

THE
AWAKENING
OF AN ANGEL

EXERCISES AND MEDITATIONS

VOL I, II & III

RAYMOND WILLIAM SHORE

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EXERCISES AND MEDITATIONS

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L EXERCISES AND MEDITATIONS

I have designed this file so that you can print or photocopy the whole file in colour, which you can bind into a book, and the contents pages will list the meditations of the first three volumes.

If you notice at the top of this page, in the left hand corner, I have typed the letter **L**, which means when you come to print or photocopy the pages, the title page will be the back of this page, and this page will be the left page, and the following page will have a **R**, for the right page.

This is so when you bind your meditation book, a meditation which is large enough to take up two pages, can be read out loud to your students, without the sound of the turning page to distract your students.

But if you are firstly describing a chakra exercise, once you have the exercise performed, you won't be distracting them if you turn to a guided meditation on another page, but once they are half-way on a meditation journey, so to speak, this is when you don't want to distract them with any page turning.

Some of the more advanced meditations where the student has left one or more of his bodies in a temple of healing, before you describe them going on a secondary meditation, your students should be sufficiently advanced to not be distracted by you turning to the second meditation.

You might use a small torch to, or small light to read the pages, if your students are under a coloured lamp, either blue or purple, but dark green would work.

If you are all beginners, and you don't have a facilitator, who is more advanced, you can take it in turns, reading the meditation out to the students. I also strongly suggest that everyone in your circle have completely read at least the first volume, before you all sit for your own development, because if one student has not read any of the first volume, they may have a negative effect on the other students.

There are too many reasons to list how this student may interfere with the development of the others in the circle, and one of the biggest, is if you resent or are putting the blame on your perceived lack of your own development, because they may have taken up the time asking questions which are answered in the book.

Or if you feel, or fear that they will have fears which will interfere with your development, which because you have believed this, then you are subconsciously sending out your psychic invisible tractor beams, through which you may be affected by their fears. **R**

In other words if you tune in to others, you have to handle what you pick up. This is why while you are only a human being where you mostly use your physical senses, and your psychic senses are so small, how can you psychically know the affects of trying to make sense of, or interpret, especially something as complex as another human being that has multiple bodies, attached spirits of past life lovers, or enemies, conditioning on any level from past lives, chakras that are active, and sometimes the Kundalini is also active.

Besides, all these unseen, unknown goings on, another person may have chosen the time to be born to be imprinted with strong astrological desires, which may be in conflict with your own desires, and you may react emotionally to what you find out or feel.

One of the strongest things my teachers in the spirit world have taught me, is don't allow your conscious or subconscious to be trained, through practise, of tuning in psychically to either objects, to pick up impressions of the person who handled it last, or owned it, or tuning in to patients.

I always ask my healing Guides who are also the controller of the healing energies being brought through me, for the patient's benefit, 'Do you want me to tell the patient anything about the healing?' If I get a 'Yes,' then they either tell me or show me, which I then double check to make sure I got it right, before I even speak to the patient. I only tune in to my higher-self or Guides, not students or patients.

But if I get a 'No.' I accept that and don't tune in to the patient. Occasionally I have been approached for healing, and my Guides have said 'No,' and directed me to bring the patient to another Spiritual healer, and I received a negative reaction from the other healers, which my Guides gave me the words to reply, I work and am guided by spirit, not patients or other healers.

Originally a Spiritual Church demonstration, using a flower in a paper bag, was so that the medium would not be aware of who the message from spirit was for, so that the medium could not subconsciously distort

L or slant the advice, if the medium knew who the message from spirit was for. But the person in the audience would be able to recognise the flower and know that the message was for them. But now I find in most development circles the students practice psychometry, on each other's objects in paper bags, and this, my Guides say, is the slippery road down-hill.

I find that there are many reasons Mediums either feel inadequate when they receive very little from spirit, to pass on to the person in the audience, or their desire to be famous, or popular. I have seen visiting guest Medium's turn up with a gaggle of Medium groupies, who follow them from Church to Church.

Sometimes this is the reason, when the Medium says to the audience, "Can I come to this person?" so that the owner of the flower lets the Medium know it was theirs, then the Medium can tune in to the person, and very often either may perceive a thought-form of a deceased loved one, which is in all likely hood has been created by the grieving audience member, and has been programmed with what they believe about their dead relative, which the Medium mistakes as the spirit of the dead relative, and passes on the message or belief which the thought-form was programmed with, which the audience member agrees with, and thinks this Medium is great, and of course the others in the audience are also duly impressed.

In the next volume not only will spirit teach us about the influence of thought-forms, but a student came to me all distressed, where an example of this type of occurrence, of a Medium mistaking a thought-form as a spirit, will be all explained, as it is a real case and not a hypothesis.

This is also one of the reasons the advanced rotation chakra exercise should only be performed with the guidance of your Guides, and they may want to change the seating position of your students before you perform it. You see the basic chakra exercise does not influence another student sitting next to you. Anything else I remember, I will insert before or after I give you the meditation.

I will not put the meditations in the order that I first received them, but I will put them in a kind of spirit-guided order, for the first few

meditations, which are the best order for students in general to go on them. But once your leader is being guided by your class Guides then you will be guided to use the most appropriate exercises and meditation. And of course you may receive a totally new meditation from your Guides. **R**

I have always asked my Guides which meditations they want me to take the students on, as your Guides know what needs to be stimulated or worked on, whether it is chakra's, or back to when the students were children, or in the womb, but some of these meditations, will be in the second part of the volume 1 and all of volume 2 meditations chapter, for more advanced class facilitators.

If the meditation will fit on two pages I will leave my spoken words in **blue bold font**, these are the words you speak out loud to your students, and anything not meant to be spoken, will be typed between in **Green**. But if the meditation is too long to fit on two pages, you will find some of these meditations or exercises typed in normal print, but you will still be able to see the "Italics" to know when to speak out loud.

If you find any print in **amber** just before, in, or after the meditation, these words you can say to the students to explain things connected with the meditation, before you ask them to start visualising the meditation, or in, or after the meditation, to explain other things.

On the next two pages are the list of Exercises and Meditations.

THE LORD'S PRAYER (WHICH IS OPTIONAL)

"Our father who art in heaven, hallowed be thy name.
Thy kingdom come, thy will be done, on earth as it is in heaven.

Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation but deliver us from all that is evil. For thine is the power, the kingdom, and the glory, forever and ever, amen."

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DEVELOPMENT CLASS PROTECTION EXERCISE

Before I performed the exercise, all the chairs in the class were arranged in a circle facing inwards. In the very centre of the circle a chair or stool is placed. When all the students have arrived and are seated as balanced as can be, i.e. male-female, male-female, then I would begin with everyone saying, “The Lord's prayer,” if they know it.

Part of the exercise will also remove any mischievous spirits that may have arrived in the class independently, to interfere with our meditations or communication from spirit, that have been sanctioned by our Guides.

DEVELOPMENT CLASS PROTECTION EXERCISE

“I want you to imagine a bright white light coming down through the top of your head, illuminating the inside of your body, from your head to your toes.”

(Five to ten second pause)

“I want you to now expand this white light so that your whole body is filled and surrounded by a sphere of white light.

Continue to expand this white sphere until it merges with everyone else's sphere, and surrounds everyone in the circle in a large white sphere of light.”

(Five to ten second pause)

“Now I want you to imagine a huge cone of white light, shaped like an upside-down ice cream cone, descending through the ceiling to sit on the top of the huge white sphere that surrounds us all, like a hat sitting on a head.

Arriving in this cone are the teachers, higher Guides and your chakra technicians, to help you in your development.

Now focus your attention on the point of the cone, and imagine the white energy flowing down the outside of the cone, like rain on a roof. It is now flowing down the outside of the sphere to the bottom, and then flowing up through the floor in the centre of the circle, in a one metre wide column of

(1) + (2) + (3)

white light. Flowing up through the chair, and back through the point of the cone, and on into the higher levels of vibration. **R**

Each one of us is going to sit in the chair in the centre of the circle for a brief moment, and any spirits who are not supposed to be with you for your development, will be sucked up the column and looked after by the Angels on that higher level of vibration.”

(Demonstrate by sitting in the chair for approximately three seconds and then return to your seat. Then ask either the first on your right, or your left, to go next, and if they sit on the chair too long, say, “Next,” and go around the circle making sure that everyone does it.)

“Maybe only one or two of us may have spirits attracted to us, but our Guides do not want us to know who, for many reasons, and that is why everyone must sit in the chair. Because everyone will feel more comfortable if everyone performs this exercise.”

“You are now under the protection of higher Guides and teachers for the duration of the class.”

I strongly advise that you don’t allow anyone to enter the protected area until the time you start practising spiritual healing later on in the class. I used to tell them to arrive at 7.30, and start at eight o’clock, but if anyone came later than 8.00, they couldn’t come in until the healing practice, at the end of the channelling practise.

BASIC CHAKRA MEDITATION EXERCISE

In the next Basic Chakra exercise I am sometimes guided to perform it before I take the students on a meditation, and it can be performed again whenever you are guided to use it, before your main meditation.

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L BASIC CHAKRA MEDITATION EXERCISE

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

(Ten to fifteen second pause)

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

(Ten to fifteen second pause)

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

(Ten to fifteen second pause)

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

Infuse the flower with all the **green** from the inside of your body, so

(1) + (2) + (3)

it is glowing bright **green**.”

R

(Ten to fifteen second pause)

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

(Ten to fifteen second pause)

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

(Ten to fifteen second pause)

“Now I want you to imagine the colour **purple**, coming down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in purple, except the chakras that are open already. Now open the crown chakra, this is located right across the top of your head, like a huge sunflower, on a stalk attached to the top of your spine, it’s in the shape of a flower bud, open the bud and it has approximately 256 petals, but some think there are a1000 petals. Infuse the flower with all the **purple** from the inside of your body, so it is glowing bright **purple**.”

(Ten to fifteen second pause)

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

L

“If your higher-self or Guides want to open any of your chakras outside of the class, then they would close them when they are finished, as you don’t always feel or know that they have opened them, if your psychic development is in other forms of perception, as you don’t stop developing when you are not in the class.”

When the students finished their healing practise, I get the students to close the flower like chakras, starting with the base chakra and closing every one until the crown chakra, as the last.

If you haven’t figured out why the list of meditations is colour coded, I will explain some of them.

The meditations names I have high-lighted in this colour are predominantly practising the use of any psychic senses the students and Guides want to help develop, and the subsequent monitoring of the students response to these meditations, the students are on their training wheels, so to speak.

So that they are plugged in for when they go on one of the next six working meditations, either at home, or with others.

SHANGRI-LA MEDITATION

These early meditations are good ones to take your beginners on, as if your students are having difficulty seeing or hearing, their Guides will not communicate anything of importance, if it is likely to be missed by the student with difficulty, but they are good meditations to practice seeing and hearing, and help the students to relax, as they are linking with one of their bodies which is actually visiting these spirit constructed places of Shangri-la, and a few other meditations of this type, so they can feel and touch the animals, and your Guides can monitor your progress.

They are also good holiday meditations after a few class-nights where the students have been doing some heavy releasing or rescue work, to help raise their vibrations

SHANGRI-LA MEDITATION

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

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

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

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

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

(Approximately ten to fifteen minutes silence)

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

Take three deep breaths, have a stretch if you want to.”

MEETING YOUR GUIDES MEDITATION

“Your Guides can appear in the form of one of the many thousands of past life-times, that they have had before. They will choose the most appropriate appearance, which is psychologically attuned for your present state of development. Your Guide usually appears in a form that is very different from you, so you can feel the difference, if they want to contact you, if they want to tell you something, like they may be the opposite sex to you, or a different race or nationality, it’s just for identification purposes, to help you identify them.”

“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 one of your Guides, 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 Guide 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. (Briefly pause after each description.)

As you see more of your Guide, you now start seeing the middle of your Guide, the midriff. Is the person fat or thin, large or small; is the person old or young? 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? 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. 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 long hair, or short hair? Are they wearing anything on their head?

Say hello to your Guide, you can talk to them mentally, and ask questions if you like. 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 Guide is going to stand up and step through the mirror, **R** 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. 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 with personal body gestures.

If you feel a kind of pressure, or heat, or feel as if your eyes are filled with glue, this is only the side effect of a very high Guide, as their vibration is so much higher than yours that your body is having trouble coping with it, and they most like won't stay transfigured over you long, so notice the feel of them, as they will step out of your body quicker than Guides of a lower vibration. After a while they will step out of your body, and you can go for a walk with your Guides, if you want to.

Ask your Guide if they want to tell you their name? Find out their name, so that you can speak to him or her, at another time, but they don't always give you their name. 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.

If you look above your Guide, they may want you to see other things, you may see the Halo, it could be any colour at this point, as well as the aura of, your Guide.

You have many Guides, this maybe 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 if you like.

Now, I'll leave you in silence, to talk to your Guide, and you will receive the answers."

(Approximately fifteen minutes silence, before you turn the page.)

L “Now want you to thank your Guide, and I want you to come back now, your Guides are still with you. Come back to this reality, take three deep breaths, and stretch out if you want.”

“If your Guide wants to introduce you to another of your Guides, or a new one, when you are at home, perform the white light purification exercise up to the point of the cone and sphere, then visualise this meditation, and you will meet another of your Guides.”

NATURE WALK MEDITATION

“Tonight, we will take you far, far overseas, to a land where every living thing is rich in colour, a beautiful land with flowers, trees, gardens, and a beautiful grass. We walk in to a beautiful forest, the birds twittering in the trees, squirrels scampering up and down the tree trunks.

You come to an opening in the Forest, where the Sun is shining down on a beautiful carpet of soft grass. When you arrive in this grassy sheltered glade, I want you to arrange yourselves in a circle and lie down on your backs, with your feet, pointing towards the centre, so that you are all looking up through the opening in the trees seeing the tops of the trees and the blue sky above.

You will start to get lighter and lighter, and you will start to float up and away to where your Guides will take you, I will leave you now.”

(Approximately ten to fifteen minutes silence)

“I want you to now return back down to earth, or back through the forest, and back to this room. Come back now, take three deep breaths, have stretch if you want to.”

WATERFALL MEDITATION

This first meditation I used in my very first class, but because the students were too shy to describe, or I may have thought their experiences weren't sufficient to be useful in my first text book, I don't have any experiences anymore to transcribe on this disc, and all I have left are the two channelling's about the meditation, which are in the chapter.

WATERFALL MEDITATION

“I want you to imagine walking down a country lane, flowers and fields are all around, animals and children are playing in the fields. In the distance a river is winding through the fields. We are going to walk by the river. Up ahead we can hear a waterfall; the path will take is to this waterfall. I want you to stand under this waterfall, and allow the water to pour into the top of your head, and let it swirled down through your body, and out through your fingers and toes.

After you have done this, we follow the path that leads up the hill to a temple on the top, and we go in. Inside the Temple, you will feel peace and secure. There are many rooms in the Temple, choose one. Inside your Guide will show you what you need to know at this stage of your development, I will stop talking now.”

(Approximately ten to fifteen minutes silence)

I wanted to now thank your Guides for what you have learned, and say goodbye. Now, all leave the Temple, walk past the waterfall, and then along by the River, back up the country lane, and back to your seats.

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

L

PYRAMID MEDITATION

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

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

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

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

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

I’ll leave you to your meditation now, focusing on the flame.”

(Approximately ten to fifteen minutes silence)

(1) + (2) + (3)

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

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

LEMURIAN TEMPLE MEDITATION

“Tonight, we are on a journey, far far overseas, to a land that once was above the sea, this land of beautiful rolling plains and beautiful pink sandy beaches. Over this land you will fly until you come to a beautiful temple set on a hillside overlooking the plains, and then the sea.

This Temple was a great Hall of learning, and there are many souls that come to learn in this building. As you land you will meet your Guides outside the building. When you go in together you will find many books in the library.

Go with your Guides and they will show you the books that you need for your development as healers and mediums. We leave you with your Guides now.”

(Approximately ten to fifteen minutes silence)

“I wanted to now close the book that you are reading, and thank your Guide for what you have been shown in the library, and now come back across the plains and sea, back to this classroom.

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

L**CRYSTAL CITY MEDITATION**

“Tonight, we are going on a journey in our spiritual bodies. I want you to imagine that you are getting lighter and lighter. You are now floating up out of your chairs and through the ceiling. As you are floating up, you can see the houses and the streets below. You are now floating faster and can see your other classmates around us, and the lights of the buildings below us.

If we look up, we can see the stars, and as you look at the stars, one of them is twinkling brighter than any of the other stars in the sky. This star is starting to get larger, but it is not like a sun, more like a crystal. As we get closer we can see that it's a beautiful Crystal city, with towers, domes and halls, shimmering with all the colours of the rainbow.

In the streets we can see people walking along hand-in-hand, and as we approach, a group of people are waving to us; they are our Guides.

When you meet your Guides, go with them, for they are going to show you many things while you are here, depending on your stage of development. You will be shown knowledge and scenes to help you with your development and mission here on Earth.

I will now leave you in the hands of your Guides.”

(Approximately ten to fifteen minutes silence)

“I want you to now thank your Guides for the guided tour of the city, and now all fly back down to the Earth, and back into this classroom. Come back now, take three deep breaths, have stretch if you want to.”

My Guides want me to include all the student's non-student-specific meditations and exercises for you to practise, but they said "No," to any inclusion of Julie's meditations or exercises.

So here is the first one which David spoke to the class.

TIBETAN TEMPLE OF LOVE IN SHANGRI-LA MEDITATION

"Tonight I am going to take you to a far-off place, many years ago. You will imagine yourself slowly moving out of your body's, slowly rising up through the ceiling into the sky, floating. I want you to join hands and move along together, slowly floating, gracefully floating. Look around and down as you float, moving gracefully through the sky.

You are now beginning to move back in time, two hundred years, and you are now located above a large Temple in Tibet. Slowly you descend. The Temple is the Temple of Love. It is high in the mountains of Tibet, the weather is cool, but you are warm. I would like you now to move into the Temple of Love, walk around the Temple, to see and seek whatever you wish."

(Approximately ten to fifteen minutes silence)

"It is time for you to return out of the Temple, meet each other on the hillside overlooking the valleys and the river flowing through the valleys. You are all together, hold hands, slowly, gracefully, floating in the sky, and move gracefully and slowly back to this room.

Slowly resume your seat, unlock your hands and gradually come back. Take a deep breath, stretch and resume your normal self, feeling peaceful, restful, relaxed and loved."

L**POLAR CITY MEDITATION**

“I want you to imagine that we are floating up through the column of white light up through the ceiling, and heading up into the clouds, and as break through the clouds we see the beautiful dawn sun shining over the tops of the cloud layer, and we start flying north, for we are going on a journey, far, far overseas. We are now leaving the land and are flying over a bluey green sea, for we are flying to the North Pole.

As we travel north it gets colder and as it turns to night the moon comes up, and we materialise warm thermal clothes, if we feel we need them. And far in the distance we can see a white line, and as we get closer, it looks like large white cliffs, and that these white cliffs are ice cliffs crumbling into the sea crashing as they break off the ice shelf.

You are now flying closer over the tops of the cliffs and inland now across the ice. As you are flying over the ice you can see polar bears gambling across the snow. In the distance you can see a beautiful sparkling city, made of ice, all in white. As you look at the stars above, the sky is black but the city is brightly lit, it is glowing white.

You can see the beautiful colours of the Aurora borealis, reaching up into the sky to the stars above the city. As you get closer, you see many coloured beams, like laser beams being beamed all across the city. And we can see there are many people in the city, going to and fro.

As we get closer, we see a group of people waving to us, they are our Guides, and they're all dressed up in brightly coloured warm clothes. There are many beautiful sculptures and buildings of all shapes and sizes. Look around; see the domes, spires and pyramids.

Go and talk to your Guides, and wander through the streets, into the different buildings, where you will learn fantastic things about life, the world, and the city. You can learn about healing, or the meaning of life in the universe, you may be drawn to libraries or colleges, teaching institutions, or hospitals of all kinds.

Wander down the broad Streets, there are no cars. I want you to go with your Guide, wherever you wish to go, or ask your Guide to show you what you are supposed to learn. I will leave you now.”

(Approximately ten to fifteen minutes silence)

“I want you to remember what you have learnt now, and leave the buildings with your Guides. I wanted to fly back across the ice, and then across the sea, and back to this room, and in to your physical body.

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

ATLANTEAN HEALING TEMPLE BY THE NILE, AND DIAMOND BALL MEDITATIONS

By now you and your students should be receiving good visual, and communication from your Guides, so you are now ready for experiences on your meditations, where you can receive answers to either your questions, or questions your higher-self or Guides put into your head, to ask.

Also you are going into a new category of meditations, where you are now starting on healing or removing your own blockages which can be removed without the need of past-life or childhood therapy, if your Guides and higher-self think it is necessary on these two meditations.

The second meditation can also be used to heal one of your bodies, while you are taken on a journey with your Guides, or if you are guided to take your students on a second meditation.

But remember, when you bring them back, bring them first to the Diamond Ball temple, to merge with their body if it was left in the bed.

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ATLANTEAN HEALING TEMPLE BY THE NILE MEDITATION

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

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

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

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

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

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

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“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.”

DIAMOND BALL MEDITATION

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

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

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

“I want you to now get out of the beds, and step into the column of white light, and now float down the column and back to this room.

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

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HOSPITAL MEDITATIONS AND EXERCISES

I will display this category of meditations in some kind of progressive order, but remember you can also be guided by your Guides to perform a meditation which is out of this order, if the meditation is more suitable for one or more of your students.

This first meditation I received from my guides for a class in 1993, but my Guides wanted the meditation and their experiences to be inserted in the first volume, so that the meditation could be included in this meditations text book.

This meditation gives the student the opportunity to not only perceive what their other own bodies are like, (Spirit, Astral, Mental, Emotional, etc.) But they may learn of any blockages, deficiencies, or illnesses that they are suffering from, and healing Guides can either perform healing or adjustments on them, if the student is a beginner.

But if the student is more advanced, the healing Guides may explain the causes of the problems, and teach the student the required healing of each body.

HEALING MEDITATION FOR OUR SIX BODIES

“I want you to imagine walking into a white column of light in the centre of the circle, and floating up the beam of light. As we get higher we can see the sun shining, and we are floating above the clouds.

The sky is blue and there is a beautiful marble temple with a round golden dome roof, sitting on top of the clouds. We fly across to the Temple and land on the marble steps, where the temple healers greet us, we now all walk into the Temple.

When we walk inside, we walk down the corridor until we come to a huge hall, where we see many circles of empty beds.

(1) + (2) + (3)

Each circle has six beds, with the foot of the beds pointing to the middle of each circle. There is a healing Guide standing by each circle.

I now want you to choose one of the circle of beds, and go over to the healing Guide, now explain to your other bodies that they can separate and individually lie down on one of the beds, so that you and the healer can check out each one individually, to either heal, adjust, or learn what the healer or your higher-self want to show you.

Now that you have separated your bodies, and they are lying on the beds, I will stop speaking so that you can learn about this.”

(Approximately ten to fifteen minutes silence, or when your Guides want you to bring the students back.)

“After you have finished being shown, or taught about this, you can thank the healing Guide for their help, ask your bodies to get off the beds and merge back with you, and then you can walk over to the beam of light shining down through the centre of the hall, enter the beam and you will float back down, through the clouds and back into the centre of your circle, where you can sit back into your physical bodies.

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

This meditation may need to be visited a few times, as you develop, not only for your own reasons, but for other reasons of learning, if you are going to be specialising in healing in this area, where you may be shown patients who you can learn from, where they have separated their bodies for a check up or healing.

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SPIRIT HOSPITAL MEDITATION

“I want you to imagine you are outside in the beautiful countryside, where the sun is shining down, and cherry blossoms are in the fields. The road lined by cherry blossom trees goes through the meadows, and the blossoms are falling off the trees like snow over the carpet of green.

In the distance, on a hill is a huge beautiful building, all in white. We are getting closer now, and we find out that it is a hospital, a hospital in spirit. Your Guides meet you at the entrance, and we all walk down the corridor inside.

Off the corridor there are doors in to wards. Each one of you will find a ward with your name on the door, and a teacher standing outside. The teacher will go with you into the ward with your Guides, if you want, and they will show you the patients on the beds.

They will explain to you, what’s wrong with the patient's, and how to do certain healing on each individually. Keep walking down the corridor until you find the door with your name on, and the teacher will meet you.

I will leave you now with your teachers and Guides, who will teach you how to do the healing on these patients.”

(Approximately ten to fifteen minutes silence.)

“I want you to now thank and say goodbye to the teachers and Guides who have been showing you the healing techniques, and now leave the ward. Come back past the cherry trees along the road, and back to this class.

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

(1) + (2) + (3)

EARTH-PLANE HOSPITAL MEDITATION

“I want you to imagine that you are getting lighter and lighter in your chairs, floating away from your chairs up higher and higher. Going through the ceiling and up into the sky, you can see the cars and the lights of the city coming on.

We are now taking you across the city to a hospital in one of the suburbs. Your Guides are with you and we are getting closer to the hospital now.

When you arrive at the hospital, healing Guides will meet you and take you inside. You are now walking down the corridors, with ward rooms off the corridors. We are going to show you the healing being done on the patients in the hospital, and we may ask you to participate.

There are teachers and patients in the large ward rooms. Go over to one of them and watch the healing being performed. Ask questions if you want, ask if you can help. You will be able to see inside the patient, what you are doing. I will now leave you with your teachers and Guides doing the healing.”

(Approximately ten to fifteen minutes silence)

“I want you to now thank and say goodbye to the teachers and Guides, who have been showing you the healing techniques, and now leave the hospital and fly back across the city to this room.

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

SPIRITUAL HEALING PRAYER

“O heavenly father-mother God, use me as an instrument for healing, if it is permitted. Protect the patient from me, protect me from the patient, and use your healing energies, not mine. Thank you.”

(1) + (2) + (3)

L**PSYCHIATRIC HOSPITAL MEDITATION**

“Tonight, your Guides are going to take you on a visit to either psychiatric hospital in the spirit dimension, to be taught the mental problems of recovering spirits, after their deaths.

Or most of you will be visiting a local psychiatric hospital on Earth, in your town or suburbs. But your Guides may take you to a hospital, anywhere in the world, tailor-made for your own development.

If you are taken to an Earth-plane hospital, the physical patients will not be aware of our presence, but if any spirits are attached to the patients, and if our Guides want these spirits to see us, so that we can talk to them, then they will.

If your Guides think you are sufficiently developed, you will be shown how to help heal these patients, by receiving instruction from your Guides on how to help these spirits that are affecting the patients.

You will be shown the patients whom you are going to help, and the spirits who are attached them. Ask your Guides if you are allowed to know how the patient's got in the predicament they're in, with these spirits attached to them.

Sometimes the aura is damaged, and they get in that way. Some of the spirits will not be aware that they are prisoners of anyone's aura. So, you are going to learn a lot tonight.

These spirits cannot affect you, because you will only be shown the spirits you can help, but if your Guides only want you to observe and learn, they may show you how or why these spirits are attached to these patients, and how they are affecting the patients.”

(Meditation starts on the next page)

“I want you to take three deep breaths and relax, you're starting to feel lighter, you are now floating out of your chair, and through the ceiling of the room. You can still see the other students around you.

You can now see the cars and the street lights of the city, and in the distance, you can see the sun setting on the horizon. We are now flying towards a hospital; your Guides are with you, taking you to the hospital, the right hospital for you.

You are now in the corridor of one of the hospitals. You may see your other students with you, or just your Guides. You are now entering the wards or rooms, where the patients are. There will be teachers or your Guides to show you how to work or learn about the problems with the patient's. I will stop talking now.”

(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 spirit interference, and now leave the room or ward and return back to this classroom. Come back now, take three deep breaths, have stretch if you want to.”

CHAKRA HEALING EXERCISE FOR NERVOUS PATIENTS

“Imagine a pink light of love coming in through the top of your head, filling up your body, from your head down to your toes. As the pink light goes down your body, open all the chakras, starting at the head down to the base of the spine, all seven of them.

When the pink light reaches your hands, imagine a flower opening in the palms of your hands, for these are also chakras. When the pink light reaches your feet, you can open two more chakras there.

When you have done this, expand a pink light so that it surrounds both you and the patient, and now you are ready for your healing Guides.”

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UNIVERSITY OF LIFE MEDITATION

“Tonight, we are going on a journey far our overseas; we will float out of this room, and fly over Australia, Northwest, for we are flying to the foot of the Himalayas in India. You can now see the majestic mountains on your right and the beautiful green fertile plains of India below you, with a few blue lakes sprinkled on the carpet of green.

As we come down we can see the beautiful flowers and bushes, and in the distance there is a beautiful building that is made of different coloured marble, and millions of precious jewels covering the roof, so that it glitters so brightly it can be seen for at tens of miles. As we come closer we can see many people walking around the gardens, and in and out of the building, for this is a University of life.

Our Guides are waiting at the entrance to the University, and they will be able to advise you when you need it. When we go inside we find there are many doors along the corridor, and on each door is a full-size movie screen, the full length of the door. The moving scene will describe the class that is taught behind the door. The teacher will be available to tutor you alone if you wish, but take your Guides along if you want to.

On the first door a man is standing surrounded by his aura, showing all the different colours, if you want to learn about the aura and its relationship to the physical body and illnesses, you can find out in this room. If he beckons to you, you can go in. If you don't want to, you don't have too, but you can ask your Guides if you should go in. There are many rooms tonight to choose from, and I will be describing them. This is the first one. We will come to the next door down the corridor, now.

On the second door a beautiful woman is depicted, and as you look at her on the door, she's splitting into seven clones representing the seven bodies that make up the human body on the Earth plane: the physical, emotional, mental, the etheric, the soul, the Christ, and the spirit body.

What you will learn in this room, is a relationship between each of the seven bodies, and the healing involved with them. If she beckons to you, maybe you will find out.”

“On the third door there is a man sitting in the lotus position, and all the chakras within his body are lit up, and you can see the colours represented by the chakras. In this room you can find out about chakras, and about yoga in relationship to development and the chakras, and if he beckons to you, you can go in the room.

On the fourth door down the corridor, a woman is depicted with the motif of an astrology chart on her body, with the letters and corresponding numbers of the alphabet under the zodiac. In this room you can find out the hobbies and activities that are beneficial to healing, related to the individual's astrological and numerological life-programme. There are many questions there.

On the fifth door down the corridor, there is a man, and above his head are all the colours of the rainbow, which means that when you go in this room you can experience a certain colour, depending on what you want to experience, or what your Guides want you to experience. That may stimulate certain memories, maybe past lives, or maybe just to learn what the colour represents in your healing. If the man beckons, you can ask your Guides again.

On the sixth door down the corridor, there are many men and women with different costumes on: Romans, Greeks, red Indians, all different periods of history, changing all the time. Maybe you will see one that you like. If you feel attracted to a certain costume, and the person beckons, experience the room, because you will go back into your past-life experience, and learn, grow, and overcome your conditioning.

I will leave you to choose, you can ask your Guides, or if you can't perceive your Guides, one that beckons to you ... try that one. I'll leave you now.”

(Approximately ten to fifteen minutes silence)

“I want you to thank the teacher of the classroom that you have been learning in, and now leave the classroom, walk down the corridor and leave the Temple, and fly back across the world, and come back to this room.

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

L**TEMPLE ON THE LAKE MEDITATION**

“I want you to imagine, that we are all in a rowing boat, in the middle of a beautiful still lake. The water is like a mirror. We are slowly rowing across the lake and in the distance we can see a mist. As we get closer to the mist, we see it is slowly evaporating, and in the mist in the middle of this lake, is a beautiful green jade Temple.

We pull alongside the steps that lead up into the Temple, and we all get out and climbed the steps. Our Guides are waiting, at the entrance to the Temple. As we enter the Temple, we can see many students sitting on rows of chairs. There are plenty of spare rows of chairs, so we sit down with our Guides and wait.

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

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

(Approximately ten to fifteen minutes silence)

“I want you to now leave your chairs, and leave the Temple, and come back across the lake, and back to this room.

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

MEDITATIONS FOR ADVANCED TEACHERS / FACILITATORS

The following meditations are mostly used by students higher-selves to help bring to the surface memories of events the students are suffering from, which are of many types, from fears, hatred, obsessive emotional or mental desires, vows, resentments, cravings, mental or physical illness, mania's of many types, from conditioning from past lives, from a parents and relatives, while the student was in the womb, or from experiences in their childhood.

The degree that a student can process and release them is contingent on the student's mental ability to know how to recognise primary and secondary conditioning, i.e. fear turning into hatred.

If the student cannot switch of any emotional reaction to the viewing of the causes of their conditioning, then this is where the circle facilitator, who should be emotionally neutral to what the student is perceiving on the meditation, can help to clarify what needs to be released, but if the circle facilitator is not sufficiently telepathically connected with either a past-life-therapy expert Guide, or higher-self, then the circle students higher-selves are not likely to release heavy previous experience scenes to the students.

This is why these meditations should only be performed if your facilitator Guides request them, but remember if one of your students has been a past-life-therapist in a previous life, then the class Guides may still request the meditation, so don't panic if you think you cannot handle a student who is perceiving previous events, another student may be the one to help them.

If no one in the circle is experienced, then the Guides may still guide you to choose a meditation, so that you and your students can practise on light past conditioning.

Remember you and your students higher-selves want you to practice in this area, because it is the main gateway to you and your students development, which will then open doors in to other interconnected areas of healing, of performing past life therapy and guidance to attached spirits of past life-time lovers, or enemies, which in the process of helping

L them, you are helping the students who have these attached spirits.

You will come to read about these type of attached spirits in the coming volumes after this one. When I first received time period meditations, my Guides wanted the students to become familiar with seeing past life scenes, so that the students Guides could monitor the degree the students were viewing their past lives, but also to help reawaken my own past life therapy abilities. So here is the first one.

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)

(1) + (2) + (3)

“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.”

BACK TO THE WOMB MEDITATION

“Tonight you are going to go back in time, in altered state of consciousness, and your higher-self is going to show you your past, for reasons of your growth and development. You're going to go back, back to your teens, then through your teens to your childhood, and back to being a baby in the crib, or the cot.

You are going to go back in time even further, into your mother's womb, and we are coming back to your conception. We are going to stop a conception and start moving forward in time.

Now your higher-self is going to reveal to you the experiences, the thoughts, and the emotions that conditioned you, that have affected you. They could be good ones, they could be bad ones, they could be all types, I don't really know, because this is your experience, and I don't want to lead you into believing one thing or the other.

But from the time of the womb you are going to go forward in a time and be shown these thoughts, emotions, and experiences that have affected you. Your higher-self wants to help you become aware, and also release any conditioning that it wants you to release.

But it may want you to keep some conditioning, so that you will achieve what you came to achieve in this lifetime, but sometimes our reactions, which could be secondary conditioning, may need releasing. But if your higher-self wants to show you conditioning, which will help you achieve what you are here to accomplish, you will become aware of them.

If you get a thought, or feeling, or emotion, I want you to speak out what you pick up, and we can find out more about it.”

(After there are no more scenes surfacing for your students, you can say) “Come back now, take three deep breaths, have a stretch if you want to.”

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NAZI GENOCIDE IN BLACK FOREST RESCUE MEDITATION

“I want you to imagine that on the back of your chair, is a white robe with feathers on the back. I want you to put on this white robe, for this is an Angel's costume, and the feathers are large curved Angel wings. Try out the wings; they do move, but not to fly with, as you can fly just as well without them. The reason you are wearing the Angel costume, is to get people's attention and to reassure them.

I want you to now imagine that your aura is expanding and amplifying to the size of a church hall, and a golden Halo above your head, is radiating all the colours of the rainbow, in all directions. Your aura will be invisible, but the Halo will be very visible.

Now I want you to infuse your huge aura with your love for humanity, and all the compassion you can, and keep it there. Now you are ready for our mission.

I want you to imagine that we are floating up out of this room, and flying across the city towards Europe, where we will travel back in time, to the 1940s. As we fly down through the clouds, we see laid out before us a huge forest.

And in this forest are some very large long trenches which have been dug, and men women and children are ordered to line up along the trench, where the Nazi's are going to machine gun, or shoot them, so that they fall into the trench, which is already half filled with victims.

After these people die they will be able to see you, and you can telepathically tell them that the way to heaven is through the white light doorway, which is there for them to see. Or whatever you are guided to say or do, guided by your Guides.

I will leave you now to send love to these victims as you help them to the light.”

(Approximately ten to fifteen minutes silence)

“I want you to now finish helping or talking to the spirits on your meditation, and leave when you think you can. Fly back across the world, forward in time, back to this room.

My Guides want you to now ask your higher-selves if they want **R** you to keep your angel wings, or not. I want you to come back now, take three deep breaths, stretch out if you want.”

PAST-LIFE RE-CALL MEDITATION (A)

“Greetings 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 that is affecting you in this life.

Each one of you will have to speak out when it is your turn, describing 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-selves.

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 development, and 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 it if you do not accept what you see in your meditation, as you accept then you will see more.”

(After there are no more scenes surfacing for your students,
you can say)

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

Because the advanced chakra exercise should only be performed if you have your students sitting in the right position in your circle, you may have to be guided by your Guides, but if they say they are Okay where they are, and your Guides still want you to do the advanced chakra meditations, then it should be read after you have read the basic chakra meditation, so I will insert the basic chakra again, before the advanced chakra meditation.

L

BASIC CHAKRA MEDITATION EXERCISE

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

(Ten to fifteen second pause)

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

(Ten to fifteen second pause)

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

(Ten to fifteen second pause)

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

(1) + (2) + (3)

Infuse the flower with all the **green** from the inside of your body, **R** so it is glowing bright **green.**”

(Ten to fifteen second pause)

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

(Ten to fifteen second pause)

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

(Ten to fifteen second pause)

“Now I want you to imagine the colour **purple**, coming down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in purple, except the chakras that are open already. Now open the crown chakra, this is located right across the top of your head, like a huge sunflower, on a stalk attached to the top of your spine, it’s in the shape of a flower bud, open the bud and it has approximately 256 petals, but some think there are a1000 petals. Infuse the flower with all the **purple** from the inside of your body, so it is glowing bright **purple.**”

(Ten to fifteen second pause)

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

L

ADVANCED ROTATION CHAKRA 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)

(1) + (2) + (3)

“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”

RESCUE MISSION TO HIROSHIMA AND NAGASAKI MEDITATION

My Guides showed me a rescue mission of the victims of Hiroshima and Nagasaki, and I was told that the students would be transfigured with the bodies and faces of Japanese Guides.

And that the students had to wear white coats with red a cross on the front and back, and direct the recently deceased spirits to a white light with hospital written in Japanese over the top of the white light.

L

PRE-BIRTH MEDITATION

“Tonight, we are going on a journey back in time. We are going to go back to past your teens, past your childhood. Back to before you were born, when you were in spirit, before you came into this life.

You are going to go back, and watch, review, and listen to the conversation that your higher-self had with your spirit, and the reason why you came into this life, before you were born.

You may not find out everything, but you may find out what you are allowed to know, at this stage of your development, from your Guides or higher-self.

What motivated you, to come back into this world? You are going back before your mother had you; her stomach is shrinking as you go back in time, before conception, to when you were in spirit. You may have been in spirit long time; you may have been there a short time. I don't know, you can find out.

You may find out that you were a spirit of the opposite sex to what you are today; this may come as a shock. But as you know, we incarnate as both sexes for the experience.

If you find it easier describing what you are seeing, or if you find it easier waiting until the end. I'll leave you now.”

(Approximately ten to fifteen minutes silence.)

“I want you to come forward in time, and remember what you learnt.

Come back to this room, take three deep breaths, and stretch out if you want.”

PASSING OVER INTO SPIRIT MEDITATION

This class night's meditation, my guides had instructed me to tell the students that their Guides and higher-selves were going to release to them one of the Akashic records, of one of their experiences of, when they arrived in spirit, after one of their past life deaths.

To see where their spirits went, what they did, or what emotions or thoughts were not released, and also what conversations their spirits had with their Guides or higher selves. The students also had to ask their higher selves questions about what they were observing.

ADVICE CONCERNING VOLUMES 2 & 3 MEDITATIONS

On the 1st volume contents page I indicated which meditations anyone should be able to go on, and the meditations which a more advanced class facilitator can perform if their Guides so choose.

All the meditations of volume 2 need a more advanced facilitator to help the students with the meditations, but not all meditations need advanced students to experience, as remember a student's Guides and higher-self will only reveal what the student can cope with, depending on the student and the facilitator.

One of the reasons you may have to start an advanced student circle is because if you have a beginner in a class of advanced students, not only is the vibration in the circle higher, but the psychological impact of the beginner is of concern, plus a beginner's emotional reaction to the meditation description, and the students described experiences are not what your class Guides want, so follow your Guides, and be flexible to be able to change your classes.

As your Guides may choose any of these meditations for your students, there is no reason to put them in any order, but as a study of the theme or purposes of the meditations I will try to put them in groupings, like I did in the first volume contents chapter, with the hospital group.

I won't repeat the Lord's Prayer and the Development class Protection Exercise, as they are already listed in the beginning of this book.

L

This is the only new hospital meditation I received, tailor-made for a student, but my Guides say it may be useful in your own classes.

The reason it is on this page, is because I need the next meditation explanations to be on a right hand page, to leave the meditation for the next two pages.

CHILDREN'S HOSPITAL MEDITATION

“I want you to imagine that you are getting lighter and lighter in your chairs, floating away from your chairs, up higher and higher. Going through the ceiling out into the sky, you can see the cars and the lights of the city coming on.

We are now taking you across the city, to a Children's Hospital, in one of the suburbs. We are getting closer to the hospital now; we are going as a group

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

If the teachers ask you to participate, it's okay, because they know what is allowed to be healed, and they will guide you. I will leave you now to be shown by these teachers all about the healing.”

(Approximately ten to fifteen minutes silence)

“I want you to now thank and say goodbye to the teachers and Guides, who have been showing you the healing techniques, and now leave the Ward and fly back across the city to this room.

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

MEETING YOUR HIGHER-SELF AND GUIDE MEDITATIONS

I have found through experience, that if new students or patients are very soon going to be performing previous life therapy, which includes past life, back to the womb, and child-hood therapy, then my Guides usually guide me to get the students first to do the Meeting Your Higher-self Meditation, so that they are familiar and accepting of their higher-self, so that their higher-self can channel to explain the therapy that I have just mentioned.

If all your students have never been on the Higher-self meditation, then the addition of the meeting your Guides on the same meditation, you might want to leave for another night, as your Guides may want you to take your students, after, on a second meditation, completely different from the higher-self meditation.

But the addition is useful if some of your students have already met their higher-self, so they can meet a Guide instead.

So I will print the two versions, so that you can choose which. You can read this explanation first, if you want, before the meditation starts on the next page.

MEETING YOUR HIGHER-SELF 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.”

L

MEETING YOUR HIGHER-SELF 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 they 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.

(1) + (2) + (3)

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

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

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

(Approximately ten to fifteen minutes silence)

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

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

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."

L

MEETING YOUR HIGHER-SELF AND GUIDE MEDITATION

“I want you to imagine in front of each of you, a full-length mirror, but it is blank, and in this mirror sitting opposite you in the dark, is your higher-self, and they 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.

(1) + (2) + (3)

Now your higher-self is going to stand up, and step through **(R)** 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 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?

(Brief pause)

Now I want you to imagine yourself on a beach, or in a field, or in a void, it doesn't matter. I want you to imagine that there is a person in the distance walking towards you. This person is one of your Guides.

As they come closer they are getting larger. The closer they come, the clearer they become, and you can see what they are wearing, what sex they are, or what nationality they are, or what race they are, it is just for identification purposes, to help you identify them.

They are coming and greeting you, they are smiling, waving, saying hello. You can ask them their name, if you wish, maybe they'll give it, and maybe they won't.

Sometimes they don't, because they don't like to be called on, every five minutes, it depends on the individual, the student. You may ask your Guide, if there is any connection with you, from a past lifetime. You may also ask what this Guide is here to help you with, in your development, or just in your everyday life, outside of classes.

(Brief pause)

You have many Guides, this is the first one. If you are very aware of your Guides, this is maybe a new guide. You should feel an affinity with your Guides, shake hands with them, feel their essence.

(1) + (2) + (3)

L (Brief pause)

Ask them if they can transfigure over you, if they say ‘No,’ it may be because their vibration is too high, and may be too uncomfortable for you. If they say they can, allow them to, and notice all the same things you did with your higher-self.

(Brief pause)

You may have the urge to stand in a certain way, or put your hands or arms in a certain way. This is your Guide showing you that they are there.

Now, I'll leave you in silence, to talk to your higher-self, or Guide, and you will receive the answers.”

(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.”

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

(1) + (2) + (3)

coming from our friends from another galaxy. You feel **(R)** 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.”

L

This meditation is an exercise in travelling and observing how intelligent life lives on other worlds, and of course you are being monitored by your Guides on your performance and reaction to what you see.

Also you may have had a past life there, and you may be shown your own life. Remember Caroline had a past-life as an aquatic intelligence, on another planet.

OCEAN PLANET MEDITATION

“Tonight we are going to go back in time, to a life-time before you ever came to this planet, to another planet in another galaxy. We are going to fly away from the Earth and go back in time to visit this time period, in this other galaxy.

Fly across the universe, past all the stars, and you can see this world before us, it's got clouds and lots of water, very similar to Earth. It's getting larger, we are coming into the atmosphere. We are coming down slowly to the sea, and we are going to go below the surface of the sea. We are quite near the land as well.

When we get into the water, we can see that there are buildings under the sea, and there are forms of life moving about in and out of the buildings, not quite human, but they are intelligent, and they communicate by clicks and sounds that are vibrated through the water, like sonar with dolphins.

We can go into the buildings if we want. We may experience being one of these beings, and what you may say to each other in your own language. If you feel like relaying what you experienced, you can do as you experience it. The sky is a pink colour shining through into the sea.”

HOLLOW EARTH MEDITATION

(If you want to read out my explanation of this meditation, it is in amber first, before the actual meditation. So you may have to explain that they are my explanations, and not your experiences.)

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

When I first was told the outline of this meditation, I had a very good idea what it was going to be like, as I had read it many books, and seen many movies about this place. Jules Verne wrote a story called, ‘Journey to the centre of the earth.’ which was made into a movie.

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

When I was still at school, I had read a book, about two boys who found a prehistoric world, at the centre of the Earth, but I can't remember the name of the author of the book. It's always been one of my favourite themes.

My Guides tell me that I have had a very happy series of lives, living in these hollow worlds, and I recognise and feel happy reading about them.

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

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

L

HOLLOW EARTH MEDITATION

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

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

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

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

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

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

(Silence, until my Guides told me to continue)

“I want you to now say goodbye to anybody who you might have been speaking to. And I want you to look at this Sun, and I want you to imagine that you are getting lighter and lighter, for we are going to enter this cool Sun, for another experience.

You are now free-falling up into the Sun, and it will be a pleasant experience. You are now merging with this Sun. Ask your Guides, or the Sun, why you are merging with the Sun. I will give you some time now, to experience it.”

(Silence, until my Guides told me to continue)

(1) + (2) + (3)

“You are now going to leave the Sun, and you are going to change your vibration, so that you can fly through solid objects. (R)

We are flying towards the ground now, and are going to fly through the Earth, through the rock to the surface, and into a plant or a tree that your higher-self has chosen for you.

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

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

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

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

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

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

BETTY'S BUSH WALK MEDITATION

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

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

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

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

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

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

Some of us may have brought climbing equipment, and some of us may not need it. I want you to feel as if wherever your body was with it, and in fact, perhaps shift your body a little, to make your body more adaptable for climbing. Perhaps you can shift your hands a little, make them into shape that's more appropriate for climbing, but if this isn't tried, then don't worry.

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

And right in front of us, is a doorway, but more precisely, there is a kind of a grill, like the kind in dungeons, I think. It was made of very thick metal, and it looks as if it has very thick rust on it, and somehow we have to get through this. It is left to each one of us, to decide how we will enter. We will be able to shift into a shape that will get through the bars, or we can find a way of opening it. One way or the other, we'll all somehow get through.

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

matches.

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

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

There is an enormous cobweb on the wall, but it doesn't quite block our passageway. It's obvious that we are now in the catacombs deep underneath the mountains.

Perhaps we're in catacombs underneath a Castle, or something of the sort, but I'm not sure where we are, except that we are probably not on Earth if we are, then in a very much earlier age.

Now we have finally reached a vast area underground, which clearly has been hollowed out of the rock. There are columns on either side of us, stretching out into infinite darkness.

There are sockets on the columns meant to hold torches, and dust on the floor is still deep, centuries-old. There's a very chilly and dusty smell about us. And this is where we will continue on our way, but I am instructed that you must go wherever you like.

I'd like you to take reasonable care, and you won't come to any harm. This is the part where you must do your own exploration, until I tell you to come back.

Remember, that nothing here can harm you, so long as you're aware of the powers that you have in this place. So you can go off by yourself, or you can continue on together; this is entirely up to you."

(Approximately ten to fifteen minutes silence, then)

(P.T.O.)

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

NATHAN’S WHITE SPHERE MEDITATION

(Nathan) “I would like you all to imagine yourself in a forest with tall trees. Ferns are all about, and a slight drizzle is coming down. It's early evening, and it's starting to get dark, and we all start walking through the forest.

As we walk, it appears to get darker and darker, the deeper we go in. It's growing quite dark now, and you can just make out the faint glimmer of trees going straight up. Then, ahead of us, in all the darkness, you can just make out a small speck of white light, which seems to grow larger, as if it's coming towards us. Coming closer, it grows into a sphere, and you notice that there is a man standing there, a white glowing man surrounded by a white sphere.

He's very tall, he looks at us, and he says, ‘Come.’ He stretches out his hand, and a white beam of energy comes over to us, and surrounds us. It makes a sphere around us, and he drifts off up through the trees, with us following behind. We are being pulled by this beam of light, in our own sphere of white light, and we follow him above the trees, and out over the ground.

You notice that we pass the forest, we go along the plains, and quite soon you can see ahead of you, a large mountain. Sticking up out of the plains, all alone, is a very large mountain. As we approach the mountain you can see about three quarters of the way up, there is a very large opening, it's man-made and it's very obvious; there is a very large ledge, or landing, sticking out from the entrance.

As you approach, you see that all our Guides, and all our teachers are there, standing on the landing waiting for us. We land on the landing and we join them, I will leave you now to go by yourselves.”

(Approximately ten to fifteen minutes silence)

R

“I want you to finish what you are doing and climb into the sphere, and it will bring you back to this room, where you can resume your seats.

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

JOHN’S, AUSTRALIAN OUTBACK MEDITATION

(John) “We are now going to travel through time and space. We are now going to head into the interior of Australia, and as we travel there we are going to go back in time, noticing roads turning into tracks, and back into bush, and we are now travelling over virgin forest.

The Sun is now rising in the early morning and we see a large mountain before us. We're going to land at the base of the mountain, in a clearing amongst the trees.

We are in an aboriginal camp of huts and lean-to's. All around us, there are fires and people going about their business. There's a group of young men off to the left, and an old man, sitting off to the right.

The old man is a Shaman, and sees that we have arrived and gets up. He starts off into the bush, towards the mountain, the young men followed him, and so do we.

I leave you to see what it is to show you, or tell you, or whatever else may happen.”

(Approximately ten to fifteen minutes silence)

“I want you to finish what you are doing, or thank and say goodbye to the Shaman, then fly back across the world to this classroom, and sit back into your body.

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

Because I have quite a few different rescue missions, to different times and areas of the death camps, I have listed the meditation to be specific in where the students are going to go.

But I wouldn't announce the title, if you have been guided to take your advanced students on it, if your Guides don't want you to.

L

NAZI GAS-CHAMBER RESCUE MEDITATION

“I want you to imagine that on the back of your chair, is a white robe with feathers on the back. I want you to put on this white robe, for this is an Angel's costume, and the feathers are large curved Angel wings.

Try out the wings; they do move, but not to fly with, as you can fly just as well without them. The reason you are wearing the Angel costume, is to get people's attention and to reassure them.

I want you to now imagine that your aura is expanding and amplifying to the size of a church hall, and a golden Halo above your head, is radiating all the colours of the rainbow, in all directions. Your aura will be invisible, but the Halo will be very visible.

Now want you to infuse your huge aura with your love for humanity, and all the compassion you can, and keep it there. Now you are ready for our mission.

I want you to imagine that we are floating up out of this room, and flying across the city towards Europe, where we will travel back in time, to the year 1943.

As we fly down through the clouds, we see laid out before us, a Nazi concentration camp was, as we are in our spirit body, we float gently through the roof of one of the gas-chambers, where the prisoners are going to take a shower, and position yourselves in the centre of the chamber, and just hover there.

Some of you may see mothers and their children coming in, or all men, and as the prisoners are filling up the chamber, and they start to take their clothes off, thinking they are going to have a shower. They will not be able to see you yet, but they will after they die. Your love in your aura is already affecting them, and they are very peaceful.

After they die and their spirit-body separates from their physical, they will start to see you. When you can see all their spirit bodies have separated from their physical bodies, you can speak to them. We want you to say, which will get translated for you.

'Greetings, we have come to help you. Standing next to each one of you is a spirit nurse, in a brightly lit white nurse's uniform, who you can talk to, and they will help to show you the way, as you recovers from your journey. They will answer all of your questions, so don't worry, you are safe now.' (R)

“When you can see that all the people are talking to the nurses, and if you have time, you can travel forward in time, to the time when people are being herded into the chamber again, and you can repeat it all over again.”

(Approximately ten to fifteen minutes silence)

“I want you to now finish helping or talking to the spirits on your meditation, and leave when you think you can. Fly back across the world, forward in time, back to this room, takeoff your costume and put on the back of your chair, and come back now, take three deep breaths, stretch out if you want.”

WW.I. HOSPITAL RESCUE MEDITATION

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

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

My Guides want me to include this next rescue mission, as there have been other orphanages on parallel earths where spirits of children need rescuing.

L

VICTORIAN ORPHANAGE RESCUE MEDITATION

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

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

As you look around the room you can see a doorway, and under the door Smoke is coming into the room. The door is locked because the children are locked in at night.

Some of the children start to wake up, smelling smoke, and start to panic, because the building is on fire in underneath. The children are running around now panicking, some are trying to get out of the windows, but there are bars on the windows.

As they die from smoke inhalation and burn trauma, you can help heal their spirits, if they are still hurting from the burns, and guide them to the white light, where Guides will look after them.

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

(Approximately ten to fifteen minutes silence)

(If your students are still silent, bring them back in the usual way, after the ten or fifteen minutes of silence.)

In the next meditation, there were so many slave ships on the oceans, the meditation can be either a past life session, or a rescue exercise, or a combination of both, but you can ask your Guides about this before you go on it.

SLAVE SHIP FROM AFRICA RESCUE MEDITATION

“As we fly towards Africa, we are going back 200 years in time. We are going to the west coast of Africa. We arrive at this village. There are village huts and Negroes, and we see a stockade with wooden stakes all around. And inside the stockade are some Negroes, natives. We are going to join them in the stockade. We go into the stockade and they’re all chained and shackled together.

Now somebody has come to the gate of the stockade. It is daylight now and we are all shuffling in single file, out of the village towards the sea. We arrive at the sea and are taken aboard all these boats and rowed out to the ship, waiting at anchor.

We climb on board the ship and we are imprisoned in the hold, with our shackles on. Negroes, women, men, and some children. The ship starts to sail across the ocean towards America.

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

If you are approached by a negro witch-doctor, or chief Guide, who wants to transfigure over your spirit, so that they can be seen by the spirits of the slaves who die on the ship, you can work with the Guide to help rescue the spirits of the slaves.

Sometimes the slavers used to throw all the slaves overboard, so that they wouldn’t get caught breaking the law.

(Pause)

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

(Pause)

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

(If none of your students have a past life on the slave ship, then give them ten to fifteen minutes, and bring them back in the usual way.)

L

ELIMINATING THOUGHT-FORMS MEDITATION

Before using the meditation in the class because of everyone's conditioned beliefs of demons, devils and satans, you might want to read out where this meditation originated, from the class night I first performed this meditation. In case any of your students have only read the first volume, so far on the disc.

In lilac is what I typed for the students, then in amber is what I said to the students, prior to taking them on the meditation.

Ever since the class-night of the 1/3/88, where a class Guide channelled through Betty in great detail about thought-forms, over the past few weeks I had been thinking about the implications of thought-forms, and I thought my imagination was running wild, when I thought I was imagining Nuns and Priests being plagued by thought-forms of demons, devils and satans.

To tell you the truth, these ideas were making me laugh. Anyway, when I stopped laughing, I had this feeling that these visions were not all coming from my own creative imagination. So I asked my higher-self a whole heap of questions, and the crux of the answers, were that they wanted me to give both my classes a very strange meditation. Of dressing up as angels, and destroying thought-forms.

I asked why my Guides chose the Vatican, to visit, and they said, that it was the most thought-from created place, of demons devils and satans in the world, and that there were not only incarnated souls being plagued by these thought-forms, but also the deceased clergy, who were there and earth-bound, and could see their own and others creations, which increased their beliefs in them.

Also, I was told the student will not be restricted from travelling to any time-zone, to have fun, sorry I mean do their work.

When the students arrived I found I had a new student, so I explained to them in advance, what they would be doing, before, and after they went on their meditation. So this is what I recorded before I started describing what they had to do at each stage of the meditation.

(1) + (2) + (3)

Oh, also if you are guided to use this meditation, your Guides **(R)** will also want you to predominantly use the term thought-forms, rather than demons, devils and satans.

(This is what you can say to the students, before you take them on the meditation.)

“In your meditation tonight I want you to become aware that each of you have a silver cord attached to your spirit body, from your physical body. So if you get scared while on your meditation, you will automatically be snapped back to this room, and back to your body, if your desire to leave the meditation occurs. The silver cord will pull you back like an elastic band.

Now your Guides can be with you on both sides of you, and they will hold your hands if you want. Your Guides are with you, just to give you reassurance basically.

Now, I was told that the thought-forms cannot see your Guides, because they’re of a higher vibration. But they can see us, because our vibrations are so linked with the Earth-plane, where we can be in spirit, on a low of vibration, and be seen.

You may be taken by your Guides, to scenes where you may have had a past-life, and you may be removing the thought-forms from one of your past lives. If any fear arises while you are there, it may be because you have a fear conditioning from your own past-life beliefs in satans, demons or devils.

And these thought-forms come in all shapes and sizes, whatever an individual can imagine.

So after the meditation, in case any of these thought-forms are attached to any one of you, because of a subconscious belief that they are real, when you come back, every one of us in turn, will sit in the chair in the centre to the circle, and everyone else will focus the white energy, which will destroy the thought-forms, because we don't believe in what they look like.

(L) As a thought-form is a creation of the mind, and has no life of its own, but once created, can live forever to interfere and mess things up, and cause havoc, like poltergeist activity, which they do, until they are destroyed, moved on, or they are dissolved.

Because in the case of these specific thought-forms, it's in their inherent nature to be attracted to humans, as their, you could say duties, were programmed by the people who created them. So when they see us, they may attack us, for who we are going to portray ourselves to be, and they will think that they can win, because we look human.

If we were real Angels, of whom we are portraying to be, if they could see Angels, which they can't, anyway, because Angels are on such a high vibration that they cannot be perceived by these thought-forms.*

(*This was before I found out that our spirit's progress into Angels)

But, because we look so human, they think, 'These are pushovers.' So they'll come whizzing towards us, but we don't believe in them, remember, so they get dissolved as soon as they hit our aura, or come close to us. They will be dissolved, and they will just disappear.

Unless, like I said, subconsciously you believe in them, which may be why you may bring them back here, but we will destroy them, anyway. Now I'll start the meditation."

"I want you to now imagine that you are putting on a costume with large Angel wings, about six foot long on your back, and they look real. When you put them on, you can flex the angel wings, and they do move. You don't have to flap them. They've all got feathers on, just like real Angel wings.

You can put a golden halo above the top of your head, and beams of coloured lights are coming out of the halo in all directions, all the colours of the rainbow, if you want.

Now, each one of you are still surrounded by a ball white

energy, which you performed at the beginning of the class. You are now getting lighter and lighter, floating out of this room. We are all together, and we're going to fly across the world to Europe. Our Guides are with us. We are going to go to Rome, and we are going to land at the Vatican. We are going to come in through the walls and ceilings of the buildings, into the corridors and the halls. (R)

Tonight we are seeking out the thought-forms of satans, devils, and demons, or whatever the priests, cardinals, deacons, or nuns have created, because they believe in them. And these thought-forms are very often attached to the people who work in the Vatican.

Now we are going to go down the corridors, and through these halls, seeking out the people who work there, while we come near them, the thought-forms will see us. And they will see it as great opportunity to attack us, and they will come at us, but we will dissolve them as they hit our Shields, our white balls of energy.

Now you can wander anywhere in the buildings, seeking out these thought-forms, which are creations of the mind, and we will dissolve them. Your Guides are with you all the time. I leave you to wander around now, and see how many thought-forms, you can destroy.

Of course it's only temporary, but it helps to take away some of the influences on the people working in the buildings. Good hunting.”

(Approximately ten to fifteen minutes silence.)

“I want you to now fly back across the world from Rome, back to this building, back into this room, back into your chair. Take off, the Angel wings, come back now, take three deep breaths, stretch out if you want to.

Now each of you can sit in the chair, in the centre of the circle, for few seconds.”

(1) + (2) + (3)

L

UPPER ROOM MEDITATION

I originally never recorded this meditation, but my Guides say the concept of the meditation can be used by other groups, so I have included what purpose and descriptions I have, if your Guides want to fill out the details to take you and your students on.

I described a journey back in time to watch the events of Jesus visiting the disciples in an upper room, after the crucifixion, and the psychic abilities of the disciples starting to be activated.

At the time I gave the meditation I wasn't shown by my Guides the behind the scenes purpose or affect that the meditation produced.

But as I write this explanation, my Guides tell me that the students spirits perceived a lot more of the meditation, and the affect was like having their spirits faith and belief-batteries recharged, to have a greater affect in this life. I also felt this new meditation may also have a greater effect on the other bodies than the conscious minds of the students.

SEEING THROUGH THE EYE'S OF JESUS MEDITATION

“Before I take you on tonight’s meditation, I have been told to explain the technical details of how you are going to perceive your experiences on the meditation.

As most of you know, all events on this Earth-plane are recorded in the Akashic records library, you could call it. That means even what people have seen through their eyes is recorded, and the corresponding thoughts and emotions passing through a person while they are watching something, are also recorded.

So if your Guides want to show you one or more of these type of recordings, as an aid to your development, do not make the mistake in thinking that it is one of your past lifetimes.

So tonight you will not be travelling through space or time, to observe the events, because you are going to be right here, seeing the recorded events, as if you are seeing them through the eyes of the one known as ‘Jesus of Nazareth.’

Your Guides will show you the scenes which are tailor-made (R) for each of you, and remember you will be experiencing his thoughts, words, or emotions, at the same time.”

“I want you to take three deep breaths and relax; I will roughly guide you in visualising a few scenes, to make it easier for your Guides to plug you in to the recorded events.

I want you to picture a blue sky and a sandy desert, and we are flying across this desert and coming to the end of it where we see more vegetation, and the terrain is becoming rolling hills and exposed rock. We swoop down to a beautiful lake, and along the bank in the distance, we see fishing boats pulled up on the sand, and a small village, where we can see people and fishermen mending their nets.

Or you can be shown his death and resurrection, he did many miracles, he was also taught many things in India, Tibet and Egypt, or whatever record your higher-self wants to show you.

I will leave you now to be taken to where Jesus is, to learn something for your development.”

(Approximately ten to fifteen minutes silence)

“Your Guides will show you to the end of what you are seeing and then the scenes will start to fade, and I want you to come back slowly, take three deep breaths and stretch out if you want to, come back now.”

THE JESUS VISIT MEDITATION

“In the centre of the circle, sitting on a chair in the column of white light, is a figure, he is getting brighter and brighter. And that figure is Jesus. He has come to speak to us, and show us individually, a scene from his life, which will help each of you in your own development, so that it will help you grow and understand, and give you confidence.

As he talks to you, you will start seeing the scene of what he's talking about. I will leave you now to listen to Jesus.”

(Approximately ten to fifteen minutes silence.)

“I want you to now thank Jesus, and say goodbye for now. Come back to this room, take three deep breaths, have a stretch if you want to.”

(1) + (2) + (3)

(L) (In the next meditations, the reason spirit want the student to describe the events of the past life, is so that your facilitator, or past-life-therapist can then be told from his Guides, what the conditioning is in relation to.

I have had cases where the students higher-self has requested only some of the conditioning from an event to be released, but other conditioning was there as a tool for the students spiritual growth.

This first brief meditation is what I say to regular past life therapy students or patients, who start to see their past life straight away, unless I feel subconscious fear is likely to block them, where my Guides give me the scene to describe, to kick-start them.

I have put all the versions of past life meditations on these two pages, so that you and your Guides can choose which one to use.)

BRIEF PAST-LIFE RE-CALL MEDITATION

“I want you to ask your higher-self to show you what they want to show you, to overcome whatever it is. You may see a past life scene, and describe it as it happens.”

PAST-LIFE RE-CALL MEDITATION (B).

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

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

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

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

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

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

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

PRESENT LIFE DE-CONDITIONING MEDITATION

"Tonight your higher-self is going to show you a scene from your past, in this lifetime, and this scene is an experience that has negatively conditioned you, and it is time for the conditioning to be removed.

The conditioning may have been important for your development, but now it is just as important to remove the conditioning.

It will show you a past scene of something that happened to you, or something said to you, or a feeling associated with a scene, and when you see a past scene, or experience it again, you will most likely see it from an outside viewpoint, like a recording of the events, where the recording can record everyone's thoughts and emotions in the scene.

I want you to ask your higher-self if the conditioning has affected your health, in any way. If it has, find out what area of you the ill-health is affecting.

When you are seeing the experience, I want you to ask your higher-self, if you have to release anything, or feelings, or to forgive someone, or to say something."

L

PHARAOH'S 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 life-time, that's okay. If you feel that you weren't, that's also okay. You can as 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 Pharaoh's 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 approximately asked him,

‘WILL YOU LET MY PEOPLE GO. IF YOU DON'T, YOUR FIRST-BORN WILL DIE.’

And Pharaoh 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.”

(1) + (2) + (3)

(If no student describes what they were seeing, after leaving them in silence for about fifteen minutes, bring them back from the meditation in what ever way you feel, you may be guided.)

THE ARABIAN MEDITATION

“Hovering in the centre of the room is a magic carpet. I want you to all climb on board, for we are going on a journey. Now we are floating up through the ceiling, and as we fly across the city towards Arabia, the Sun is going down in the west.

As we fly across the Indian Ocean to Arabia, we are going to go back in time, many centuries. We are now flying across the desert sands, and in the distance we can see a beautiful Sultan’s palace, surrounded by a small city of buildings, with a wall that surrounds the city.

In the desert, travelling towards this city is a camel train. We are going to join this camel train, and watch what happens. There are merchants, slaves, and new concubines for the Sultan. One of the concubines looks European; they are all tied together with leather neck robes.

We arrive at one of the gates, and travel on to the palace. We are now entering the courtyard of the palace, and the guards take away the concubines, and the trader will then take the slaves to the auction block, in the market. Now you can wander anywhere in the palace, or the city, that takes your fancy, I’ll leave you now.

If you feel that you are someone in this past scene, speak up and tell us what's happening to you, you may have some fear to be released.”

(Approximately ten to fifteen minutes silence)

“I want you to return now back on the flying carpet, fly forward through time, and back to this room. Come back now, take three deep breaths, have stretch if you want to.”

L

FUTURE LIFE-TIME MEDITATION

“Tonight your higher-self is going to reveal to you a glimpse or a scene from a future lifetime, maybe the next one, or the one after that. Your higher self will reveal the correct scene.

You may find that the person in your future life may communicate with you, because they may be in such an advanced state, that they are aware that you are visiting them. And they may tell you things, teach you things, or help you.

As you are the father/mother creator of this future lifetime, and this future lifetime can help you with this lifetime, because all lifetimes help each other on a higher level anyway.

I want you to ask the higher-self of this future lifetime, if they would like to come back to this classroom, to this time zone, to channel through you, to help you with understanding your destiny or purpose, in this lifetime.

Or they may reveal something of what they are doing in the future. So if a student feels that their future higher-self is here, and wishes to speak through you, speak up, and you can channel, they will most likely arrive after the other students have had sufficient time on their meditation and are back here, whoever is ready, ask your higher-self if you should start.”

RELEASING ATTACHED SPIRITS FROM PAST-LIVES EXERCISE

My name is _____ .

(Write in your first and last name)

I wish to speak to you, because you have been with me for some time now. I love you, and I have not spoken to you properly since you have been with me in this lifetime.

(1) + (2) + (3)

I am not the person that you hate and want to harm, **R**
 from your memory of being hurt by the person you think I am.
 If you look in front of me, there is a large full-length mirror,
 and you will be able to see who I look like.

I want you to have a look in the mirror, and you will be able
 to see that I am a _____.

(The first space is to write down, the colour of your skin, and the second
 space, is whether you are a woman or a man. For example, I would write
white man.)

I am sitting topless, so that you can see more clearly that I
 am a _____.

(Man or Woman.)

Look closely at my facial features, and you will see that I do
 not look like the person who you think I am.

I am the _____

(Daughter or Son.)

of the person that hurt you, and who you want to hurt back.

Now, if you look in the mirror you will be able to see your
 previous encounter, which caused you to hurt and suffer so
 much, where you may have been injured or killed, depending
 on what happened to you.

Look into the mirror and the mirror will change into a
 moving picture, to show you the past life memory, because
 that's what it is. Now you can see the scene where you got
 hurt. I know you may want to get revenge on the person, I
 understand that.

But if you look in the mirror again, I will show you a
 previous lifetime where you were a different person, and your
 enemy was a different person, and maybe you were in conflict
 again. You might have been fighting each other. See who you
 are, recognise who you are, recognise your enemy,

(1) + (2) + (3)

L and see the outcome of the fighting, or the hurt.
 Maybe you got hurt, or maybe your enemy got hurt.

(Brief pause)

Have you seen that? Did you recognise who you were? Did you recognise your enemy? You might have been in a different body, or maybe a different sex. Now if you look in the mirror again I'll show you another lifetime, another scene where you were different, and your enemy was there, and you were there, and you may have been fighting and hurting each other again.

Have a look, it may have started off with an argument, and wanting revenge escalated from one life to the next and the next, and so on. Have a look in the mirror, you will see yourself again battling, or fighting, or arguing.

Now in very quick succession, if you look in the mirror, now, you will see many brief scenes both of you and your enemy in conflict together, maybe in different clothes, different costumes, different sexes. But you will recognise yourself and you will recognise your enemy, and how you hurt each other.

(Brief pause)

Now, I forgive you for harming my parent, and I my parent doesn't want to hurt you anymore, ever again. Because I love you, and understand your pain, and understand that you are human just like I am.

If you want to continue hurting, or desiring to hurt me or your enemy, my parent, or the person who you remember that hurt you, then every time you are born into the world, and grow up, you will have trouble with people who want to hurt you, and have conflict with you. Not I or my parent, but it might be others.

You have a choice now, if you don't believe me, and you still want to hurt me, because you think I am fooling you, then, I will show you that my parent, who was the person that you hate and want to get revenge on, is coming here.

Now, if you look alongside the mirror, you will see a beautiful white light, and coming through the white light

(1) + (2) + (3)

you'll be able to see a figure, and that figure is the person **R** that you will recognise, as the person that hurt you.

Just to show you that I am not that person who hurt you, that person is in the white light, and will talk to you and explain things. You can go to them, if you want.

Now, your other choice is if you look on the other side of the mirror, there is another white light, a big white light this time. Now in this white light, all the people who you loved and you miss, like your relatives, friends, and loved ones. These are the ones who died when you were on the planet, when you were in a physical body, they are there, a whole group of them

They are happy, they want you to be happy, and they want you to go and speak to them, and go with them, because they want you to live a normal life, and be happy again. Can you see the group of people, your friends and relatives? Listen to what they say to you. They are talking to you, and may explain things to you.

. If you don't believe me, feel the love that comes from me to you, to prove to you, that I do love you, and except you, and will never harm you. And if you reach out you will feel the love coming from my parent, who is in the first white light, who you can go and talk to if you want, the person you knew from the life you lived with them, If you want to forgive that person, like I forgive you for hurting me, you can do.

(Brief pause)

Try talking to your friends, relatives and loved ones, the group in the white light, because they want you to be happy, and I want you to be happy. You are not very happy being with me, so you have a choice, the choice is really yours.

You could go and be free and live with your friends, and see your loved ones. You must have had relationships and loved ones which you wanted to continue a relationship with. They are there in the white light.

Or the other choice is, you can stay with me, and you won't have any freedom, because you won't be leaving me. You'll be

(1) + (2) + (3)

L staying with me, and you have to put up with the way I live, and maybe that would make you miserable.

I don't want to make you miserable, I just live my life. But I love you, so I want you to be happy. Don't you realise that all through the past, you and my parent have hurt each other, wanted to get revenge or harm on each other. So you may have been born again, and you met each other, and caused harm to each other, and got revenge that way, and everyone gets hurt.

Whenever you are in a fight with anyone, you get hurt as much as the other person gets hurt. But everything is balanced out, so if you kill your enemy in one lifetime, your enemy will kill you in another lifetime, and then you kill him, and then he kills you, and this goes on until you stop it.

God doesn't stop it, he just arranges for you both to get what you want, and that may be to get even, but nobody gets even, because when one kills or hurts another, it's unbalanced. So if the one that got hurt wants to seek revenge, then it will happen again. Which is a bit silly, really, because you are just hurting yourselves.

So, if you look around this room you can see that it's not the same place or year which you knew my parent in. If you do know the year that you knew my parent, I'll tell you that this year is _____. It is totally different to the year that you knew my parent. So you can leave and go to your friends, when you want, or go and talk to the person who hurt you, who was in the first white light.

If you do not wish to go now, they will be there whenever you want to leave, or whenever you want to speak to them, they will be there. All you've got to do is say to yourself, I want to see these friends and relatives. Or I want to see and talk to this person who hurt me, and the white light will be there, and you will find them standing there in the white light, and you can talk to them, and go with them if you want to.

So I'll let you go now, and I hope you find happiness, and the reason for living, other than wanting to harm me.

(Long pause, in which you can ask mentally, if your higher-self wants you to do the second part of the exercise. Now if the answer is, 'Yes,' continue, but if the answer is, 'No,' maybe you have no more attachments of the other kind, or maybe your higher-self wants you to do the second half of the exercise at another time. R

This is now, the second part of the exercise, which has slightly different wording to the first exercise. You can then ask your higher-self to please switch on the eyes and ears of the attached lover spirits, who are with me, and have been attracted to me for reasons of desire, or wanting to be with me, and bring them to the surface, if they are ready to leave.)

My name is _____.

(Write in your first and last name)

I wish to speak to you, because you have been with me for some time now. I love you, and I have not spoken to you properly since you have been with me in this lifetime.

I am not the person who you loved and want to be with. You have mistakenly attached yourself to me, thinking that I was the person who you loved. If you look in front of me, there is a large full-length mirror, and you will be able to see who I look like.

I want you to have a look in the mirror, and you will be able to see that I am a _____.

(The first space is to write down, the colour of your skin, and the second space, is whether you are a woman or a man. For example, I would write white man.)

I am sitting topless, so that you can see more clearly that I am a _____.

(Man or Woman.)

(1) + (2) + (3)

L Look closely at my facial features, and you will see that I do not look like the person who you think I am.

I am the _____

(Daughter or Son.)

of the person who you loved, and want to be with. You have made a mistake, and attached yourself to me, thinking I was the person who you loved.

Now, if you look alongside the mirror, you will see a beautiful white light, and in the white light you will see a figure, can you see the figure? That is my parent, the person you were in love with, and who you wanted to seek out and be with.

When you see them, you will recognise them in the white light, and you can ask them, talk to them, and they will tell you how you came to be with me, and not with them. If you want to be with them, the person you love, you can go with them and be happy, and they will explain to you lots of things.

You will have more freedom, and if you have any children with you, take them with you. If you are going to your friend, or your lover from when you knew them, you can go with them into the white light, which is the way to heaven.

I love you, and I understand, if you don't believe me, but every so often you will see who I look like, who I am, to remind you, that I am not who you are seeking, and if you ever want to seek out the person that you really loved, the person you think I am. You've just got to want to see the person, and the white light will appear, and that person will be in the white light. Then you can either talk to them or go with them. They are waiting for you, because they love you as well.

Wouldn't you rather be with them, the one you love, than with me? I am not the same person. I let you think about it for a bit, but if you decide to go, I will say goodbye, and be happy.

In the book version of this chapter it wasn't necessary to make sure the meditations were on the right pages, meaning left and right facing page. But in these two file chapters, which are for your printing or printers, you will notice at the top of the pages, in the left hand corner, I have typed the letter **L**, which means when you come to print or photocopy the pages, the title page and the following pages, will be the left page, and the following page will have a **R**, for the right page.

This is so when you bind your meditation book, a meditation which is large enough to take up two pages, can be read out loud to your students, without the sound of the turning page to distract your students.

But if you are firstly describing a chakra exercise, once you have the exercise performed, you won't be distracting them if you turn to a guided meditation on another page, but once they are half-way on a meditation journey, so to speak, this is when you don't want to distract them with any page turning.

Some of the more advanced meditations where the student has left one or more of his bodies in a temple of healing, before you describe them going on a secondary meditation, your students should be sufficiently advanced to not be distracted by you turning to the second meditation.

My Guides have just told me that my first website is going to become so busy that in case it crashes they want me to eventually release volumes 3 and 4, and 5 and 6 on another websites, and that the website name will be

TheAwakeningOfAnAngel3.com

the number 3 will be added to the name, and the previous volumes will also be found in this new website, in case my first website is down.