

THE
AWAKENING
OF AN ANGEL

EXERCISES AND MEDITATIONS

VOL I

RAYMOND WILLIAM SHORE

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VOL I

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EXERCISES AND MEDITATIONS

I have designed this chapter so that you can print or photocopy the whole chapter, which you can bind into a book, and the contents pages will list the meditations of the first three volumes, if you later want to add the meditations from the other two volumes to your meditations text book.

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, it will have an 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.

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

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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 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, downhill.

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 Mediums 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.

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 one meditations chapter, for more advanced class facilitators.

Some of these meditations you will find printed in **“bold font,”** These are the words you speak out loud to your students, and anything not meant to be spoken, will be **high-lighted** in **Grey**. 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 word sandwiched in *“Italics,”* to know when to speak out loud.

If you find any [*“Italics”*] 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 and these are between []

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

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

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.

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 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.”

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[“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.

The meditations listed in the contents, between The Shangri-la Meditation and The Polar city Meditation, 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.

This is also a good holiday meditation 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 a ropes fastened on to the walls of the pass, as it is very windy up here. As we walk around the bend in the pass, it widens into a beautiful green valley where pink cherry blossom trees are scattered across the rich green grass.

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

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

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

(Approximately ten to fifteen minutes silence)

“I 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, 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 if your guide, if they want to give 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 life-time. 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.)

“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.”

PYRAMID MEDITATION

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

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

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

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

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

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

(Approximately ten to fifteen minutes silence)

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

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

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.”

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."

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.

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 color for each room.

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

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

(Approximately ten to fifteen minutes silence)

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

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.”

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.

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.

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.”

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.”

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.”

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.”

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

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)

“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.”

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 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.

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 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.”

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)

“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.

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 nights 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.