be the one who said what Moses said. I just wanted you to experience what your Guides wanted to show you.

You are becoming more aware of your reactions to certain meditations. It's coming more often, that you analyse, and you don't like this, and you don't like that, and it curtails your own meditation experience.

I'm just helping you become aware of your own reactions, and spirit is also helping you become aware of your own reactions.

The events that happened, may not have happened in the way that I described it, but maybe you would have been able to see what was the reason behind all this.

The feelings of Moses when he's been told by God, that God is going to cause the deaths of the first-born, and how he might have felt. He might not have liked what he was saying either, but if that's what God wanted him to tell them. I'm not saying that Moses killed those first-born, he's only relaying a message of what's going to happen.”

(Lydia) “I don't know enough about the story, I could only go on what you said, yourself.”

“Yes, well, that's the purpose of the meditation, so you go further and you find out more, and you learn more, and you grow more.

If you react and analyse, and don't like to go any further and learn anything else in that area, you will go and do your

own thing, and go into areas which you feel safe with looking at. Do you understand what I mean? That's all.”

### MONICA'S MEDITATION EXPERIENCE, FIRST NIGHT.

(Monica) “It was just a hodgepodge of things I saw, and yet they weren't as clear as I would have liked them to be. Whilst I was aware that I was physically relaxed, and let go, I was still in the mental realm, as I didn't surrender completely.

I actually saw the floor clearer, than I saw anything else, and people. I know I have an incarnation in Egypt, probably several, but none of that disturbed me. Then I found this bridge, and it was like I was at the end of this rope bridge, and it was really moving.

Next minute I am by a mountainside, and the feeling I got, was to Tibetan scenery, and all these raggedy people, in crevices and that. After that, I saw a cross, and somebody was being tortured, and I just sort of observed it. I think for an inkling I thought, ‘Yuck,’ I felt, ‘Oh how horrible.’ But I didn't go into the feeling of it much, the next minute, there's this child swinging in a tree.

So the whole thing was like a kaleidoscope of different scenes, and I was just observing them. Then I just saw visual scenes, like mountains, and beautiful valleys. I was aware that I was annoyed, that I wasn't focusing on a specific thing, and then I thought, ‘No, I'm being shown whatever I need to be shown, just try and let go, and accept. Acceptance is a major lesson in my life.’”

(My Guides wanted me to get Monica to practice channelling first. About halfway through her channelling, I got the impression that Monica was meant to be in this class, on this night, to further educate Lydia. See if can see where, with what Monica's Guide spoke about.)

### MONICA AS THE CHANNEL, FIRST TIME.

“Good evening.”

“Good evening.”

“Have you been waiting long?”

*"Yes, I think I have."*

**"Did you like tonight's meditation?"**

*"Yes, I did."*

**"Did it help Monica, in what she experienced?"**

*"Well, it was just the beginning for her."*

**"Can you tell her more about what she experienced?"**

*"She's got to trust herself, let go, and just do it."*

**"Are you her higher-self, or a Guide?"**

*"A Guide."*

**"Are you a female Guide, or male Guide?"**

*"Male."*

**"Do you want to give your name?"**

*"It doesn't matter."*

**"What area of her development are you helping her in?"**

*"At the moment, healing her, and getting her ready. She doesn't trust herself, that's her problem. She doesn't believe in herself on one level, on another level she does, because we have been giving her lots of promptings, so she's tuned in to her power."*

**"She's channelling quite well, isn't she?"**

*"Oh, as soon as she gets rid of her inhibitions, she'll do very well."*

**"Do any other spirits want to speak?"**

*"I think her vehicle is too overcome."*

**"She's getting excited, is she? What did you think of the healing tonight, of her father-in-law?"**

*"She knew it all."*

**"You mean, Monica knew it all?"**

*"Yes."*

**"You'd already told her before?"**

*"Yes."*

**"What was the experience, of the other healer phoning? What lesson was learnt there?"**

*"Monica is learning not to make judgements. That's going to inhibit her spiritual progress, because she is known to judge too much. But of course, the one she is judging too much, is herself."*

**"Do you have anything else to say?"**

*"Not really, this evening."*

**"That's very good, good exercise. The breakthrough is doing it."**

*"That's right."*

“It’ll be easier next time now. Thank you very much.”

“Thank you.”      “God bless.”

“God bless.”

(I'm sorry, I don't remember the events outside of the recorded class-night, connected with her father-in-law, or about the healer phoning, but I left them in, to show you the advice that her Guide was giving Monica, in connection with outside events.

I then asked Brian, if he would like to practice channelling, but he declined and I started to speak to Brian, but I feel the class Guides were putting into my mouth, much of what I said to him, and because I recognised that it was semi-channelling, I will type it in *Italics*, so here it is.)

*“We go through stages in our evolution of being dependent on outside people, and then we become dependent on ourselves, and then we have to relinquish the dependence on ourselves, to allow like a higher authority to help us, and Guide us, and come through us. Giving over control of our minds in a way, unless you want to keep control over what you are learning from this world.*

*But what you are doing is in effect controlling what you are learning from spirit, or from your own higher-self, for the next stage in your evolution. So, all the time, they keep reminding you, that you are the one that's controlling, and restricting, by being maybe afraid of releasing that control.*

*They are not going to interfere with you surviving on this Earth, breathing, eating, living, and working. They just want to help you with developing the link with spirit, and the wisdom. And help you learn wisdom about how to use the abilities that you develop.*

*But if you use only your wisdom, of what you learn from this world. Well, it's up to you, whether you do that, but they are here to give you a higher wisdom, and give you the information from before and after, and give you a broader perspective of the reasons for things happening in this world.*

*Not the reasons that are shown by this world, by the people, the media, the governments, or what Teachers in this world are telling you, that, 'This happens, because of this.'*

*Your higher-self and your Guides want to show you the reasons for these things happening, and broadening your perspective, that's all. But if you want to sort of believe the world, and believe what you believe, then you tend to create the barriers."*

### LYDIA AS THE CHANNEL

*"Greetings,"*

*"Am I speaking to Lydia's Guide?"*

*"Yes."*

*"Do you wish Lydia to channel?"*

*"Yes, but she has trouble hearing us."*

*"Well, what's causing the trouble hearing you?"*

*"Her blocks."*

*"And what blocks are they?"*

*"She doesn't believe entirely."*

*"Entirely what?"*

*"That she could hear us."*

*"Can you name some of the benefits to Lydia, of her developing the ability to channel, what are the benefits for Lydia?"*

*"She will gain access to information that she needs and wants. She will gain directions."*

*"Do you want her to practice more channelling at home with Brian?"*

*"If she wishes."*

*"Are there any other reasons for channelling?"*

*"She will be able to help others, what she would like to be able to do, with one step in her development. One of the steps she wants to take."*

*"When you are channelling through Lydia, is Lydia sensing your presence? Can she recognise individual Guides?"*

*"No."*

*"Can you help her develop that ability?"*

*"We are trying to help her."*

*"Does the channelling ever get strong enough to hear the actual voices, like you would hear somebody speaking*

through your own ear?”

“No.”

(I am very suspicious of this answer, as I have heard two voices in my head, a man's, then a woman's, singing to me, only the one time, I haven't heard spirit audibly, since.)

“Does the presence of spirit become stronger, the better you channel?”

“No.” “Do any other Guides want to speak, or spirits?”

(Lydia) “I can feel the energy here, Raymond, but I can't hear anything more, feel anything.”

“Is the energy leaving you now?”

(Lydia) “No, it's as strong as anything. Some of them are really nice.”

## RAYMOND AS THE CHANNEL

*“Good evening, my children. You have been practising again tonight your ability to perceive through the eyes of beings in your past. You will find that what you cannot experience, is where you learn about yourselves. The experience of the meditation, is just the trigger, that is helping you become aware of your own reactions, and reasons.*

*If we gave you meditations that you could all do quite easily, you would learn less. For what is the point in riding a bike, if you can already ride a bike. These meditations are very often teaching you things, that the meditation doesn't seem to be designed for. As Raymond said, trying to figure out what you are to learn, before you have the experience, will not help, if you are meant to learn something new.*

*If you knew what you are to learn before-hand, you would not need to learn it. We try to explain the reasons for our meditations afterwards, because if we were to tell you before, this would preempt your experience, and we like to tell you afterwards, so that you can realise the benefits, and install positive beliefs of the benefits into your consciousness, so that you will be less*

*judgemental and analytical, and allow your experiences, or reactions, or actions to occur in your meditations.*

*Because if you are still in ignorance, you will create more barriers to receiving the meditations that are just as unusual, or difficult for you to understand the benefits from, as you are hearing the meditations spoken out to you.*

*We are constantly trying to expand your beliefs, in allowing different experiences, but also breaking down the barriers and disbeliefs. At the same time, we help you to develop your abilities, even though sometimes we know that you do not accept the wisdom, or guidance on how to use these abilities.*

*But your experiences, when you use your abilities will teach you, but sometimes you have to learn the hard way. The individuals that come in contact with you, to have an experience, are also growing in the way they chose to grow, by that experience.*

*We do not deny anyone from developing psychic abilities, if they have the desire. For if we were to deny your development because of how you would use your abilities, how would you learn and grow without having those abilities. And everyone is given the same opportunities to grow and learn.*

*God does not discriminate between good and evil, and limit your experiences, for sometimes out of the greatest evil, good is born, and likewise sometimes out of the greatest good, bad is sometimes achieved.*

*This one has difficulty in understanding the right words to explain this. Whenever we bring some new wisdom or knowledge through, it is sometimes difficult finding the right words to describe it. We are very glad to speak through this channel, as he has not been channelling lately, and needs the practice.*

*Your father-in-law will be healed of his affliction, and we are glad that he came here, because he will learn much from his contact with this one. As many healers just heal and do not talk very much. We know that he doesn't speak very good English, but neither does this one, but maybe your translators will do a good*

*job with our help. God bless you all.”*

There were a few experiences I highlighted Lydia's reaction in pink, which Lydia didn't feel comfortable with, which never bothered the other students. It isn't necessary to show you them all, just to help you become aware of this kind of problem when it occurs in your own classes.

Just remember to ask your Guides what you should say to the person, or better still, say what you're inspired to say to them, or quote this chapter. Hopefully the students will be their own watchdogs, once they are aware of this type of thing, that's why it's in this book.

This was the first and last night Monica attended the classes, also Brian and Lydia never came back.

In the coming chapters I want you to learn how much students' Guides and higher-selves will go, to help a student who is having great difficulty in experiencing development.

(77)

**HEALING CLASS 22/8/88, AVALON.**

I didn't know that Avalon would be the only student on this night, but my Guides must have known, because they got me to do this meditation, and remember Avalon is a nurse.

**EARTH-PLANE HOSPITAL MEDITATION**

"I want you to imagine that you're getting lighter and lighter in your chairs, floating away from your chairs, up higher and higher. Going through the ceiling out into the sky, you can see the cars and the lights of the city, coming on. We are now taking you across the city to a hospital in one of the suburbs.

We are with you, we are getting closer to the hospital now. When you arrive at the hospital, your Guides will meet you and take you inside. You are now walking down the corridors, with wards off the corridors.

We are going to show you the healing being done on the patients in the hospital, and we will ask you to participate. There are teachers and patients around the ward. Go over to one of them, and watch the healing being performed. Ask questions, if you want, ask if you can help. You will be able up to see what you are doing. We will leave you now, with your teacher and Guides doing the healing."

(Approximately ten to fifteen minutes silence)

"I want you to now thank, and say goodbye to the teachers and Guides, who have been showing you the healing techniques, and now leave the ward, and fly back across the city to this room.

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

(2)

## AVALON'S MEDITATION EXPERIENCE

(Avalon) “Well, first of all there were two Guides, there was one that did most of the talking, and there was an assistant. And the one that did most of the talking, I had the feeling he was very tall, and had the feeling that the other was meeker man.

We went to the theatre, and there was this person, who had a goitre, and there was a surgeon, and it just seemed to disappear. The Guides said,

*‘It's very easy to do it this way, much easier, because then you don't disturb the aura around the person,’* and he just put his hands about that far away, I guess, (10 inches) and there was a flash of blue light, and he said,

*‘That's all there is to it.’* And then he brought the energy down the body, and that was finished, and he said, ‘He was bringing the energy down, so that the person would have the energy for the rest of the healing, for themselves, or something like this.

I can't remember exactly what he said about that, but it was very significant that you should do that, that was like the finishing phase.”

**“This was after the surgeon did the surgery?”**

(Avalon) “Well, he was there when I first came in the door, so I presume that he had done some surgery. And I said, ‘Can you do some healing on me?’ and he said,

*‘That's fine.’* And then I laid down on the bed, and they said,

*‘That they couldn't do any work on my neck, for a very good reason,’* and so they just worked on bringing the energy down. And the Guide that did most of the talking, stood at my head, and the meek one, stood at my feet, and I could just feel the energy coming through, it was a golden energy.

And then after that, I was discussing energies, we were having quite a discussion about energy. He said something about, with healing, they you had to work on the hand chakras, and the energy had to come through the hand chakras, and the way that I could do that, to work on the hand chakras, was by rubbing my hands together, and then learning to feel the energy coming through my hands, and that

was a good way of developing that, and that was it.”

**“Did they say that in the beginning, the hand chakras have got less blockages in them, and they may find that they had to work on the blockages in the other chakras, before they can use them as healing chakras, anything like that?”**

(Avalon) “Yes, well, I was aware that I had to, yes, there was some mention about working through the other chakras.”

**“They bring healing through the other chakras, but usually in the beginners, the hand chakras are the ones that they use the most.”**

(Avalon) “Mmm, yes, we specifically talked about working on my hand chakras, more.”

**“They never told me that, but then I’ve never been on a meditation consciously, to learn from any Teacher, and all the meditations in my books, came into my mind, it’s not like I’ve sat in a circle and someone else has spoken a meditation like this.**

**We mostly have blockages from traumas, emotions and things like that, affecting the heart, the throat, the solar plexus, and the base chakra.”**

(Avalon) “Well, I know how to balance the other chakras anyway, and my throat chakra is the one being worked upon, at the moment, and so it was the hands, that I wasn't aware about, that I should develop.”

## PAST-LIFE RE-CALL MEDITATION

*“Greeting’s my children. Tonight, we want you to go on another meditation, as we want you to experience one of your past lives. This meditation will help you overcome a subconscious fear, or vow, that is affecting you in this life. Each one of you will have to speak out, when it is your turn. Describe what you see, so that you can be instructed on what to do with the memory, and how far to go. We will ask certain questions, for you to receive the answers from your higher-self.*

*We want you all to relax and take three deep breaths. Then*

*you have to ask your higher-self mentally, what memory it wants you to experience, to help you at this stage of your development.*

*When someone starts seeing a previous scene, please speak it out, and we will go from there. Even though you may think that it is your imagination, speak it out, and more of the scene will appear for you, because your mind blocks the picture, if you do not accept what you see in your meditation. As you accept, then you will see more."*

(After there are no more meditation experiences being described by your student's, you can say)

*"Come back now, take three deep breaths, have a stretch if you want to."*

### AVALON'S MEDITATION EXPERIENCE

(Avalon) "I'm getting nothing."

**"Ask your higher-self, if it wants to show you a past-life?"**

(Avalon) "No, it isn't a good idea, they say that the purpose was the work on my throat chakra. And then I could visualise it was because of the work being done at the moment, I couldn't express, before, it wasn't a good time."

### AVALON AS THE CHANNEL

*"Hello."*

**"What's your name?"**

*"Peter."*

**"Are you a Guide?"**

*"No."*

**"How old are you, Peter?"**

*"Forty two."* **"Do you know this one, who you are with?"**

*"No."* **"Did a friend bring you here tonight?"**

*"No."* **"Did you just wander in, listening to the classes?"**

*"Yes."* **"Have you ever met your Guides?"**

*"No."*

**"Did you go along with Avalon to the hospital, and see the experience, that she saw?"**

*"Yes."* **"Do you want to meet your own Guides?"**

*"No."* **"Have you visited anywhere else, except Earth?"**

“No.” “Do you know that you have died?”

“No.”

“Well, you have died, you are now in spirit, do you understand?”

*“I don't want to understand.”*

“That's okay, are you happy?”

*“I don't think I've ever been happy.”*

“Would you like to be happy?”

*“I don't know.”*

“If you look behind me, there is a beautiful white light, can you see the beautiful white light behind me?”

“Yes.”

“Can you see that there is a figure in the white light?”

“Yes.”

“Do you recognise the figure?”

*“It's my mother.”*

“She's holding her hands out to you, isn't she? Can you feel the love coming from your mother?”

“Yes.”

“Have you missed your mother?”

“Not really.”

“What's she saying to you?”

“Come here.”

“Is she going to see you?”

*“Yes, she seems to be.”*

“Is she telling you that there's a beautiful place, where she lives in?”

*“I think she's just so pleased to see me.”*

“Will you go with your mother?”

“Yes, I think so.”

“Good, you'll be happier with your mother. Thank you for visiting, bye bye.”

(Avalon) “I could see the mother very clearly, in that one.”

*“You were taken to a hospital tonight, for the purpose of seeing patients in a different capacity, and seeing that there are also different ways of treating the complaints, which is more effective, and less obtrusive. This can be applied in your hospitals of today, that requires faith and patience of practice.”*

“Is this to be done in the spirit body, or the physical?”

*“In the physical.”*                      *“Are you a Guide, or a Teacher?”*

*“A Guide, yet has come to teach, and to assist.”*

*“In this world, at the moment, we would not be allowed to do this kind of healing, in the hospitals.”*

*(I was referring to Australia, not England.)*

*“It can be done with discretion, if one wishes it to happen, your protection is very strong, the patient would not be aware.”*

*“But the other staff may become aware.”*

*“This shouldn't be a problem if it's...”*

*“This is for Avalon's benefit, isn't it?”*

*“Yes.”*

*“Because she comes in contact with patients, in hospitals.”*

*“Yes, she is. She has much to learn about.*

*I have come through tonight, to talk to you about healing. There are many changes happening in your society today. Some of them are good, and will enable you to practice more freely. People are being more receptive to new ideas, as it does not affect them in any way, negatively. I wish it to be known, that there are some good things happening now in the hospitals, and this will continue for many years. Thank you.”*

## RAYMOND AS THE CHANNEL

*“Greetings, my friends. Tonight you are having some trouble with your recording equipment, You will still remember. Sometimes you need to remember your experiences, than leaving them to be recorded, especially if you are having trouble reading them.*

*You will find that your development will get stronger, now that you are more competent in what you received. You will be very busy in your future, Avalon. You will find that your Guides and teachers will be with you, while you work in the hospitals, and you may eventually start teaching your own classes, that are more orientated towards nurses and hospital.*

*You know that this one is helping you to become a teacher as*

*well as a healer, and that is what he has chosen, at this time.*

*Your influence amongst the other nurses, will help you to develop other students. For when you are more developed, and speaking to a nurse, you will be given the right words, and the right way to get them interested, make them curious. Not so much by what you say, but by your spiritual vibration, that will be affecting them.*

*They will like you more, the more that you develop. Do not be disappointed if this doesn't happen next week, or next month, but rest assured, it is one of your possible futures, if you wish. Your higher-self knows this possible future.*

*Do not worry if you are alone developing in these classes. The world you live in is not conducive to very advanced student's. If you imagine the populations, as a pyramid, or triangle, with the base of the triangle as the majority of the population.*

*And the point at the top, as the minute number, that are sufficiently advanced to believe, or want to develop in these type of classes, for unselfish reasons. Then you can understand why there are not many student's in the classes.*

*But it is more advantages for you to develop alone, or in small numbers. For the less influences of the wrong type, in the classes, the better. I mean, moral, ethical influences. Your own heart and higher-self, tells you what is right and wrong, and warns you of venturing into areas, that can cause harm to others.*

*We would like to say more, but we know that you need to receive this knowledge directly, instead of through this channel. God bless you all."*

(78)

## HEALING CLASS 25/8/88, KATE, ELTON.

## MIEVEAL CASTLE + BEGINNERS HOSPITAL MEDITATION

For reasons unknown to me, my Guides wanted me to only describe the castle part of ‘The Medieval Europe Meditation,’ and as I never typed up this meditation, I have inserted the castle part from the meditations chapters.

“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.”

## KATE'S MEDITATION EXPERIENCE

(Kate) “When you said there was Lord and Lady, and a princess, I started to go off with the King, and he was going to show me the castle, and the Princess came and said,

‘No, *that's no fun,*’ and dragged me off. And we were on our way somewhere, and the King called us back, and said,

(2)

*'No the tournaments on,'* and told the Princess she had to go. Her father made her go to the tournament, so I tagged along, but then she snuck away as soon as she could, because she didn't like it.

And we went out, and went to this pond, and we sat down, and we were going to talk, and then we ended up taking our shoes and stockings off, and scaring the ducks, and kicking water, and just playing. And I felt like she was a teenager, about fifteen or sixteen, or something. She was trying to make me play, and then we went riding.

She was just saying, *'Enjoy, enjoy,'* you know the sort of, feel the wind in your hair, and it was just like she was trying to tell me to enjoy simple things, or maybe take more time out to play, and we ended up coming back and sitting by the pond.

And then she wanted to know all these things about me, you know, asking me, wanting me to tell her about where I'd come from. And she said she wanted me to become a Teacher, and tell her things, I don't know that I actually told her anything, except that what I was doing, I was, you know, visiting.

I just got the feeling the message was, to just, maybe a little bit more joy. Just to enjoy myself a bit more, and stop being so serious. So that's what she was trying to do, and she was trying to make me play, trying to make me laugh, and do silly things."

**"Why don't you ask your Guides, if that was one of your Guides."**

**(Kate)** "Yes, it was."

**"You can ask a lot of things about that, and get answers. I think they help you to think up questions to ask, and it helps them by giving you questions, to get the answers to. So the more curious you are, of what you were experiencing, the more you're going to find out about the behind-the-scenes setup.**

**For instance, you could ask the question, 'Was that an actual past setting, or was that the spirit construct, you know, like a whole scene, constructed in spirit? How clear was it all?'"**

**(Kate)** "Oh, it was very clear. She had very dark hair, and she had very pale skin, and blue eyes. She was definitely only young, she was only

about fifteen, or sixteen, and she was dressed in this blue medieval gown.

I asked her, why are you dragging me off to do all these things? and she said,

*‘Enjoy yourself, enjoy yourself.’* And she kept telling me that I was too serious. I do think I have a guide that does that, because I am inclined to get very serious, too involved in things, and forget about enjoying myself. So they keep reminding me, so I think she just made herself known.”

### ELTON’S MEDITATION EXPERIENCE

(Elton) “I had a rather strange experience actually. It was set in mediaeval times, but not quite as you explained it. I started seeing things as coming from being unconscious, and looking up, and seeing a very large and well muscled person with a moustache, standing over the top of me, with a black chain-mail, it was like a skin, but it was nothing like I've ever seen pictures of, or anything.

And there was an emblem on him, and he had a glove on one hand, and he held the other glove in the other, and he was pointing at me, and I had just regained consciousness, and I was looking up, and he was so tall. The emblem was a big circle on his chest, rippling muscles, incredible muscles.

The emblem was really freaky, because it was like an atomic mushroom cloud, and the scene shifted, and I had the vision of a very pregnant woman, not far from giving birth, sort of lying, I think she was strapped to a bed, and the bed was on a 45° angle. The vision of it all, was like I'd been punched, or knocked out. It was like I was lying on the floor, and it was kind of hazy, and blurred vision.

It was like I'd been knocked out, because I was not meant to be there, and they had caught me being there. When I was lying on the floor, I felt that there was more than one, but he was the leader of them all.

(Kate) “Was he mediaeval, or could he have been from the future?”

(Elton) “It was more like futuristic, because of the emblem. It had a

mediaeval feel about it, like he was strange in the area that...”

“You've got to remember, that there are many, many worlds, which have similar histories, with different emblems, and things like this. Well, they certainly have been stirring your curiosity, so you might start asking questions, which means that you will start talking to your Guides, talking to your higher-self, and get contact with what the questions will be.

Because you're Guides, or your higher-self, will give you the questions, and you'll learn a lot more about yourself.

But they want you to practice outside the classes, and not just switch on when you are here, and switch off for the rest of the time, when you are away. So these are the carrots, so your curiosity will get you to start asking questions.”

### **EARTH-PLANE HOSPITAL MEDITATION**

“I want you to imagine that you're getting lighter and lighter in your chairs, floating away from your chairs, up higher and higher. Going through the ceiling out into the sky, you can see the cars and the lights of the city, coming on. We are now taking you across the city to a hospital in one of the suburbs.

We are with you, we are getting closer to the hospital now. When you arrive at the hospital, your guides will meet you and take you inside. You are now walking down the corridors, with wards off the corridors.

We are going to show you the healing being done on the patients in the hospital, and we will ask you to participate. There are teachers and patients around the ward. Go over to one of them, and watch the healing being performed. Ask questions, if you want, ask if you can help. You will be able up to see what you are doing. We will leave you now, with your teacher and Guides doing the healing.”

(Approximately ten to fifteen minutes silence)

**“I want you to now thank, and say goodbye to the teachers and Guides, who have been showing you the healing techniques, and now leave the ward, and fly back across the city to this room. Come back now, take three deep breaths, have stretch if you want.”**

### **ELTON’S MEDITATION EXPERIENCE**

**(Elton)** “I didn't actually get to go to the hospital, but in it, I saw my usual red everything. I don't know why everything's red, but everything is. But I saw Lung's and a bronchial tube. Do you get bronchitis and asthma?”

**“I have asthma, I've had bronchitis in the past.”**

**(Elton)** “Because I saw, you know how they have on TV, sometimes they have a scan, I saw Lung's like that, with red veins.

And I kept hearing about dolphins, and why, I don't go and see the dolphins. I don't know why that is, because the Lung's and the dolphins, were kind of connected. They have a message about lungs, and then, I actually saw what I saw on TV, a couple of nights ago, of some guys sitting on their surfboards, and a whale swimming around them, I saw that.”

### **KATE’S MEDITATION, THEN CHANNELLING EXPERIENCE**

**(Kate)** “Well, my Guides didn't go to any hospital, they took me to one in particular. They told me to see my girlfriend in hospital. They are going to induce her twins, this morning, so I don't know what happened, I haven't talked to her. Then I went to see her just now, that's where they took me.

She was sitting there, and I had this absolutely gigantic bunch of flowers and, I could hardly walk for carrying this bunch of flowers. And she was sitting up in bed, smiling, but I didn't see any babies, and I can't really remember, I just had to go and see her. I guess maybe it's because I haven't been able to go and see her.

She's been in hospital over a week, and I haven't been able to get there, something always comes up to stop me going.

As soon as you said, hospital, my Guides are going,

*'Fiona, Fiona, let's go,'* and they all charged me off, there was about four or five of them, and they just grabbed me, and whisked me off to her room.”

**“Are you a Guide?”**

*“Yes, I am the Princess.”*

**“Did she go back in time, to that mediaeval days, or is that just a construct?”**

*“No, it's just a conjuring for her. She will identify with the Princess, because she likes fantasy, and because I'm designed to keep her playing, keep in touch with the child in her.*

*She loses touch with the child, and becomes much too serious, loses joy. So I'm here to keep her joyous.”*

**“Did you go along with her, to visit a friend in hospital?”**

*“Yes, I did. There were three others, there was a new Guide, too. One she hasn't discovered yet, there are four with her tonight.”*

**“And what did she learn, from going to the hospital?”**

*“That she cares a great deal about her friend. That she wanted to be with her friend.”*

**“Her friend will have felt the presence, won't she?”**

*“Yes, I think so. Her friend is just starting to open. I think that both of her children will open her even more. Kate will be a tool, too.”*

(Elton) “Are her children special?”

(Kate) “No, Fiona's been asking me spiritual things, like this.”

*“The other Guide, the new one, is not going to speak tonight, he is for Kate to quest.”*

**“Do we have any lost souls that need helping?”**

(Kate) “No, I can't feel...”

*“No, goodbye friend.”*

(Kate) “That was really weird, that was really her. I didn't think there was much of me, in that at all.”

## ELTON AS THE CHANNEL

(Elton) "I get the feeling that I want to lie down."

"Why?"

(Elton) "Because I felt weird, just a couple of times, during the meditations, I wanted to lie down."

"Gooday." "Have you been waiting long?"

"Yes."

"You've been with Elton for a fair time, then, haven't you?"

"I'm a bit confused about time."

"Yes, well, you've been with Elton, before he came to class, I feel."

"Yes." "That's right."

"I don't know whether I am meant to be here."

"Have you been lost, looking for somewhere?"

"Yes."

"What attracted you to Elton, the man you are with?"

"Time." "What kind of time?"

"The time to be, this time, this place."

"Have you ever met your Guides?"

"Can you ask that again?"

"I don't think you know what the word means, can you see the white light, behind me?"

"Yes." "Are you afraid?"

"I am uncomfortable." "Why?"

"It's just not my vehicle."

"There is nothing to be afraid of, if you look in the white light, you'll see a figure. Can you see the figure?" (Pause)

"There's nothing to be afraid of, the figure loves you."

(Elton started breathing heavily now)

"Can you see the figure? Can you see him?"

"No." "Can you see the white light?"

"A pillar of white light, a small white light."

"Oh, the white light is getting larger, can you see it getting larger?"

*“It is?”*

“In the white light you’ll see Jesus, he’s come to help you. Everything’s okay. He’s speaking to you, listen to what he says. Can you hear him?”

*“No.”*

“Why not? Come on now, he's trying to talk to you. There's nothing to be afraid of. He's holding his hand out to you, why don't you hold his hand? Are you holding his hand?”

*“Yes.”*

“Do you feel the love coming from him, his acceptance?”

*“Yes.”*      “And his forgiveness, do you feel that?” (Pause)

“He's been looking for you. Are you happier?” (Pause)

“Will you go with Jesus?”

*“Yes.”*      “Are you happy now?”

*“Thank you.”*

“One of Elton's Guides, or higher-self, will speak through Elton, when he gets back to normal, to tell us about this spirit, if they want.” (Elton) “God, my eyes, mate.”

(I was unconsciously receiving this instruction from the class Guides, you will understand, as the communication unfolds.)

“Ask for healing to take away the affects in the eyes. Your eyes are going to get better soon. That was an affect from spirit, on the eyes, it'll go way. Someone’s put nice ice-packs on your eyes now, to cool them off.”

(Elton) “Oh, my heart, going thump, thump, thump.”

“That's okay, it was a spirit who was with you. who was fearing. Can you feel with ice packs on your eyes, cooling them off?” (Elton) “Yes, I can, actually.”

“As the student develops, his light becomes very bright, and it attracts moths. Really, spirits who are lost, and the temperament of the student, very often attracts the same type of temperament as the lost spirit, do you understand? The spirit that was attached, gets angry easily.”

(Kate) “He does attract angry spirits.”

“Yes, well, he's learning.”

(Kate) “It hasn't been for a while.”

(Elton) “Well, mate, the last couple of days, it's been...”

(Kate) “Yes, but I mean, one hasn't attached itself to you for ages. Don't rub them.”

“Yes, well, they don't really attach themselves, they just like his light, and they just hang around him, and they affect him, but he feels their effect, but he doesn't know that they're there. As you develop, you will become more aware, when there is one with you, and you can send them off to the light, talk them into going.”

(In most cases this is true, and if I had tuned in to Elton and picked up that this spirit came from inside his body, and then told him. You, the reader, and Elton might not have agreed with me, and what I would have said, might have you thinking, that maybe my fears of spirits having influence over people, is my belief, instead of the reality.

But my Guides know the wisdom, of channelling the true depth of influence, of this spirit, through Elton, to help him believe, and continue to trust me as the Teacher. So if my Guides allow me to say what I said, will give you more proof that I don't orchestrate what my students believe.)

“Are you Elton's Guide?”

“Yes.” “Do you want to tell us about that spirit?”

(Remember, this question came from my Guides.)

“Yes, we all learn something new, from each experience, this has been the strongest.” “The strongest what?”

“Because this one has come from within the body.”

“Well, how did he get within Elton?”

“We are not really sure, it manifested itself some time ago.”

“Is this spirit a thought-form, or an actual entity?”

“And entity.”

“Did he get in, through a break in his aura?”

“No, it was given to him.”

“Who gave it to him?”



because the spirit just didn't want to see anything past, you. While it was with you, it felt a certain amount of safety.

I got told that anyway, because when Raymond asked you, what was with the eyes, they told me. They just said,

*'It was because the spirit didn't want to see, it was too afraid, it was fear,'* and it was manifesting in your eyes, but physically."

(Elton) "I got caught in the rain the other day, and I had to spend the whole day wet, wet feet. Then the bicycle broke down, and I stripped a nut out of the pedals, and the nut came out, and I couldn't pedal the damned thing."

**"It sounds like you got angry quite often lately."**

(Elton) "A very big a lot, mate."

**"But you see, a spirit is no different to you, it creates its reality. So that if it's helping to create situations, so he can get angry, and feel safe by being angry, it'll set up the situation, so can use it as an excuse to get angry, and it may do this, and you have go along with it..."**

(Elton) "I had actually been up there, shaking my fist at the sky, I'll tell you, that's how angry I've been."

(Kate) "Well, if it happens again, all you got to do is find out if there's someone there. You know, you've got to find out whether it's you, or whether it's a spirit, some other spirit, like this time, that was probably causing these things to happen.

Then you can determine whether it's your own anger, or whether it's someone else's. At least that's a starting point."

(Elton) "Well, I know it wasn't mine, because I'd been copping unwanted abuse, just for no reason. That's when you know it's not yours."

**"Just think, if I had all the ability to suss all this out myself, without telling you, this, that, and the other, and do all the rescue work..."**

(Elton) "I'd learn nothing mate, believe it."

**"...You wouldn't believe it so much, as having it with you. And you, Kate, are getting stuff to pick up, things like this. It's better for you to learn, and believe, than for me to have all the beliefs, and do all the work, and you go away**

**thinking that maybe it's all imagination.”**

(Kate) “Well, Matilda, (Kate’s Guide) gets very loud, if you (Raymond) say something that is very pertinent, she yells at me,

‘**YES, YES, LISTEN, LISTEN.**’ It’s just like she is bashing me from the inside. Matilda, she’s a real rough nut. Well, she’s getting really loud lately.

Whenever I do, or say something, like when Elton wrung me up, the other day, and said, that there was a little health food shop, that wanted someone to read tarot. And Linda, this girl I share with, who is an astrologer, said

‘*Well, there’s a chance, go and do it, it’ll help you, it’ll make you grow,*’ sort of thing, but I said, ‘No, no, I can’t read the cards, without the book,’ and there’s Matilda in my head, going,

‘**SHE CAN, SHE CAN.**’”

(Elton) “I feel happiness in this room at the moment, it feels good and warm.”

## RAYMOND AS THE CHANNEL

*“We are very happy for what transpired tonight. You were being prepared for tonight’s rescue, by your higher-self. Your conscious mind, had to separate between the spirit and you, and for you to loosen the attachments, that the spirit had for you. You see, this spirit in its attachment to you, had lost some of its own individuality, and so had you, lost some of your own individuality, in a merger with the spirit.*

*We helped you to separate, become more consciously aware of the individuality, more for the benefit of the spirit who needed rescuing.*

*We helped you to become aware, that the events in the last few days, were causing reactions. And that your conscious mind was observing the reactions, and did not identify with the reactions, as they were coming from a spirit, the lost spirit.*

*We are aware that many spirits are affecting people all over the world, and in a way, they are a form of Guide, which the individual has chosen, before they were born. The Guides you*

*have to help you grow, are in a way, helping you at the right time, and Guides like that attached spirit, also help you grow, but not in the way you think.*

*They help you to experience certain things in life, which will help you grow in a positive direction, from those events. It is hard for us to describe, there are good spirits, Guides, and other Guides.*

*We do not like to label them, because they are not easily labelled, but they are also helping you grow. There is a lot for you to learn about, when it comes to development of your consciousness.*

*When, for instance, an individual may need to learn strength and courage, the spirit Guide that is attached to them, may have much strength and courage, and influence the individual to learn about this courage.*

*We would like you to ask your own Guides, more about this, so that you can verify all this. It is only part of a person's development.*

*If an individual wishes to grow fast, then you will choose the experiences that are what you would say, heavy. But the results are beautiful, and the individual grows in the right direction, and leaves all the trappings behind. Like throwing someone in the deep end, and having to learn to swim. We thank you for listening tonight, God bless you all.”*

(79)

**HEALING CLASS 1/9/88, ELTON, KATE.**

On the afternoon of this class night I received a new meditation from my Guides, but it was so far out, that I thought it was something I would imagine. So I did a lot of checking, but it was what they wanted, so I accepted it. 'VISITING A U.F.O. MEDITATION.'

As it turned out the meditation was spot on, for the two students.

(This was the first time I received this meditation, which you have already read of its use in a previous chapter in relation to another reason.)

**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 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."

"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”

### VISITING A U.F.O. MEDITATION

“You are feeling lighter and lighter, as your state of consciousness changes, and part of you is going to float towards the column of white light, in the centre of the class. And the white light is like an antigravity beam, coming down from above the city, from a spaceship, and on this spaceship are friendly extraterrestrials, and maybe one of them is a parallel life of yours, you can find out if this is true or not. You are floating closer to the white light, in the centre.

When we go into the white light, we float gently at first, then getting faster and faster. You see the city below now, the street-lights on the cars. We look up and see the beautiful lights of the spaceship, beautiful and soft lights. As we go up the beam, the lights of the spaceship get bigger. We are going to go into the spaceship and arrive.

We feel the friendly atmosphere, the love and warmth coming from our friends from another galaxy. You feel at home in this spaceship. You look out through the windows of the spaceship, and see the lights of the city below.

The atoms of this spaceship, and all who are in it, are vibrating in a dimension, similar to what earth-bound spirits use, so they are invisible to the earth dimension.

You may be drawn to one of individuals more than any other. Ask you higher-self if they are a parallel or past life of yours. They may appear human, they may appear whatever you wish. You may merge with one of them, and see out, through their eyes. You can ask them questions, think up

questions.

Your guides will help you with the questions to ask, and the answers you will receive, from the crew, or passengers. They may take you on a tour of the spaceship, and explain to you how they operate. Your Guides are always with you, so you can ask them to help you if you feel lost, but you won't.

They may take you for a ride in the spaceship to other planets, or other galaxies. Ask them questions, and try and remember everything you experience, and see. I'll leave you now.” (If your student's don't say anything for ten to fifteen minutes, feel from your Guides when to bring the students back.)

“I want you to now say goodbye, and thank your new friends, unless one of them is coming back to channel through one of the students.

Make your way back to the beam of light, and float down through the spaceship, down through the sky and back into this building, into this room, and then float back to your chairs. Come back now, take three deep breaths, have stretch, if you want.”

## ELTON'S MEDITATION EXPERIENCE

(Elton) “I went up the column of light, and saw the city, and I was greeted by somebody, and I ask questions about music. We didn't get to play any music, but I was told a lot of things, that I must do.

He likened my development as a guitar player, to my spiritual development, insinuating that it can only get better, and they are on a par, because it is a physical way of actually giving energy to others, good energy. He talked about ways we can make energy. He said, I'd know at the time, when I've actually got to get up and do it.

Then we went for a walk around the ship, and had a look around. He talked to me about Cornelius, telling me, that Cornelius and I, had forged a channel for each other, quite a long time ago. So it's very easy for Cornelius and myself to be one, and do the thing. And when

we play, we channel lots of energy, the same sort of energy, really great energy would be there.

He told me a way I could set the energy up, even if the people I work with are down in their energy. A projection of the energy through a symbol, could boost everyone, and put them on the same level. Not only the musicians you play with, but the instruments as well. I felt very relaxed, like it's the most relaxed I've been for a really long time. A great meditation, I liked it.”

### KATE'S MEDITATION EXPERIENCE

(Kate) “The best yet. I know who the mystery fourth person was, last week, it wasn't a Guide, it was him, it was my twin.”

**“The spirit that channelled, you mean?”**

(Kate) “Yes, remember, the fourth person, who I thought was a guide, and I couldn't get anything out of him, at all. Well, my twin tonight, told me that it was him, hanging around, last week.

I went up there, and it was really clear, it was this sort of spaceship. It was like a big dome, and then lower bits of glass that went down a little bit past that. It was all pink marble, and grey, and this guy, who said his name translated to Eriksson, but very Nordic, and he was very, very tall, and had white hair and grey skin. He looked a bit alien, but anyhow, I felt really at home.

I remember when I got up there, I thought, this is great, and just looked around, and then he came up. It wasn't verbal at all, he was dropping pictures into my head, it was very telepathic. Like he actually said,

*‘This isn't all the spaceship,’* because it was round, and he said,

*‘It's not actually round.’* He said,

*‘It's like a whole lot of little round balls, that are joined together, like a space station.’* You know, those old-fashioned space stations, joined all by the things.

He said, it just appears like this, because it revolves, and it appeared to be round. He said, it was just like a beehive. So he was explaining all these things, but he was just dropping pictures into my

head.

So I said, ‘What do you do, what are you doing here?’ And he said he was just researching, and he was actually a research person, he was just here to research. He said he’d been watching me for a long time. His words were more like feelings, I just knew what he was trying to tell me, and he was just saying that he watched my sadness, a lot of times.”

**“Did he know that he was related to you, twin-souls, type of thing?”**

(Kate) “I think so, because it was like what they say, if you had a twin, you know, you just sort of, you know. I just felt it, it was just all feelings, it was totally feelings, it wasn’t emotional, just like I just knew. He said that,

‘*Yes, I’ll be there,*’ and I was really enjoying it, I didn’t want to come back. When you said, ‘Come back now,’ I just looked at him, and I thought, ‘Do I have to?’

He didn’t want me to go either, and I said, ‘Look, are you going to be there?’ And he went,

‘*I’ll always be there.*’ It was like being torn away, because I really didn’t want to leave. But I did ask him, ‘Why have you made yourself known?’ He said,

‘*Because I’m here to help you.*’ And I said, ‘What with?’ he said,

‘*You’ll find out.*’ He was very ambiguous about it, as usual, I found the guides always are. The first time you meet them, they don’t want to tell me what it is they are there for. I asked, ‘Are you a Guide?’ And he said,

‘*No, I’m a friend.*’ Then this question just came into my head, ‘Were you here last week?’ And he said,

‘*Yes.*’ I said, ‘Were you the fourth person, I thought was a Guide?’ And he said,

‘*Yes.*’ **“Now, you know where the questions came from?”**

(Kate) “Yes.”

**“The questions come from your own Guides.”** (Kate) “Yes.”

**“To give you new knowledge.”**

(Kate) “Yes, well, he laughed at me, then. It’s funny you know, when

I meet these people, I don't see their eyes. It's almost as if they want to remain anonymous. They don't seem to want to give me a face, none of my Guides have shown me a face.”

**“Ask them next time, why? It could be so that you don't visualise them too clearly. Either conjuring them up every five minutes, or creating what they look like, and you may not be communicating with them, but a thought-form of your own creation.”**

(Kate) “Yes, so they don't want me to manifest them as such?”

**“Yes, well, in some cases, when someone has had a death in the family, they may create the person that has died, as a thought-form, and they can create them very well, because they have got a good memory of what they look like.**

So they can create a thought-form, which is not the spirit of the deceased, but when they put the life into these thought-forms, it's their own thoughts and beliefs about that person. So there could be reasons like that, so that you won't create the image of your Guide, which won't be your Guide. I haven't got all the answers.”

(Kate) “Someone just told me,

*‘Because I have a problem with someone, when they mention the word God,’* I have a problem with that, because I was brought up as a Catholic. Instantly, I visualise an old man with long white hair, and that's just totally against my beliefs.

So, I prefer now to call it the tao, because the tao cannot be personified. So I have problems when people say God, so that's probably why, that's about it. But it was just ... oh, it was really good. It was just a feeling of affinity with him, it was just so strong, more stronger than with any other Guides, it was just really strong.”

**“You have more of an affinity, usually with your past-lives, and your parallel-lives, than you do with strangers, even though the Guides have got all the wisdom. The Guides are of a lot higher vibration, where your past and parallel lives, are on a vibration similar to your own life.**

The Guides are such a higher vibration, that if one came

close to you, you would feel the energy, because it is so much higher, the wisdom, the compassion is higher, the acceptance is there. So you would relate more with someone who is more of an equal. Of course, the more past lives you have in common, the closer you would be to them.”

### RAYMOND'S MEDITATION EXPERIENCE

“There was a person I was talking to, he said, he was studying the influences of the unseen spirits on people, and observing all that. Maybe they don't have that, because they are so developed, or they can see spirit. So they don't have unseen influences, influencing them, where here on Earth most of us have these unseen influences without knowing that we are being influenced.

They could observe things that we can't observe, even with our televisions and our media. Because that's all biased, they can observe things directly. They can only affect the Earth, within certain guidelines of interference. They can do certain things, which they are allowed to do.”

### KATE AS THE CHANNEL

*“Greetings friends. This is the first time I've had the opportunity to speak, even though I was present last week, it was not my time to speak. I preferred to wait until Kate met me.”*

**“Are you from another Galaxy?”**

**“Yes.” “Have you been studying Earth for many years?”**

*“Yes, I have been assigned to research for a while, about fifteen of your years. Our galaxy is much older, older in souls.”*

**“How long does it take to get home for holidays?”**

*“You ask silly questions, we go home frequently.”*

**“It doesn't take long, then?”**

*“No, I have a family. I was answering Kate's questions, before, she asked me about my home. It's hot on my planet, it is*

*ruled by much wiser than yours. There are some corrupt, but they are few compared to yours. You have some old souls, though, like your Gorbachev, there is hope in him.”* **“What about Reagan?”**

*“It is good that he is going.”*

**“Is it true that you observe the influences from spirit, on humans, on this planet?”**

*“Yes, we do monitor.”*

**“And on your planet, are you more aware of these influences, because of your vision, is that true?”**

*“They are part of our teachings, from birth.”*

**“And you can see all of your influences, I mean?”**

*“Yes, yes, it is not stamped out, as in your society, from very young, but encouraged, and therefore, we never lose touch. You are a very young planet, there is still a yearning for power, which we do not have.”*

**“Have you ever studied other planets, that have got to the state where they have self-destructed?”**

*“Not personally.”*

**“Have you ever heard of it happening, and others of your kind have studied the planets where the inhabitants have destroyed themselves?”**

*“It is in our histories, we know of other places where this has happened. We monitor, partly for that reason.”*

**“But you're not allowed to interfere, though, are you?”**

*“No, no.”*

**“But you learn from the mistakes made by others, I suppose?”**

*“Yes, yes, you could say that.”*

**“Have you ever visited a planet, that is like the Earth, but where the Nazi's won the war? Have you ever heard of that planet, or dimension?”**

*“I don't know personally, I know of many catastrophes, there are many sad things, but these are all lessons for those involved, and there is always a purpose, so we just study.”*

**“What about the cases of people from the Earth, being taken**

on board spaceships?”

*“They are true, we do that sometimes.”*

“But it's not really interfering, it's all been planned, before the person was born, anyway, isn't it?”

*“They have agreed to do this, yes, it is for their development.”*

“Do any get taken to other planets, or do they have to have such a change of state, that they lose their physical body?”

*“We can do that, we can alter their vibrations, if they so wish. We can show them things, if they so wish. We cannot do anything against their will.”*

“Do you have somewhere in your records, the experiences of a man called Jonathan Swift, being taken aboard a spaceship? The author of Gulliver's travels.”

*“I know not of that.”*      “Can you see our Guides?”

*“Yes.”*      “Are you a parallel life, a twin soul of Kate?”

*“Yes.”*

“And you have certain same memories of previous lifetimes, that you and her have the same lives?”

*“Yes.”*

“Has Kate had an affinity with science fiction, and stories of U.F.O.s, and felt at home reading that kind of material, because of this parallel life?

Who's laughing, Kate or Ericsson?”

*“Both, strange you should ask.”*

“Why?”

*“She has a yearning to be a Buck Rogers.”*

“Is this because you are the one?”

*“Yes, I think she has realised that tonight. She felt it, as soon as she got to the spaceship, that she belonged there, that she'd been there.”*

“The bleed-through connections of consciousness, coming from you, and your life?”

*“Yes, yes. She really felt me tonight.”*

“I'm really pleased I got the right meditation, even though I thought it was a bit far-fetched.”

*“So did she.”*

**“Are there any other twin-souls on the spaceship, who are connected to any of us here? Like Elton, or me? Because I was told there was more than one.”**

(Kate) “I'm getting, ‘No,’ well, it's not clear, I think I've lost it. I don't think he's there, he's gone.”

**“Oh well, he might come back.”**

(Kate) “He's definitely gone. That was really weird, that was like he was really inside me, then. It was like, there were a couple of times, when I didn't know whether it was me, or him, who was talking, but even as I was trying to work out who, it just didn't feel like it was me, or him, it felt like us, like it actually felt like we were one.”

**“The contact got stronger?”**

(Kate) “Yes, it did, it got really stronger, but you were actually talking to him, but you were talking to me, too.”

**“Maybe you reacted to that, and a little bit of fear, and it would have pushed him away, maybe.”**

(Kate) “But I honestly couldn't, he wouldn't answer that, for some reason, I don't know why.”

**“Maybe he wasn't allowed to answer it, we've got to get our own answers, about our own questions.”**

(Kate) “I don't know, he just took off. I'll call him back, I'll see if I can get him back.”

(I told Kate I would give her a break, and let Elton practice channelling, and then come back to her if she wanted to channel some more.)

## ELTON AS THE CHANNEL

*“Good evening. Tonight's meditation was good, it expanded visualisation, and experienced a feeling of energy, which we all need, to survive in our day-to-day existence. The energy for Elton (Lost that when tape unplugged) is what is needed to raise the vibration of this planet. The positive vibration, as one writer has put it, many writers have put the same thing, but not the same way.*

*The feeling of the energy involved, is great. Communication*

*can only get better, when we talk to you, is a tool of my learning vibration. For Elton, it is the vibration of sound. For Raymond, it is being alive, in his enthusiasm.”* **“Child-like joy.”**

*“Yes, happiness.”* **“Oh, I'm happy a lot of the time.”**

*“Yes, for Kate, it is the vibration of the quest of knowledge. For us all, it is a better feeling.”*

**“Are you one of the spacemen?”**

*“I am, I talked about my pet subject, for you people on Earth, music has always been an obsession, but what a beautiful obsession to have. The vibration of strings, that the vibration of skin, the vibration of touch. Any vibration, will bring the colour of love, to the heart of all men.*

*It is good that we have got to know each other, a little better, for we can help each other in our research, and quest for the knowledge that we seek. We have been together a long while, we will be together in the future.*

*Music, where I come from, is perceived not so much through volume, but more from the inner-self. Yet it is heard within the mind, and felt within the heart, and is not necessarily perceived through the organ of the ear.*

*It is very hard to explain, visualisation techniques, will help you understand this more, listen to the inner-voice, and laugh with your Guides.”* **“Are you Cornelius?”**

*“Part of Cornelius, is part of Elton. Elton, is part of the universe. You are part of the universe. Kate is part of the universe.”* **“Do you have any questions, Kate?”**

**(Kate)** *“I was trying to find out, why Ericsson went away.”*

*“He is checking his file, you asked a question that was...”*

**“Puzzled him, did I?”**

*“It sure did, confused. He has gone, he you will give you the answer you need, maybe not now, maybe later, he will come.”*

**“Maybe it's interested him, to find out, more than me, because I already know.”**

*“We have expanded our knowledge again. The quest is good. Laughter is the greatest vibration.”*

(Elton) "I felt that was the best channel I've had for a long time."

**"Did you find out about that spirit, who was attached to you last week?"**

(Elton) "He'd been there a couple of weeks, and apparently it got worse and worse."

(Kate) "Well, remember a couple of weeks, two weeks after I started coming, you Channelled something about,

*'Don't worry, Kate, look at Elton's improvement in the last couple of weeks.'* You were right, because I mean, his face changed, his whole manner changed.

It was almost as if just by coming here, he off-loaded a few of those attachments, because his face just lost all the... I mean the anger started going, and I felt after last week, maybe it was just because he got rid of a couple of attachments, just by coming here. Just by facing them, sort of thing."

**"Maybe the sensitivity of a person developing, attracts all the spirits that influenced you, because you become more sensitive. So that for you to get a handle on it all, and have more control of your perceptions, which are increased, and amplified, to have more control over them. Or just to be willing to release attachments.**

Like I go somewhere, and when I feel my Guides, and I ask, 'What's up, rescues?' And it usually is. There's nothing wrong with you, it's just that we are doing the work, part of our healing work, of a spiritual healer. Most of our healing work is in spirit, not in the physical, because the people that come to this Earth to learn, and part of that is to get sick."

#### KATE AS THE CHANNEL.

*"Hello."* **"Hello, who are you?"**

*"Matilda, (Kate's Guide) I haven't spoken for a while, I had been in the background, lately, watching Kate's progress. She has experienced much lately, but she is coping well. It's good that she has enjoyed much lately.*



*does not mean that we are the ultimate vibration, and you could say that we are one step above.”*

“Yes, I know, from teaching students, and running these classes, I learn a lot more than trying to get it all myself.”

*“This is why you are teaching, Raymond.”*

“But it does not increase my psychic perceptions, to get my own Teachers, and Guides to teach me, like the students are, and that worries me, whether I'm doing something wrong.”

*“You should not concern yourself, you will develop, as you are meant to. Worrying will do you no good.”* “Yes, I know.”

*“You must trust us.”*

“It gets lonely, though, not having contact with Guides, talking to them. I don't hear them, to talk to them, or see them, to talk to them. And having no relationship in my life, so it's sort of, like I said, lonely.”

*“This is a lesson, loneliness is a lesson. Singleness, must be experienced, at some point in the path. So that when you reach higher levels, your experience of joining with others, is much the greater, for you knowing what it is like to be alone. Is that clear?”*

*You must experience being alone, to experience not being alone. This may be confusing, but it is as is. The Teacher often learns from the pupils, the Teacher is often surpassed by pupils, seemingly surpassed.”*

“I thought maybe my development was being held in check, until a certain time, when I'll get it back.”

*“This may be, it is not for me to say.”*

“I know, leave me not knowing again.”

*“I am sorry, I cannot help.”*

“Is Ericsson here, or is he still looking it up?”

*“He says, you're a cagey one.”*

“Why?”

(Kate) “I don't know whether he's saying, that he hasn't found anything, or whether, when I said,

*‘That he thought you were cagey,’* he actually wanted to know, whether you are testing my channelling, or whether there were two alternatives, he threw at me. It was quite strange.”

“No, it's what Jonathan Swift wrote. He wrote this description, and it was very similar to a bridge of a spaceship, like the Starship Enterprise, and it was written four hundred years ago.”

(The book he wrote, is called, ‘Voyage to Laputa.’)

(Kate) “He isn't giving me anything, he's just laughed. I don't know why he thought it was funny.”

“They could have been taking people aboard spaceships that far back, four hundred years ago, and he was a writer. For all we know, he could have been taken to a planet, where people were smaller.”

(Kate) “Well, Ericsson didn't seem to be tiny, he seem to be very tall.

## ELTON AS THE CHANNEL

*“There is not really enough left for me to say, enough has been said, on this meditation tonight.”*

“Sometimes, I feel like that, when I have to start channelling.”

*“I have talked before, and said, what is needed.”*

“Can you explain more about the influence, that was affecting Elton last week, and how, or why it happens to developing students?”

*“You already know the answer.”*

“You mean the one I told, what I thought the reason was before, you mean?”

*“It is about the developing light, it is about wanting to go, it is about the spirit that is lost, but we all know this already.”*

“Is it true, that Guides raise the vibrations of the student, so that the student becomes invisible to certain spirits?”

*“Yes, it happens to Elton, in hotels.”*

“It happens to me in hotels, as well.”

*“It happens when I, when Elton plays music. I said, I, in that, a technical point, because I am Cornelius, it happens.”*

“Is this so that these not very nice spirits, don't follow him

home, and cause trouble later?”

*“That's why we're making high, through the vibration of sound. The energy over takes, it is a feeling of satisfaction, of something that is done, that stops...”*

“Was that an angry spirit allowed to be in Elton for a reason, to help his development, as a human being, personality?”

*“To release some anger, and he released a lot, believe it.”*

(Kate) “Was it there, to show him about anger?”

*“No, to release.”*

“You mean the suppressed anger that was within him?”

*“Yes.”*

“And if it wasn't released, it might have caused physical problems?”

*“Or damage.”*

*“Illnesses, severe illness?”*

*“Yes.”*

“And his higher-self chose this way to do it, which also helped him to learn about spirit?”

*“Yes, it has helped Elton recognised attachments in others. He experienced, he was buzzed.”*

“Will this help him learn the necessity to help these lost spirits, when they are attracted to him, when his Guides tell him, and he'll be more responsible, and help rescue them, because of what happened to him?”

*“It is hoped that this could happen to everyone, who understands the spiritual way. Then everybody has the wisdom.”*

“It's a good hard lesson?”

*“It sure is.”*

Over the coming months I found out that I had a extra-terrestrial Guide, who has been guiding me for the last five years, but I don't know consciously what he's been guiding me in.

Over the coming years, I received guided meditations that took my students to many faraway places in time and space, and again the results have been more growth for the students and myself, so if you also receive far out meditations for your own classes, accept them, and you will continue to grow with your student's.

## (80)

**HEALING CLASS 15/9/88, ELTON, KATE.  
MEETING YOUR HIGHER-SELF MEDITATION**

This meditation came into my mind on the afternoon of this date, you may think, 'Why isn't this meditation in the middle, or at the beginning of the 1<sup>st</sup> or 2<sup>nd</sup> volume? And this is what I asked my Guides, but they said,

*'No, leave it here, let the students become familiar with their Guides first. You can put a modified version of this meditation in the beginning of the first volume, introducing the students and readers to their Guides.'*

In the process of developing a beginner student, he/she usually needs the reassurance of his/her Guides. As most students believe that wisdom and guidance in their development, comes primarily from them, and the students lack of confidence is bolstered by Guides who have impressive sounding names, or wisdom along a certain line.

But after a period of time I am guided to introduce the students to a much more integrated part of their guidance, namely their own higher-consciousness, otherwise known on these discs, as the 'Higher-self.'

(2010 INSERT. After this group of students all stopped attending classes, my Guides thought that I was sufficiently developed to start guiding very advanced spirit's who were guided to start attending my classes, which are the basis of all the volumes after this one.

Mostly these students didn't know that their higher-selves were so experienced, and that their higher-selves would become their main Guide in helping them, in not only awakening abilities and talents learnt from previous lifetimes, but also to guide them in releasing past life conditionings and fears, or whatever needs releasing.

Remember the criteria of a Guide, is that their experience, wisdom and morality qualifies them. So if these student's higher-selves have all that, then my class Guides usually want these students to go on 'THE

MEET YOUR HIGHER-SELF MEDITATION' a lot earlier than a not-so-advanced student.

So, just because my Guides get me to take my students on this meditation, almost immediately in most cases, do not copy me and do the same, unless you have been running classes, where you have been developing sufficiently to know that you are receiving the choice of the meditations you give your students, from your Guides every time.

And after nearly ten years of running classes, I still turn to my class Guides to choose the meditations for the night, as they know who is coming to the class, and they know the students.)

When I am doing past-life therapy with a student/patient, it is one of the first things that help's the patient trust in my guidance. The patients have their higher-self in communication with them at all times, so if the patient is losing their trust in my guidance, maybe because what I am saying is far-fetched, then I am told of this, and I ask the patients, to ask their higher-selves, if what I say, or do, is what their higher-self wants for their therapy.

And if it is highly controversial, I will get the patient to channel their higher-self, before I ask any questions about the subject matter, and I very very rarely channel the higher-self of the patient, in case the patient thinks that it is me, and not their higher-self.

The student can either see their higher-self clairvoyantly, and ask questions mentally, or if they are not sufficiently clairvoyant enough to hold the image of their higher-self, and ask questions mentally, and receive the answers clairaudiently, then I can always allow the patient to channel their higher-self, so that my questions and the higher-self's answers can be recorded, to help them believe in what their higher-self is telling them.

Instead of me saying, this and that, and the student or patient relying on me to help them, they find their own higher-self has got all the answers, because, remember it is your own higher-self who is controlling your development and past life re-call, to help you grow, and overcome your problems.

(2010 INSERT. I have since, with the

aid of my Guides helped two higher-selves of student/patients to become aware of problems with those higher-selves, so in learning and accepting that they have a problem and need healing they then sought the appropriate therapists in the spirit world, so you see not all higher-selves should be introduced to your students, if your Teacher isn't as developed, to be sufficiently guided by their Guides.

You have read of one such case, at the end of volume one, but the first time I became aware and had to deal with this kind of thing, will be shown to you in the next chapter, but on the web it will be the next three month down-load, as it is followed through with interconnected material, which I will explain at the end of this chapter, as the student's experiences are what I, my higher-self and Guides have decided to include in this volume, and are interconnected with quite a few chapters.)

## MEETING YOUR HIGHER-SELF AND GUIDE MEDITATION

**“Your higher-self can appear in the form of one of the many thousand past lifetimes, that you both have had before. They will choose the most appropriate appearance, which is psychologically attuned for your present state of development.**

**Now, your higher-self will always appear to you in the same way, in these clothes, or appearance, until you want to change what your higher-self looks like.**

**Your higher-self has all the memories of the past and parallel lifetimes. It has all the abilities to access these memories, so the more you become one with your higher-self, the more he or she can show you.”**

**“I want you to imagine in front of each of you, a full-length mirror, but it is blank, and in this mirror sitting opposite you in the dark, is your higher-self, and you are going to reveal slowly, little by little, what they look like.**

**Now I want you to look in the mirror, where your hands would be, the fingertips of your higher-self will start to**

appear, and then more and more of the fingers and hands will appear. Notice the fingernails, are they coloured? Are they a woman's? Or are they a man's hands? Are there rings on the fingers? What colour is the skin?

As you see up the wrists to the forearms, see what clothing are on the arms, or bracelets, if the arms are bare, see if they are smooth or hairy, slight or muscular.

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

Now, you can travel down to the legs and feet. Are the feet bare, or with shoes on? If you want to gaze up the body now, to the shoulders and neck. Are the shoulders bare, or clothed, any jewellery around the neck.

As you come up the neck, see the chin, the mouth, smiling at you. See the nose, and the sparkling eyes, the eyes look like they're laughing. See their hair, the forehead, is it longhair, short hair? Are they wearing anything on their head?

Say hello to your higher-self, you can talk to them mentally, ask questions if you like. Ask your higher-self, why they appear in this form? They will not look like you, they usually appear very different from you, so you can feel the difference later. Any question you feel pops into your head, is most likely coming from them, so ask it, and you will get an answer.

Now your higher-self is going to stand up, and step through the mirror, turn around and sit on your lap, and slowly they will merge with your body, this is called transfiguration, and slowly you will start to feel their body and clothes, and jewellery, so that you will be able to recognise them.

Then you might feel an emotion, like a signature, it could be peace, joy, exuberance, love, acceptance, or strength and

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

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

Now I want you to imagine yourself on a beach, or in a field, or in a void, it doesn't matter. I want you to imagine that there is a person in the distance walking towards you, this person is one of your Guides.

As they come closer they are getting larger. The closer they come, the clearer they become, and you can see what they are wearing, what sex they are, or what nationality they are, or what race they are, it is just for identification purposes, to help you identify them.

They are coming and greeting you, they are smiling, waving, saying hello. You can ask them their name, if you wish, maybe they'll give it, and maybe they won't.

Sometimes they don't, because they don't like to be called on, every five minutes, it depends on the individual, the student. You may ask your Guide, if there is any connection with you, from a past lifetime. You may also ask what this Guide is here to help you with, in your development, or just in your everyday life, outside of classes.

You have many guides, this is the first one. If you are very aware of your Guides, this is maybe a new Guide. You should feel an affinity with your Guides, shake hands with them, feel their essence.

Ask them if they can transfigure over you, if they say 'No,' it maybe because their vibration is too high, and maybe too uncomfortable for you. If they say they can,

allow them to, and notice all the same things you did with your higher-self.

You may have the urge to stand in a certain way, or put your hands or arms in a certain way. This is your Guide showing you that they are there.

Now, I'll leave you in silence, to talk to your higher-self, or Guide, and you will receive the answers.”

(Approximately ten to fifteen minutes silence)

“Now I want you to thank your Guides, and higher-self. And I want you to come back now, your higher-self is still with you, and your Guides are here. Come back to this reality, take three deep breaths, stretch out if you want.”

### ELTON AS THE CHANNEL

“Are you Elton's higher-self?”

“I am Chan.”

“Are you a Guide?”

“You could say that.”

“Does Elton's higher-self want to speak?”

*“Not at this time, I am here to teach him the calmness of the inner-self, the silence that is within. I have been with him, when he meditates. I have been with him for many years.*

*He must learn that breathing slowly, will produce a calmer vibration for him. He must learn that his breath is his strength. We have met many times in my garden. It is a beautiful and serene, and has the things he needs to calm his vibration.*

*He will learn many things in the coming months, as well, you all. I must go now.”*

“Thank you, my friend.”

### KATE AS THE CHANNEL

“I would be pleased to speak.”

“Who are you?”

“I am fine, Kate and I have been in touch for a long time.”

“Are you a Guide?”

“No, I am the higher-self. She's not totally ready for this yet.

*She's feeling great agitation in the body, and I designed to show myself to her tonight, and I will step into the background for a while now, just to recede.*” **“Is this just an introduction?”**

*“Yes, she has not yet seen my face, I see no need for a name. As she is very much afraid, still.”*

**“Is there anything that you can say, that will help her overcome her fear?”**

*“No, because she hears me, she listens most of the time, but she is unsure of my voice, still.”*

**“Can she recognise your presence, different to the Guides?”**

*“Yes, she feels different sensations, she feels a different vibration.”*

**“Do you have a sex, male or female?”**

*“She preferred a woman, so I showed her an old woman, as she respects age, as wisdom. She's starting to recognise me, by determining each of her Guides.*

*As she gets to know her Guides better, so she will better know when I am there. May all beings be happy, goodnight.”*

**(Kate)** “It sure feels different, I mean, like with my Guides, but that was totally different. That was even stronger than Eriksson, last week, and that was pretty strong.”

(In the next couple of pages you will learn that sometimes a student's fears will use a belief to keep the status-quo, in the way they block another form of perception, that their Guides and higher-self are trying to implement or suggest, to help take away the students fears.

But the students unconscious fear is so strong that the student will deny, interrupt, try to stop me and my Guides explaining verbally, what she has been blocking telepathically from her Guides, of how we are trying to take away her fear in a different easy way.)

**“Yes, well, it's different, because you have never been introduced to your higher self, and...”**

**(Kate)** “Yes, but I've been hearing her voice for a long time.”

**“Yes, but this was to show you what it looked like. So you could visualise them, or they could appear easier for you.”**

(Kate) “Yes, I saw her, but I didn’t get a face, though.”

“No, well, you'll recognise the shape of her clothes.”

(Kate) “Yes, I’ll know the presence now, I’ll definitely know the presence.”

“And when you want to see her face, you will, when you overcome certain fears.”

(Kate) “So I now know that it's her, I'm reluctant to put a sex on anything. Well, like she said, she gave me a woman, because that's what I prefer.”

“That's true, but you see, when you overcome fears, then you could get the true appearance. But your higher-self knows that it’s an appearance you don't...”

(...have any fears of.)

(Kate) “It’s not important to me, the appearance of my Guides isn’t important to me, either. I don't really know what they look like.”

“No, well, your higher-self wants to keep a fixed form, so that you can recognise them, and identify with them, and know they are there when you need them, or when you want to ask your higher-self.

You see, I find that students of all this kind of thing, they tend to ask their Guides a lot more, and after they go through the development, it's better for them to communicate with the higher-self.”

(Kate) “Yes, I think maybe I can determine it by feeling, rather than both, not even by sensation, just by the different... It's like before, when Matilda (Guide) just introduced herself, but this was much stronger than that, even.

Remember how scared I was then, when there was all that fear, the first night. She came through too, but the sensations were still different.”

“Yes, well, the purpose that they want you to become more, not so much aware, but more at ease with your higher-self, and what helps you become more at ease, is visualising them first.

Because when, after many months or years of

development, you will want your higher-self to be there consciously, 24 hours a day, for the rest of your life. But that's relinquishing your decisions, to the higher decisions of the higher-self. Do you understand what I'm getting at?"

(Kate) "Yes, but it's my beliefs that are getting in the way, there. Because to me a visualisation is making it physical, and then I don't believe they're physical, then. I prefer to leave them non-physical, do you know what I mean?"

(The next thing I said to Kate I removed from this disc, but my Guides were screaming at me,

*'Put it back, put it back, and go back and explain at the beginning what is going on here.'* So that's why you read the big insert two pages back.)

"Alright, so it's like the unknown, isn't it, if you can't see it, you fear it."

(Kate) "Oh, no, no."

"In a way, but they like you to get to know them. How can you get to know..."

(Kate) "No, it's because I believe they will..."

"...somebody, without seeing them, or speaking to them, and getting to know that you can trust them, and you can feel safe with them, and realise that they've got the wisdom.

You start with communication, it's like a friend, how do you know about a friend..."

(Kate) "No, no, I..."

"...without communication?"

(Kate) "I like it, because if you're blind, you never see anything."

(Short pause) "And I don't, they're not on the physical world, and they're not..."

(Kate stopped talking here)

"What I'm trying to explain, is that you live in this reality, and you are working with the conventions of this reality.

And to help you trust your higher-self, you follow the conventions that psychologically work's for your consciousness, in this reality.

Which means, it helps if you see the person, speak to the person, get to know the person, so you can trust them. You don't usually trust somebody that you can't see, and you

don't talk to, much.”

(Kate) “No.”

“They're only trying to get you to relax more, and allow your higher-self to take more charge of your life, to help you to achieve what you want...”

(Kate) “Yes, that's all fair enough, it really, I kind of...”

“...but you see on a conscious level, you might believe one thing, but how do you know on a subconscious, or unconscious level, you still have certain reservations. I won't say fears...”

(Kate) “Well, that's possible.”

“...of not seeing them. Where it would help, it helps on a subconscious level, by perceiving them, speaking to them, getting to know them, in a way.”

(Kate) “Yes, I'm not discounting all that, it's just that em... I don't know, because I don't think em..., it's not a fear of them, it's em...”

(Elton) “Do you have the fear of the bridge between them?”

(Kate) “No, it's not even that, because that's being shortened all the time. I mean, I'm getting much closer to them, all the time, and it probably will, I will be able to visualise them eventually. But at the moment, it's em... Well, she actually told me not to worry about it, for the moment, to just listen.”

**“Yes, what did she say tonight?”**

(Kate) “That's what she said, for a start, well, I mean like, it took ages. She was talking to me for a long time, before she actually wanted to speak.

Then she was just saying things to me, but I don't know whether I chose not to channel them, or whether she didn't want me to channel them, but it felt like she was talking to me.

But it was, I don't know, when they are talking to me like that, I don't real like laying it out, because it feels (A) Like it's personal, and (B) like it's not for anyone else, anyway, it's just for me, but that's to do with me, and they kind of make that distinction. They almost say to me,

*‘Now, you tell them this.’*

**“Yes, well your link with your higher-self will... Your higher-self will take you on lots of trips, and learning**

things. And it's like if you was to go wandering off in your conscious mind, astrally or time-wise, you know, through past lives. Not necessarily through the memory of past lives, but actually visiting those time zones, where they are happening now.

Now, if you go on your own, in your conscious mind, it's very limited in what you would do, or what you would know to do. But if you were to become one with your higher-self, and let your higher-self show you, and do things, and say things, for you to sort of learn from what the higher-self does, or says, that would be better.

It's a big step, to merge with your higher-self, and let the higher-self take charge. Then you wouldn't expect your guides to do that, and you wouldn't have your Guides do. But it's only the steps, in stages, to help you attain higher development, in a way.

Student's Guides and higher-selves know that many of the concepts and realities beyond this physical world are understood and accepted by me, but because most student's have blocks to them, stemming from fears, or conditioning, or having too strong a belief in one direction.

The students would not accept me telling them, so if the meditations couldn't show them, there could be many reasons for not seeing a new concept, I have already had students who refuse to learn from their Guides, and do their own thing on their meditations.

So the Guides and higher-self, try to develop a strong link with the students, so that when I am explaining concepts to you, and I say, ask your higher-self or Guides, if it's true, my question is usually because your Guides know that you are not accepting or believing what I am explaining.

But you might believe if your Guides or higher-self agrees with what I am explaining, then you will accept the concept and allow yourself to explore a new area of growth

or reality.

Which in return develops a stronger belief and trust in your higher-self, and opens the doors to your psychic development.

Psychiatrists and psychologists have done tests with mediums and healers. And they have tested them on how strongly they believe in what they are in to. And they have found out that healers and mediums, have a 95% belief in what they are doing, or what they're about.

And yet these experts say that the average in mankind out there, is only 70% belief about anything, and it doesn't go much higher than that on a point score.

Remember the old saying, 'You create your own reality.' If you believe something strong enough, then you will get it. And it's the same thing with that 95%, if you believe in what you are developing, it becomes a lot stronger.

And me just telling students about your higher-self, doesn't give you the same strength of your own beliefs, in your own higher-self, than actually seeing your higher-self, talking to your higher-self, yourself, do you see what I mean?"

(Kate) "Yes. I see all the things that she was telling me before I... What she was on about, were things like, you know, I was just asking questions about, what I'm doing.

She was just throwing things at me, like teacher, communicator. And that she said, I had to develop work on the throat chakra, for truth, sort of speaking the truth as much as possible."

**"That's new."**

(Kate) "Yes, that's new. But this was all, I don't know. I still got the feeling it was, you know..."

**"The way you are speaking out in the class, what you are learning, the more you will remember, because it will get typed up.**

**But if you don't tell me what you are experiencing, and learning, I'll tell you now, in a month's time..."**

(Kate) “Because it's hard, because then...”

**“...you might forget it, unless you've got a really good memory, because you are learning so much every week.”**

(Kate) “Well, when I just channelled that, I wasn't hearing it, I was just going, it was straight through, it just wasn't, I wasn't listening, and it just wasn't me at all, because my whole body was just, it was there, but it didn't feel like it was.”

(This is why your higher-self channelled what she said, because certain of your beliefs were so strong, that if the channelling hadn't been recorded, my job would have been much harder, proving to you, about the reason for feeling at ease with your higher-self, maybe your higher-self knew that you wouldn't hear what she was going to channel.)

**“Does anyone want to describe what their higher-self looked like, or do they want to leave that to the channelling?”**

(Elton) “I can only talk about Chan, he was a Chinese Guide, with a bald head, and a brown monks Robe, and he was sitting exactly the way I was, the reflection, amazing.

It was almost like he was... I will see him when things have to be pulled back into line.”

**“He's not your higher-self?”**

(Elton) “No.”

**“So, you weren't shown your higher-self? You didn't see your higher-self, then?”**

(Elton) “No, only Chan, a man with a big stick, for my knuckles, ay.”

(Now you know why there was an addition to meet your Guides, in the guided meditation. Not every student in the class is ready to see their higher-self. Remember your Guides and higher-self are controlling your development, look at me, I haven't seen any of my Guides, or higher-self, and I've been sitting for development for over five years.

But that's a very long story, for later in the books.)

**“He didn't say anything about the rescue you did, the other day at work?”**

(Elton) “He did actually, he said, it is one method in millions. He said, there are millions of methods of rescuing them. He said, scaring them to the light, is a good one, if you can get away with it.”

(Everyone laughed. It ceases to amaze me, how spirit makes sure, that the right knowledge is recorded on tape, for the students benefit, by sometimes getting me to ask the key questions.)

**“Did he say anything about your consciousness, attracting them?”**

(Elton) “No.”

**“Or transcending your emotions, so you don't get them come to you in the first place?”**

(Elton) “Eventually, I think I'll wind up learning the art of reflection, and I'll be in a state of reflection, for that kind of thing, anyway, you just won't get them. It's the matter of learning the method, that you get up in the morning, and you do the reflection method, and you get to do that thing, just before you get out of bed.

So, I feel that it's got something to do with meditating, and breathing, and keeping the vibration at a level, where the attachment's just won't come. That's just how I feel, there is a method. I don't need that kind of thing.”

**“That's what you need now, anyway. Do it that way, and when you grow and develop more, that will be left behind, you won't have to do anything like that.**

**I get spirits attracted to me, but they are just people that just wander in, they're curious about the aura. Well, the spirits see this, and it's different to most people out there. I suppose they're all different as well.**

**When a person becomes more spiritual and developed like a goody-two-shoes, that's describing it, in a way, their aura colours are beautiful, than the muddy colours of envy, and jealousy, and all that, and hatred. Those colours are yucky colours, type of thing, in the aura.**

**So they're more attracted to someone with more beautiful colours, and of course, one of the side-effects of your growth of spirituality, is you grow a Halo, and that really impresses the lost souls. So, you still get rescues.”**

(2010 INSERT. Nearly every-time I go down the shopping Mall, my higher-self contacts me, that I have to do a rescue of deceased relatives of shoppers, who, my higher-self says, are curious of the energy fields that arch out of my chakras on my back, in the shape of Angel wings, plus the golden Halo above my crown chakra, which flares up like a gas burner ring, to make points all, round the Halo, when I talk telepathically to my Guides, or higher-self. Because if I don't rescue them, some of them might follow me home.

Now you know where the old fashioned kings golden crowns, with the points on, originated from, which got misused by man, playing on the subconscious conditioning to look up to the leaders, who were activating their crown chakras, with their communication with their Guides, for the good of mankind.)

**(Kate)** “My Guide, Martin, is a writer. I've been asking a lot lately about him, he's very quiet, and doesn't tell you much at all.

But when I sit down to write a paper, it flows out, and it's getting better all the time.”

**“What's he writing about?”**

**(Kate)** “Oh, it's education. He has very strong views on education, very radical, very strong, freedom orientated type. I think this is why it flows so easily, because I have exactly the same views, but they can't be my views, because I don't know enough about them just yet.

You know, I'm channelling stuff from him, that I sit up and go, ‘Oh, yeah, that makes sense.’ And I'm sort of writing down these... I wrote a ten page essay on Wednesday morning. I wrote it in an hour, I typed it up straight away, and that essay was excellent, it was brilliant, it was really good.”

**“Haven't you ever thought about the relationship, coincidence?”**

(Kate) "I have writing in my Astrology chart, as well."

"No, I'm talking about, have you allowed your consciousness, to find out what it's all about.

I've just been told heaps, just sitting here, from my Guides, about your Martin, the writer."

(Kate) "What, what I keep asking him, but he just says,

'*Shut up and listen.*' He doesn't tell me anything, I've been asking him heaps of questions, because he's the most mysterious."

(It doesn't matter how many questions you ask him, if he knows that you can't grasp, never mind believe what he could tell you, then he will set the example of what he is here for, knowing that I can grasp and understand who and why he is here.)

"Go back to the first pamphlet, where a student went back in time, and gave the court jester a Shakespearean song to sing. It was a part of himself, a past lifetime.

Who do you think Martin is? He's a future lifetime of your own, and he's channelling through, to help you progress, so that he can progress."

(Kate) "Possibility, is that what you got?"

"That's what I asked, that he's a future lifetime. You see his higher-self can travel in space and time. So his higher-self could be coming into the past, helping you develop, and channelling through you.

Because that's what we are all going to be doing, that's what spirit has been telling me recently. And that we help our other lifetimes to grow, and it helps us grow.

When we have great breakthroughs in previous lifetimes, there's a great breakthrough in this lifetime as well. We have jumps in consciousness, like explosions of consciousness.

What causes these explosions, is the work we've done in our past lifetimes, which are helping all the lifetimes, as it were. And it's all part of ourselves, we're adding all the

time.”

(Kate) “Well, that makes sense. That explains why his ideas are more developed than anyone else’s, I’ve been talking to. Like I’ve said things to my tutors, and they’ve just said,

*‘That’s a good idea,’* and I’ve said, ‘But how come? You’re a doctor, you’ve been doing this for twenty five years, how come I’m telling you something you didn’t think of before?’ And I go, “But it’s not me, it’s Martin,’ and because I don’t have the basis, before I come out with the sentence, the basis behind it, comes after I’ve made the statement.

**“I’ll give you something else to think about, and that is, imagine Martin’s in the future, in a future lifetime, where he’s a great educationalist. Say he’s like a minister of education, whatever he is in a future lifetime, and he dies, and when he goes to spirit, he says, ‘Okay, what can I do now? I’ve learnt all this knowledge, wouldn’t it be helpful. I know what I’ll do, I’ll go back to the twentieth century, and reincarnated as Kate.’ Think of that possibility.”**

(Kate) “Mmm, yes.”

**“And Martin still could be communicating through to you from that lifetime, as well as you being Kate, at the same time.”**

(Kate) “It makes a lot of sense, it makes an awful lot of sense.”

**“Or imagine an electrical engineer, going back and reincarnating as Nikola Tesla. The possibilities of actually going back in time, and reincarnating in the past, and helping mankind grow.**

**I’m just trying to expand your awareness of possibilities. You ask, never mind me telling you all this, you could ask your Guides, you get yes and no in your head.”**

(Kate) “I’m getting quite a lot, but there’s certain things that I’m just not getting on, and that’s been one of them. He just won’t tell me anything.”

**“Well, when I want to contact a Guide, I just say, ‘Are you there, so-and-so? and I get, ‘Yes, Raymond.’ Because they’re**

**there, a split-second after I ask.”**

(Kate) “I don't even do that, I just go Martin.”

**“You get an answer straight away, though, don't you?”**

(Kate) “Oh, yeah.”

**“Well, ask Martin, just ask him if he's a future lifetime of yours?”**

(Kate) “Maybe he's helping me, because I'm going to have a difficult time of it. Because my ideas aren't so radical, they're sensible, and I can't understand why anyone hasn't used them, so far.”

**“Well, the more you accept them, maybe it's because, you, on a subconscious level, believe them, because maybe you are a reincarnation of Martin.”**

(Kate) “It makes sense, because if he's come from the future, and there's a possibility that the way things are going, in the future they'd be quite, every day, these ideas are everyday, but now they're not.

They are considered radical, even though they're very humanist, and sensible.

If he'd told me that, about his relationship. I probably wouldn't have believed him.”

**“Right, that's why he wouldn't have told you.”**

(I am used in emergencies by Guides, if other methods of communication are not open to them, like this knowledge coming for Kate.)

(Kate) “Okay.”

**“You should know how they (Guides) work, by now.”**

(Kate) “But if you'd turned around, and said it to me, then I'll go, because of the way I am. If it was suggested to me from outside, like I said before...”

**“Some students are different.”**

(Kate) “I will take someone else's experience, I'll listen to what they have to say, and I'll decide whether I believe what everybody else does, or not, but by him getting you to say it, I listen to it, and I'll say, ‘Yes, well, that's possible.’”

**“Yes, well, it's like as if I'm being told. What I get told, I**

blurt out, I blab. But they keep me in the dark in a lot of things. And I bounce it back to the student, and say, 'You ask your Guides, you find out these things.'

Because I'm not getting anything, because they don't want me to get it. You see, you're the one student in a hundred, that accepts more from outside, which you shouldn't do, and eventually you overcome..."

(Kate) "Oh no, I don't accept more from outside, but I listen a lot, and it's only because..."

"...inside, because you can't censor it yourself. When you censor something yourself, your Guides can't get through with any new idea, because of your blocks.

You create your reality, that means that you control to an extent, what the Guides communicate to you."

(Kate) "Oh, yes, of course."

"But that control of your reality, stops here. (Hand held out in front of me.) Because you don't control my reality, of what I received from spirit. And if they (Guides) can't get through to you..."

(Kate) "Then they'll come through you."

"...and then it comes in to me, and it goes through the air-waves to your ears, into your mind, and break down the belief system, or should I say, disbelief system. Then they can communicate directly with you.

So once you've jumped back on the fence of being open, then you ask your own Guides, and they may tell you the same thing I'm telling you, you will believe it more. Do you understand?"

(Kate) "Yes, but it's so funny, like if he tried to tell me that, I'd have a doubt in my head, saying, 'Did I hear that right, blah, blah, blah.'

But if he comes to you, he's an intellectual, and he knows that if he appeals to the intellect in me, and somebody says something logical, then I have to think about it. So that's the other approach.

"They didn't give me that knowledge, just by saying it to me, into my head, like, 'Martin is a future lifetime of Kate's.' It came like a whole set up, of how it was you.

It was like all the circumstances were there, for me to ask the question. Now, I would never have asked about this, if the circumstances, the suspicion wasn't there.

It's like all the little bits, all the A,s to Z,s, were building up a picture, so I asked the question about that, and I was being told.”

(Kate) “Myself, I would never have thought to ask anything like that, because the possibility didn't even occur to me, before you said it.

So how could I get a good answer, or be sure of the answer, I was getting, if I couldn't ask the question.”

“So, I didn't blurt out and say it, I tried to get you to look at what's been happening.

You know, how come you were accepting this, this radical educational thing, and writing.” (Kate) “Yes.”

## RAYMOND AS THE CHANNEL

*“You are having a break tonight from practising, we approve of this. The mind needs to digests and mull over what it is learning, and accept the knowledge, or assimilated into your consciousness. Knowledge of itself, does not change you overnight, so it takes time, for you to grow and change.*

*You are learning about the connections between all the component parts, which you should be able to inferential find out what lies beyond those component parts. Just like scientists can mathematically work out, that there is another planet, by the gravity pulls, on the planet's they know about, do you understand?*

*The mathematicians calculating the orbits of the planets, inferentially know that there is a planet, that they cannot see, but it is there.*

*So, you receive pieces of knowledge, and when you connect them together, you are ready to accept what lies beyond, because these pieces of knowledge are like the building blocks, to support the new knowledge, which is harder for you to accept, and higher.*

*And if you didn't have the building blocks to reach that height, it would be harder for you to accept.*

*Do you understand the process of how we help you to grow and develop? Whether Raymond gives you this new higher knowledge, is okay for the individual that accepts it this way, but we are also showing you, that for you to grow faster, you need to think more, piece the pieces together.*

*Expand your awareness of philosophies and theories that others have already reached, a little further along the path than you. So that when your experiences help you, lead you to believe the same thing, it helps if you are aware of this thing.*

*Like reading about Walk-ins, knowing the purpose behind them. Or the possibilities of parallel lives, or future lives, reincarnating into the past.*

*Having that knowledge in the mind, will help you to grasp what all the inferential experiences that are happening to you, are trying to show you. For when you are more highly developed, you will also be able to consciously be aware of, your higher-self helping your previous lifetimes, or parallel lifetimes.*

*You have the possibility of learning so much in this part of the century. In the past, the only way you learnt about human experiences, was by seeing them happen to the people who you came in contact with, which is fairly slow.*

*But you can see ten times more every night on television, the interactions between humans, which will help you grow.*

*We are pleased to see you still coming here, do you have any questions?"*

*(Elton) "I would like to learn a method that would help me to deal with attachments? I think what I am basically asking is, is there a method I can learn, that would be easy to do, consciously, while I'm doing something else at the time?"*

*"We want Kate to channel this, either in writing, or channelling, to help you with this, Elton. For many reasons, more practice for Kate, also, you accept in this area from Kate, easier than from Raymond."*

(Kate) "I will be channelling when we next meet."

*"Raymond has a different way with lost souls, and his beliefs may interfere with what is channelled to help you. We would rather use a channel, that doesn't have so strong beliefs about the question, do you understand?"*

(Elton) "Yes."

*"Remember, what you believe, you create. We work with this soul, by helping you with new concepts, new knowledge, which is different to answering your questions, like a guru teacher.*

*There isn't much difference, but the students of a guru, are lost without their guru, but student of Raymond's, don't need Raymond.*

*These students of a guru, may also be asking the right questions, and receiving the right answers for their development, but they will always rely on the guru, until they grow up and stand on their own two feet, and develop the link within.*

*Remember, if you are willing to learn, and accept new knowledge, you must be open to it, and not have a strong belief negating the new knowledge.*

*If you sit on the fence, you can learn the new knowledge, but if you jump down one side of the fence, how can you see the new knowledge on the other side of the fence. That's only an analogy, or you could say that you are sitting on the fence, and looking only to one side, how can you see the knowledge on the other side, when you are looking at one side of the fence?*

*Don't grasp things too tightly, it doesn't allow yourself to hold anything new in your hand. Try and pick up something up, when your hands are full and grasped tightly, it is difficult. These parables have a lot of wisdom in them. We have said enough, Goodnight."*

2010 This was the last night Kate and Elton attended my classes. (?)

I received a new student Paul, on the 13/9/88, but because the new student and his mother attended classes, and experienced many past lives with three more new students, for many months, I have left most of them for the third disc volume.

