

Spirit and its Characteristics, Qualities and Attributes

George Nicol (georgenicol10@gmail.com)

..."Anyone who receives the healing power of the spirit or ... anyone who is touched and influenced by spirit in **any** way ... **cannot** receive spirit without also receiving the characteristics, qualities and attributes with which it is imbued - and this is very very beneficial indeed for the recipient of the spirit power and influence."...



What is spirit? What are its characteristics, qualities and attributes? How do these relate to spiritual healing, mediumship, spiritual phenomena, miracles, meditation, healing, health and related subjects?

Spirit is the perfect, infinite, all-knowing, all-feeling, all-seeing, all-hearing, all-powerful ubiquitous universal intelligence that created the universe and all things in the universe. Having created, spirit maintains its creations: the universe and all physical and non-physical animate and non-animate objects in the universe in perfect order, balance and harmony.

The universal intelligence that is spirit is a formless, non-material spiritual essence. It includes all those and all that which is involved in the spiritual organization and structure.

Spirit is **not** a deified man or a deified being. The Great Spirit, the power that creates and maintains the universe, is not a spirit being – although it is said, perhaps confusingly, that those spirit beings in the spiritual organization who help and assist in the production of spiritual healing and other spiritual and natural phenomena are spirit. Spirit does not have human form or human appearance – rather the whole universe and everything in it is its form.

While it is true that spirit does not have human form or human appearance; human form, human appearance and even human health are determined by spirit and the state of one's spirit. You may say: "But what about the physical? What about the mind? What about free will? What about evolution? You forgot about these and the effect they have on human form, human appearance and health." To that, I would reply: "No I have not forgotten about the importance of those things. It is true that those things all have an impact, but those things – indeed all things, as we shall see – derive from and are controlled and governed by spirit and the state of the spirit."

Therefore, all human beings – and indeed all animals and all living things – are primarily a product and a consequence of spirit and the state of the spirit. We can say that man – and, of course, woman - and the state and condition of man are a reflection of spirit and the state of the spirit. In spiritual healing, what we seek to do is to use this reflection by using spirit – or rather the healing power of the spirit – to

change and re-shape the imperfect image of man to more closely resemble the perfect image of spirit or God.

Although spirit is not a spirit being, it possesses a number of characteristics and traits just as human beings possess a number of characteristics and traits. Like human beings, spirit is imbued with a certain nature and has numerous qualities and attributes associated with it. We have already seen, for instance, that spirit is infinite, perfect, intelligent, omniscient, omnipotent, ubiquitous, omnipresent, and creative.

Spirit has many additional characteristics, qualities and attributes apart from the ones above. Spirit, for example, is characterized by order, balance and harmony. It creates, maintains and sustains life. Spirit, indeed, **is** life. In addition, spirit is eternal, everlasting and indestructible. It is timeless and is without beginning and ending. It cannot die. It is immutable and unchanging. It never tires or surrenders. It perseveres and never gives up. Spirit is also imbued with qualities and attributes such as peace, love, compassion, patience, forgiveness, truth, faith and understanding.

Let us now look at a more comprehensive list of the characteristics, qualities, and attributes of spirit.

Spirit:

1. perfect
2. all-knowing, all-seeing, all-feeling, all-powerful
3. ubiquitous
4. infinite, eternal and everlasting
5. infinite knowledge
6. infinitely pervasive
7. infinite in its variety and manifestations of power
8. infinite healing power and infinite variety of healing power
9. qualities and attributes are all infinite and perfect
10. spirit **cannot** act or be contrary to its essential nature and characteristics e.g. it cannot be unloving or imperfect in any way.
11. spirit is, has and expresses infinite and perfect unconditional love, compassion and faith
12. spirit loves **all** its creatures **equally**, and loves **none** above another or others
13. fear, hatred, anger, resentment, revenge, greed, jealousy etc, belong to the **unspiritual** or **lower spiritual**
14. forgiveness, patience, truth

15. spirit, is, has, and expresses infinite and perfect fairness, justice, and impartiality
16. holy and sacred
17. very positive power - indeed the most positive power in the universe
18. peace, stillness and tranquillity
19. life
20. pure
21. order, balance, and wholeness
22. creative
23. spirit gives its qualities and attributes **to** others and creates its qualities and attributes **in** others
24. spirit perfects
25. creates and gives perfect peace, stillness and tranquillity
26. creates and gives life
27. all things derive from spirit and exist because of spirit
28. creates perfect order, balance, and harmony
29. dispels chaos, anarchy, disorder, disharmony and imbalance by creating order, balance and harmony
30. creates perfect health and wholeness
31. heals in perfect safety
32. drives evolution and development - evolution and development are due to the spiritual, not to the mental and the physical
33. creates and maintains **all things** in the universe
34. spirit **is** the universe and all things in the universe
35. spirit comprises **all** worlds and planes and **all** animate and non-animate objects on those worlds and planes
36. spirit connects all worlds and planes
37. spirit comprises **all** energy and vibrations
38. spirit controls all energy on all worlds and planes and the movement of energy between all worlds and planes
39. spiritually connects and interconnects all animate and non-animate objects in the universe
40. creates oneness through its connections and interconnections to all things, and by not allowing separation of **any** animate and non-animate object on or between **any** plane of existence

41. in spirit and with the things of the spirit, there is and can be no separation – if there were, spirit could not exert perfect control over the universe and all things in the universe; and those or that which suffered spiritual separation would cease to exist
42. spirit links, connects, interconnects, influences, heals and controls **spiritually**
43. spirit does produce physical change in the physical and mental change in the mental, but does so by **spiritual** means, **not** by physical or mental means
44. unceasing, never tires, relentless, unyielding, never gives up or surrenders, determination, perseverance
45. creates determination and perseverance in those who receive spiritual healing or who are influenced by the spirit in other ways
46. creates never-say-die, and keep-on-keeping-on attitudes
47. gives courage and mental fortitude
48. spirit is nature and spirit is natural
49. whoever lives, thinks and acts contrary to nature, opposes spirit. They transgress against spirit and the law of the spirit. By doing that, they live, think and act unhealthily, unnaturally and unspiritually - and must suffer the consequences of doing so.
50. whoever lives, thinks and acts in harmony with nature, co-operates with spirit and the law of the spirit. By doing that, they live, think and act healthily, naturally and spiritually - and must receive the benefits of doing so.
51. spirit is natural law
52. natural law, comprises **all** physical, mental, psychic, and spirit law
53. another name for natural law is spirit or spiritual law
54. without beginning and ending
55. timeless, ageless
56. indestructible
57. immutable and unchanging
58. produces change but does not itself change
59. spirit and natural/spirit law have always existed, have always been perfect, and will always be perfect
60. as spirit is immutable and unchanging, so too is the law of the spirit – as well as all laws and all aspects of laws that belong to it - immutable and unchanging
61. as the physical, the mental and the psychical are all aspects of the spiritual, one can gain an insight into the spiritual and its workings through study of the physical, the mental and the psychical
62. produces spiritual development

63. drives evolution and development; but as spirit **is** perfect, as it **has always been** perfect, as it **will always be** perfect, it is **beyond** evolution and development
64. with human beings and all other living things – no matter how spiritually advanced – the opposite applies. Those **are not** perfect, **have never been** perfect, nor will they **ever be** perfect. Their goal in life is to seek to attain the unattainable goal of spiritual perfection – and that cannot be attained without constant spiritual development, evolution and change.
65. no individual law exists and operates on its own, but is linked to all aspects of natural law
66. no individual law **can** exist on its own because all laws belong to spirit law, and in spirit there can be no separation
67. no individual law can be completely understood in isolation. It must be considered within the context of natural law.
68. as spirit governs life and all aspects of life, it must also govern death and all aspects of death as death is really just an aspect of life
69. when spirit does govern life and death, then life and death will be as they spiritually should be
70. when spirit does not govern life and death, then life and death will be as they spiritually should **not** be
71. as spirit is everything and everything is spirit, all things on every world and plane are really just spiritual vibrations. The physical, the mental and the psychic are spiritual vibrations within the spiritual vibration range.
72. every law involves the operation of spiritual vibrations. Every law, every world and plane and everything on every world and plane have the commonality and connection of spirit.
73. spirit does not link to the physical and physical vibrations, or to the mental and mental vibrations, nor does it link to the psychic and psychic vibrations - rather it is a case of spirit linking to spirit and to spiritual vibrations
74. spirit governs and regulates all things in accordance with natural spirit law
75. spirit is not given to whimsy. Spirit law is impartial and automatic. It operates in perfect love, fairness, justice and impartiality – and with perfect mathematical exactitude.
76. spirit is **selfless** not **selfish** towards others
77. natural spirit law **cannot** be circumvented or suspended – **not even by spirit itself**
78. **all** spiritual and energetic phenomena – including so-called miracles - occur and are determined by natural law
79. **all** spiritual and natural phenomena can be explained by natural law

80. natural law **determines** all spiritual phenomena and it is the **limiting factor** in the production of all spiritual phenomena
81. natural law may prevent, allow, or only partially allow the occurrence of spiritual phenomena
82. the supernatural does not exist because **all** phenomena are determined by and occur **within** natural law. **Nothing** can be above, beyond and outside infinite natural law as the word **supernatural** implies. Every phenomenon must occur **within** the spiritual universe and **within** natural law. The supernatural is the province of those who are ignorant of natural law.
83. the supernatural is an explanation for those who do not know the truth
84. the supernormal **does** exist but it belongs to and exists within natural law. The supernormal is a state of mind. What is supernormal to one person may be completely normal to another – and what is considered supernormal today may be considered normal tomorrow.
85. animating force
86. life principle
87. vital power and energy – indeed is **all** power and energy
88. intangible **and** tangible
89. spirit power is characterized as being: subtle and quick; subtle and slow; non-subtle and quick; and non-subtle and slow
90. important, essential and indispensable
91. spirit power is very real and produces real effects
92. although spirit has infinite power, it uses only enough energy to do the work. This is why spirit tends to be subtle in expression.
93. spirit uses its power only for spiritual reasons and to achieve spiritual goals
94. spirit may be considered egocentric as it considers itself, and the things of itself to be not just important, but all-important. That, of course, is entirely the truth. A human being may be egocentric and consider him or herself to be important, which they may be, but they can never be all-important.
95. has great inherent power and energy
96. spirit power, influence and effects frequently **tend** to operate below the level of human perception
97. spirit reveals its existence and something of its potentialities when its power manifests through spiritual mediums in spiritual demonstrations. Such demonstrations can operate both below and **above** the level of human perception and human awareness.
98. because of the subtlety of spirit power it frequently **appears** to be without power, value, and benefit, but it is not

99. the great subtlety of spirit makes it **difficult** to appreciate and **easy** to take for granted
100. the infinity of spirit makes it **impossible** to perfectly understand
101. understanding and perception of spirit **can only ever** be relative. Because of the infinity of spirit that must be so. Thus, some people may understand and perceive more, but no one can understand and perceive all.
102. spirit – and **only** spirit – appreciates **all** and understands **all**. Because of that only spirit can and should judge and assess.
103. only the infinite all-knowing and all-powerful spirit can diagnose and treat perfectly
104. spirit tends to be mysterious, and spirit tends to works in mysterious ways. However, it is not the deliberate intention of spirit to be mysterious or to work in mysterious ways. It is not the desire of spirit that people be ignorant of it and its workings. Rather it is the will of spirit that people know and appreciate it and use its power in spiritual service. That cannot occur if people only philosophize about it and refuse to have anything else to do with it.
105. spirit always makes **a** difference and frequently **is** the difference
106. spirit **begets** spirit, and spirit **attracts** spirit [Law of Attraction]
107. a medium **can only** attune to, channel and receive the higher spiritual vibrations if they, and their preparation for mediumship cause them to radiate similar spiritual vibrations. Natural law prevents mediums from attuning to, channelling and receiving spiritual vibrations that are unlike their own spiritual radiations.
108. when the medium uses natural law and its energies in the most efficient and appropriate way, that is what produces their best results, and that is how they practise mediumship in the safest way. The same applies to those who use physical energy in this world.
109. spirit is the **reason** for our very existence, and spirit **fulfills** our existence. Any life lacking in spirit must be unfulfilled.
110. spirit and spiritual development provide the **reason** and the **purpose** for our existence. They explain why we should live, think and act in spiritual ways, and why we should not live, think and act in unspiritual ways
111. spirit teaches us what is, and what should be. It teaches us how to **truly** live, think and act morally and ethically. By doing so, it teaches us how to live in the best possible way. Human beings can only live, think and act right when their living, thinking and actions are in harmony with the ways of the spirit. If human beings forsake spirit, their considerations and determinations must be wrong and cannot be right.
112. **nothing** is of greater power, value, worth and benefit than spirit and spirit power
113. **nothing** is more worthy of study than spirit and the things that derive from the spirit

114. **no time** can be better spent than time spent with spirit. No time can be better spent than time spent in studying, attuning to, and working with spirit. No time can be better spent in doing spiritual things.

You may say: “So what. Spirit has characteristics, qualities and attributes. Big deal!” But you see, the characteristics, qualities and attributes of the spirit are a very very big deal for anyone who receives the healing power of the spirit or for anyone who is touched and influenced by spirit in any way because one cannot receive spirit without also receiving the characteristics, qualities and attributes with which it is imbued – and this is very very beneficial indeed for the recipient of the spirit power and influence.

The spiritual recipient not only **receives** the characteristics, qualities and attributes of the spirit, the characteristics, qualities and attributes of the spirit are also **created** in the recipient. That is an added benefit and bonus for the spiritual recipient. That is what spiritual healing energy **particularly** does. That is a feature that distinguishes and differentiates spiritual healing energy from other kinds of spiritual energy – and that is what makes spiritual healing energy, spiritual healing energy.

Others who attune themselves to spirit while engaging in spiritual activities such as prayer, meditation or (non-spiritual healing) mediumship, receive the same spiritual benefits. However, they are received slightly differently. When people practise those spiritual activities, they tend to receive the benefits of the spirit in a **general** way. When people practise and receive spiritual healing, the benefits are received in **both** a general **and** a specific way.

With spiritual healing, spirit **tailors** the healing energy to suit the **specific** needs of the individual patient. Spirit sends spiritual healing energy that **emphasizes** the specific needs and requirements of the patient. That characterizes spiritual healing energy. That, however, is **not** a primary characteristic of other kinds of spiritual energy.

Other kinds of spirit energy will produce healing effects, but they are not created by spirit to **specifically** produce healing effects. They are created primarily to do **other things** apart from healing. For example, the spirit energy that is channelled through the spiritual medium when they give their address and readings during a church service is spirit energy of the **communication** kind. The primary purpose of that spirit energy is to provide communication from spirit - not healing from spirit.¹

You should be aware though that one **cannot** attune to spirit and channel spirit power to the self or to other selves without also **automatically** receiving due spiritual reward and compensation from spirit. One **cannot** provide spiritual service either in that way or in any other way without automatically receiving due spiritual reward and compensation from spirit – and **one** of the rewards and compensation one receives is healing. Indeed, one

cannot even attune to spirit without receiving appropriate spiritual reward and compensation.

Because spirit tends to express in a subtle way, people who work and associate with spirit may not be aware that they have received or are receiving reward and compensation from spirit for their efforts. They may be oblivious to that, even when reward and compensation express physically and in life-changing ways. If people have trouble discerning rewards and compensation that express in that way – in a way that should be the easiest for them to discern, it will be much more difficult for them to discern spiritual rewards and compensation that express in much more subtle ways.

When the spiritual reward and compensation take the form of healing then, the spiritual recipient may be rewarded in a very great, a very subtle, or a very great **and** subtle way; and in all those expressions, individuals may be unaware that any healing has occurred at all. That is less likely to occur if the individual is more sensitive to spiritual vibrations and more likely to occur if they are not.

What most people will declare though is that they feel better in body and mind after attending a good church service or a good spiritual development group. They will declare that if for some reason they cannot attend they miss out on receiving something beneficial. It seems to me that that is what people will say if church services and spiritual development groups are in any way good. However, if people do not say that, if they say the opposite of that, well.....

The spiritual labourer is worthy of their wages – and the greater their spiritual labours, the greater their spiritual reward and compensation will be. If that were not so, if say their wages were not paid, if they were underpaid or overpaid, or if they were paid for something they did not do, then spirit would cease to be fair and just. Spirit would operate contrary to its essential nature, and that cannot happen.

Of course, the labourer who works **against** spirit – rather than for it - is worthy of their due spiritual ‘reward’ too. If that were not so, if karma could be put aside, then fairness and justice would not be served either. Indeed, that would contravene natural law. That fortunately cannot happen.

With spirit, fairness and justice are **always** perfect. With spirit, fairness and justice are meted out with perfect mathematical exactitude. Thus, the individual always receives **precisely** the compensation or retribution that their spiritual service or **disservice** merits. No individual or individuals then have cause for complaint that spirit has treated them unfairly and unjustly. That, however, cannot always be said of the fairness and justice meted out by human beings.

Is it not apparent that a test for the **true** spiritual is the presence or absence of the characteristics, qualities and attributes I have written about?

The all-knowing spirit, of course, knows perfectly what the healing needs of the patient are, and it has an infinite quantity and quality of healing energy at its disposal to meet those healing needs. Spirit diagnoses the patient perfectly and creates a spiritual healing treatment **based** on that diagnosis. If, for instance, spirit determines the patient needs peace, stillness and tranquillity in order to maintain or restore health, **that** is the quality and attribute spirit will emphasize in the healing energy it sends to the patient. If the patient is in very great need of peace, stillness and tranquillity, peace, stillness and tranquillity will be particularly emphasized. The healing will be tailored to that very great need. You might say that peace, stillness and tranquillity will be the major theme of the treatment.

However, that does not mean there will not be other themes of lesser importance – or even themes of equal importance and emphasis. That may occur if the patient has a number of health concerns. If the patient is already in a good state of peace, stillness and tranquillity, however, that quality and attribute of the spirit will be present, but it will not be emphasized as there is no need for it to be.

You should not think that that information explains entirely how spiritual healing works; rather it gives a bit of an insight into how it works.

I tell you that even those who are only indirectly involved in mediumship, such as those who sit in the congregation of a spiritualist church, still bask in the spiritual radiations and vibrations and benefit thereby. An individual does not need to be practising meditation, spiritual healing or mediumship in order to receive benefits from spirit.

An individual, for instance, may receive influence, guidance and healing from spirit when they engage in quiet activities e.g. when they sit or lie down in a relaxed and peaceful manner. They may also receive such spiritual benefits when engaging in things like daydreaming, gardening, sewing, playing golf, or even when they are out hiking in the woods. No one would probably say that those were particularly spiritual activities – but those nevertheless have the potential to produce valuable spiritual results and effects.²

Any activity that produces a state of inner peace, stillness and tranquillity is conducive to the reception of spiritual benefits, and the greater the state of peace, stillness, and tranquillity that can be produced, and the greater the connection with spirit that can be produced as a result of that state of peace, stillness and tranquillity, the greater the spiritual benefits that can be received.

However, if the individual wants to benefit from spirit in the best possible way, they must be as well-attuned to spirit as they possibly can be – and they must **prepare** themselves **appropriately** so that that can come about. The individual should be aware that the best mediumship entails the practitioner preparing not just immediately prior to and during a mediumship session – although that is extremely important to the standard of the results produced – they must prepare at **all other times** by living their whole life in the spiritual

way. I tell you that no medium will **ever** obtain the best results from mediumship of which they are capable **without** doing both the former **and** the latter.

The individual should be aware that the standard of mediumship – and the standard of any spiritual activity - is a function of the standard of spiritual vibrations of the medium. The results of mediumship relate to the spiritual vibrations of the medium – and, of course, to the spiritual vibrations of other spirit beings involved in the mediumship and to the spiritual vibrations of the environment in which the mediumship takes place. Those spiritual vibrations have a significant effect on the standard of mediumship and must be considered if the medium wants to obtain their best results. At a personal level, if the medium wants to obtain their best standard of spiritual vibrations they must prepare themselves in the way I suggest in the paragraph above.

What we can now say is that the standard of mediumship is a function of the combined spiritual vibrations of the spiritual medium or mediums, the spiritual vibrations of the environment in which the mediumship takes place and the spiritual vibrations of **all** spirit beings and living things present at the time of mediumship.

In my opinion, spiritual mediums should follow the principle of preparing the spiritual vibrations in the **whole** mediumship setting. If they want to get the best results out of their mediumship that is what they must do.

The standard of mediumship is also a function of the preparation of the medium for mediumship.

If you will take the trouble of looking into the backgrounds of some of the greatest spiritual mediums you will find they prepare themselves in the way I have suggested. You will find that preparation for mediumship is very important to them and that they take great pains with it. They will always seek to prepare their spiritual vibrations for mediumship as well as they possibly can – and they will always be on the lookout for ways of improving their standard of spiritual vibrations. They will do that because they know that that is how they can produce their best mediumship results and how they can produce better and better results from mediumship.

Those mediums will probably be happy with the results of their mediumship – although they may still be dissatisfied despite their good results. However, what the best mediums will **not** be – and what they will **never** be - is complacent. You see, when a medium is complacent, they in effect say: “I am happy with my mediumship and with its results.” There is absolutely nothing wrong with that. That is entirely natural and entirely appropriate. Unfortunately, what they also say is: “I can now rest on my laurels.”

The medium, of course, has free will to practise mediumship in the way they choose, but as long as the medium has that complacent attitude; as long as they do not prepare themselves for mediumship as well as they possibly can, as long as they have little or no desire to

constantly improve themselves as a medium, they will **never** be the best of mediums. I do not say they cannot be good, but they will never be the best of mediums.

What should be remembered though is that while the best of mediums are not complacent, that does not mean that has always been the case with them. They may well have been complacent at some earlier stage of their existence – and by that, I do not mean just at some earlier stage in their **present** physical existence, but at any time **prior to** their present physical existence.

It should also be remembered that the greatest of mediums and other highly spiritually developed souls **were not always** the greatest of mediums and highly spiritually developed souls. **Those people developed to become those things.** They did not just magically suddenly spring into existence and present in that way. They once must have lived, thought and acted incorrectly, unnaturally and unspiritually.

If it is the case that the best of mediums can be the best of mediums despite once having lived, thought, and acted incorrectly, unnaturally and unspiritually, it is quite possible for an individual who lives, thinks and acts incorrectly, unnaturally and unspiritually now to also become the best of mediums someday. It is quite possible for that individual to become the best of mediums someday even though they have no desire to do that at present. They may become the best of mediums someday even though they have never even heard of mediumship.

If that individual only had a relatively small finite amount of time and only one physical lifetime to achieve that – as many people believe - that would be impossible to achieve. However, spirit gives every individual an infinite amount of time and an infinite number of lifetimes to achieve that goal – and indeed it may take a great deal of time and many many lifetimes to do so.

In my opinion, that information indicates two things: 1) that no higher spiritually developed soul should ever look down upon a lesser spiritually developed soul. They should not, because they were once at that lower level of spiritual development themselves. The master Jesus Himself was once at that level of development. By judging those people they would, in effect, be judging themselves and the master Jesus. 2) That there is **always hope** even for the most inept spiritual medium and for the most spiritually undeveloped soul. There is no reason why they must remain at that level. They can always improve – and if the desire is there and the appropriate effort is made, they can become the best of mediums and the best of souls.

Is it not apparent that having and acquiring the right thoughts and attitudes about mediumship – and discarding the wrong ones - is very important to the standard of mediumship?

When individuals are truly touched by the healing power of the spirit, when they are influenced by spirit in other ways, when they themselves become imbued with the qualities and attributes of the spirit, and as the qualities and attributes of the spirit they have grow and manifest more and more, the more their spiritual image resembles the perfect image of spirit. This spiritual perfection of the soul and of the self is an infinite, on-going process. It is not a process that only occurs during the present physical lifetime. It is a process that occurs before, during and after the present lifetime.

We have noted that spirit is perfect. This means that **all** the qualities, attributes, manifestations and expressions of the spirit are perfect. You see, as spirit is itself perfect, its qualities, attributes, manifestations and expressions must also be perfect. That must follow, because if that were not so, if **even one** of the characteristics of the spirit or **any** of its manifestations and expressions were somehow less than perfect, then spirit would cease to be perfect and be imperfect.

What we can do then, is, where appropriate, precede the various qualities and attributes of the spirit we have noted – and those we have not – with the word, **perfect**. If we want to understand and appreciate the true nature of the qualities, attributes, manifestations and expressions of the spirit, that is what we must do.

When we carry out this exercise of preceding the characteristics of the spirit with the word, perfect, this will mean, for instance, that spirit is not only intelligent but that it has, exerts, and creates **perfect intelligence**. It will mean that spirit is perfect in the love, compassion, patience, forgiveness, truth, understanding, fairness and justice that it has – and it will mean that **everything** spirit does and creates is done and created with perfect love, perfect compassion, perfect patience, perfect understanding, perfect fairness and perfect justice.

It will mean that spirit not only creates, restores, maintains, sustains, orders, aligns, balances and harmonizes; but creates, restores, maintains, sustains, orders, aligns, balances and harmonizes perfectly. Because spirit does that, it **must** produce **perfect healing** when spiritual healing is given; **and because spirit is perfect in the healing it does, spirit heals in perfect safety**. Clinical experience indicates that that is indeed true.

It is true that spirit and its characteristics, qualities and attributes are perfect. It is also true that when spirit is received it tends to perfect those who receive it. However, it is **not** true that spirit produces a state of perfection in those who receive it. When the perfect spirit and its perfect characteristics, qualities and attributes are received, they can only manifest and express in accordance with the limitations and restrictions imposed by natural law.

Natural law is not confined to the physical. It extends to and applies to the mental, psychical **and** the spiritual. Natural law cannot be suspended or circumvented. Natural law is what prevents spirit rendering the spiritual receiver perfect.

Natural law may not allow perfection, but it does allow spirit **to perfect** the individual. Spirit can perfect the individual as far as natural law allows. The reception of spirit always renders the individual more perfect and less imperfect. When an individual is touched by the influence of the spirit, the individual moves further along the road to perfection. Spirit can touch the individual so that they move a little further or a **great deal** further along the road to perfection. **No** touch of the spirit, however, can ever move an individual **to** the state of perfection.

The individual should not rely solely on attending church and spiritual development groups; or rely solely on spiritual practices like meditation, spiritual healing, and other forms of mediumship for their spiritual development. That is not the best way to achieve that goal.

For spiritual development, the individual requires spirit and the spiritual effects it produces upon them. However, the individual should not just rely on the spiritual effects it produces through the above way. That is not the ideal.

The individual must also play **their part** by co-operating with spirit in another way. The individual does that by desiring to follow the spiritual path and by living, thinking and acting spiritually at **all** times, on **all** occasions, and at **all** places – both in this world and the next. Input from spirit **helps** the individual to live, think and act in that way.³

If the individual wants to get the most out of their spiritual existence, they must employ and marry both the above ways. That is what constitutes the ideal.

Without spiritual input, without the guidance that spirit provides, the individual **cannot** live, think and act spiritually in the best way. Without reference to **true** spirit and without reference to the **true** law of the spirit, human beings cannot always live, think and act spiritually. They may strive earnestly to do so and believe that they are, but without reference to true spirit they cannot. They must, at least, occasionally, live, think and act unspiritually – and sometimes they must live, think and act **very very** unspiritually. The practice of euthanasia is an example of just such an occasion.

You see, because human beings declare things to be spiritually right, that does not necessarily make them spiritually right. It is what the perfect, all-knowing spirit says that is right. What spirit says is **always** right. The perfect, all-knowing and infallible spirit **cannot possibly** be wrong. Imperfect, ignorant and fallible human beings on the other hand **can easily** be wrong about even the most important things in life. Spirit, after all, created and governs the universe and all things in the universe. It was not human beings who did and who do that.

What you should not do is to confuse the words, to perfect, which is a verb, a doing and action word, with the adjective, perfect, and the noun, perfection, which are states. The verb, to perfect, is about the journey to perfection, while the adjective, perfect, and the

noun, perfection, have to do with the arrival and attainment of perfection. When we relate the above information to spiritual healing, the perfecting spiritual healing energy produces a wide range of healing results that can ultimately involve cure.

When spirit does produce a cure, it produces perfection – or rather something very close to perfection - in **an** aspect of the self. However, while spirit can produce perfection in an aspect of the self, while it can **help** spiritually develop the self, it cannot produce perfection of the **entire** self.⁴

Even if the healing result falls significantly below the level of cure, the spiritual healing recipient is **always** rendered **more** perfect and **less** imperfect. As spirit always perfects, spiritual healing **must** involve at least some betterment or improvement at some level of the self – even if the area or areas for which healing was sought receive no healing.

A **genuine** spiritual healing treatment can **never** produce true negative side-effects or produce zero healing results. Other types of healing therapies can produce such results but not spiritual healing therapy. Therefore, the reception of spirit and spiritual energy is always beneficial and is never a waste of time.

To further our understanding and appreciation of the nature, characteristics, qualities and attributes of the spirit even more, what we must also do is, where appropriate, precede the characteristics, qualities and attributes of the spirit with the word, **infinite**. You see, as spirit is itself infinite, its qualities, attributes, manifestations and expressions must also be infinite. If that were not so then spirit would cease to be infinite and be finite.

Can you think that qualities and attributes like love, compassion, patience, understanding, fairness and justice that extend only so far and no further, and exist only within certain limits, could possibly be characteristics of the perfect spirit? I do not say that spiritual love, for instance, cannot present in that way, but **higher** spiritual love - the quality and attribute of love that imbues **the** spirit, the love that spirit has for its creatures and creations - does not and can **never** present in that way. If it did, it would not and could not be perfect.

Higher spiritual love must **faithfully** reflect the qualities and attributes of the spirit. Higher spiritual love must faithfully reflect qualities and attributes such as infinity, ubiquity and perfection. Higher spiritual love cannot merely palely reflect the qualities and attributes of the spirit. It cannot and still be classified as higher spiritual love.

Lower spiritual love, however, **is** a pale reflection of the qualities and attributes of the spirit. Lower spiritual love may be classified in that way. Indeed, the lower the love, the paler the reflection.

The **more** love faithfully reflects the qualities and attributes of the spirit, the more spiritual that love is. The **less** love faithfully reflects the qualities and attributes of the spirit, the less spiritual that love is.

Human beings on the other hand, tend to impose limits, boundaries and conditions to the above qualities and attributes of the spirit. When they love, for instance, they so often love conditionally, with limits and boundaries imposed and strings attached. When human beings love in that way they express conditional love. That is a **lower** form of spiritual love. It is a rather pale reflection of true spiritual love. It is not a very spiritual love; and the reason it is not is because it has limits, boundaries and strings attached. That kind of love is a very selfish and finite kind of love. A true spiritual love is love that is selfless and infinite with no limits and boundaries imposed or conditions attached.

What we can say then – and what we should always think – about spirit and about the characteristics, nature, manifestations and expressions of the spirit is that it, and they, are not only perfect but infinite as well. When we think about spirit intelligence, for example, we must think that spirit not only has perfect intelligence, but **has, is, and expresses** an all-knowing, infinite intelligence.

The perfect and infinite intelligence of spirit pervades to all planes, to all corners, and to every nook and cranny of the infinite universe. It connects and interconnects all worlds, all planes and all things in the universe. Spirit connects and interconnects even the minutest parts of all things.

Spirit thus links everything and every part of every thing. Furthermore, it links **to** everything and to every part of every thing. If spirit did not present in that way it could not perfectly govern and control the whole universe and everything contained within the whole universe.

Clearly, if spirit did not link everything and link every part of every thing; if it did not link to every part of every thing; if everything and every part of every thing did not link to it, spirit's channels of communication would be imperfect. That would prevent spirit from obtaining perfect intelligence from the universe and it would prevent spirit from exerting perfect control over the universe and all things in the universe. However, those things cannot happen because spirit is perfect; it has always been perfect, and will always be perfect.

When we think about spiritual healing as another example, spirit not only heals perfectly but is infinite in the healing that it does. Spirit cannot produce perfect healing unless it is also infinite and possessed of perfect intelligence. Why? For one thing, spirit could not produce perfect healing if it were ever to run out of healing power. It could not produce perfect healing if it did not have an infinite quality of healing power available to treat infinite possibilities of energetic dysfunction. For another thing, it could not heal perfectly, if it did not know everything and have perfect intelligence about patients and their never-static conditions. Clearly, in order for spirit to produce perfect healing, it **must** have **both** perfect healing power **and** perfect intelligence. If spirit had perfect healing power but was lacking in intelligence; or if it had perfect intelligence but was lacking in healing power, its

healing could not be perfect. We must understand that if we want to appreciate the characteristics of the spirit.

Our spiritual ‘word games’ give us a greater understanding and appreciation of spirit, spirit power, and spiritual healing energy. Those word manipulations or ‘games’ are not merely empty meaningless theoretical exercises because healing and other mediumship practice, experience and feedback indicate that spirit not only **has and creates** the individual qualities and attributes I have given, but that spirit has and creates them in the way that I have **combined** them also.

Another example of the combination of spiritual qualities and attributes is provided by the combination of the spiritual qualities and attributes of creativity; peace, stillness and tranquillity; perfection; and quickness, speed, power and subtlety. Let us see what happens to the self when these qualities and attributes are combined.

Spirit power is creative and brings with it the power to create things. As spirit is also characterized by peace, stillness and tranquillity, spirit power will create a state of peace, stillness and tranquillity in someone who has received spiritual healing or who has attuned themselves to spirit through meditation, prayer or mediumship.⁵

Spirit tends to be quick, fast, powerful and subtle. Spirit can **appear** to be slow, weak and non-subtle. Those are also characteristics of the spirit. However, even when spirit does express in that way it is as fast, as powerful and as subtle as natural law allows.

If we combine those characteristics of the spirit with those mentioned above, what happens is that the peace, stillness and tranquillity that the power of the spirit creates within the body, mind and soul of the individual tends to be created quickly, powerfully, and subtly. It is created as quickly, as powerfully and as subtly as natural law allows.

Natural law may not be in the recipient’s favour. For example, when a beginner first starts to practise meditation, or when an individual receives spiritual healing for the first time. If natural law is not very much in the individual’s favour, the creation of a state of peace, stillness and tranquillity within them will be slower and weaker and be less powerful and noticeable. Indeed, a state of peace, stillness and tranquillity may initially take a long time to come about and then be far from being perfect when it finally does. However, as natural law moves in the recipient’s favour, the quicker, and the greater spirit can create a state of peace, stillness and tranquillity within them.

The more spirit power manifests in the individual, and the more and the greater the individual can attune to it, the more the individual ‘sits’ in the energy, the more the individual becomes accustomed to spirit and the more spirit becomes accustomed to the individual, the greater and the more perfect will be their state of peace, stillness and tranquillity, and the quicker this state will come about. Patients will find that the more spiritual healing they receive – especially if the healing energy is being delivered through a

good spiritual healing instrument – the calmer they feel and the quicker they feel calm. You will find that patients of spiritual healing will often experience this and you will find that spiritual healers themselves and other people like meditation practitioners will experience that also. This must be so because in all cases the same energies and processes are involved.

Spiritual beginners may question **if** they are attuned with spirit – and they may wonder about the **degree** of their attunement. As many spiritual exercises are attunement dependant, those are entirely reasonable questions to ask. As continued spiritual practice might be dependant on an answer the individual can accept and appreciate, it is important that they be supplied with such an answer. Is it not obvious that such an answer to those questions can be found in the paragraphs above? You see, if the individual is attuned to spirit, they must receive one or more of the qualities and attributes of the spirit. If the spiritual beginner is practising meditation and they are truly attuned to spirit, one or more of the qualities and attributes of the spirit will express within them. That must happen if they are truly attuned to spirit. Initially though when the spiritual beginner first starts to practise meditation, the qualities and attributes of the spirit may not express very strongly within them – and beginners may not be sensitive and receptive enough to detect them and the effects they produce. It should be remembered that the qualities and attributes of the spirit tend to be very subtle - but beginners tend to be rather unsubtle. That makes it difficult for them to detect and appreciate the spiritual vibrations. As beginners start to develop, that, however, starts to change. Yet, even if the beginner can detect the qualities and attributes of the spirit and the effects they produce, they may have no idea of the significance these have to their attunement with spirit. They may make no connection with them and their practise of meditation. After all, they **are** beginners. They cannot be expected to know that if they have not been taught that. When asked how their meditation is going, they may declare something like: “I have been practicing for weeks and weeks but nothing seems to be happening – nothing that is apart from a feeling of wellbeing, timelessness, space and infinity, and a progressively increasing sense of peace, stillness and tranquillity.” Ironically, the individual has unknowingly revealed by declaring that, that not only are they well attuned to spirit, but that their attunement is becoming better and better! This is no laughing matter though, because the beginner may give up their spiritual practice not because they are **not** achieving their goals but because they **are**.

Spirit will create a state of peace, stillness and tranquillity in those who attune to it in a more deliberate and formal way, such as those who attune to it in the above mentioned spiritual practices. However, it will also create a state of peace, stillness and tranquillity in those who have attuned to it in a non-deliberate, unknowing, informal and casual way. For example, those who manage to attune to it while doing activities like gardening, sitting idly in a chair, lying down or even daydreaming.

Activities such as those are obviously not formal spiritual exercises. However, if an individual can attune well to spirit while engaging in those and other activities, that will be extremely therapeutic and inspirational for the individual concerned.⁶ Those activities may

not be formal spiritual activities but they can produce spiritual benefits similar to those produced by formal spiritual activities.

Reception of the benefits of the spirit encourages the individual to engage in those activities. If the individual can receive the power of the spirit, that must be so. As long as the individual is attuned to spirit, they can receive benefits from spirit – and the more and the better the individual attunes to the spirit, the greater those benefits will be.

We know that spirit also perfects. Thus, the greater the spiritual connection and the greater and closer the attunement with spirit that can be achieved, the more spirit can manifest within the individual and the greater and the more perfect will be the state of peace, stillness and tranquillity that is created within and throughout the self. As a patient becomes more and more accustomed to receiving spiritual healing energy, as they can attune to it and receive it better, the greater inner peace they will feel. The same occurs after a patient has received great spiritual healing energy. Clinical experience indicates this is true.⁷

Another very important characteristic, quality and attribute of the spirit is **life**. Silver Birch once said that when he declared: “Spirit is life, and life is spirit. Where there is life, there is spirit and where there is spirit there is life.” Spirit **is** life and spirit **creates** life in all its forms; and having created life, it **maintains** the life it creates in perfect order, balance, harmony, wholeness and health. Spirit, in creating and maintaining life, gives life in all its forms and so it creates, gives and restores life, order, balance, harmony, wholeness, and health in those who receive it and who are touched and influenced by it.



The power of the spirit is infinite in both quantity and quality, and it is infinite and perfect in its expression and manifestation. This means, amongst other things, that spiritual healing energy under the control of the perfect, infinite and all-knowing universal spirit intelligence can be adapted and changed **perfectly** in accordance with the needs and changing condition of the spiritual healer, the spiritual healing patient and the spiritual healing environment. This is: a) why spiritual healing therapy is perfectly safe and does not produce negative side-effects; b) why spiritual healing therapy can effectively complement every other healing therapy; and c) why spiritual healing is so effective in reducing the side-effects produced by other healing therapies.

Although spirit and the power of the spirit that derives from spirit are in fact perfect and infinite, at first glance, and on casual examination, they appear to be anything **but** those things. Because of the typical – but by no means always – subtle, gentle, quiet, quick, invisible and non-physical nature of the spirit and spirit power, they usually appear to be nothing. They appear to be worth nothing and to be incapable of anything. Thus, they appear to have no value and to be worthy of no consideration. It appears on the surface that any time and effort spent with spirit, is time and effort completely wasted.

Yet, in truth, spirit is the **exact opposite** to how it appears to the materialistic eye. Spirit may be typically subtle, gentle, quiet, quick, invisible and non-physical, but it should not be thought that great power and great effects cannot accompany those qualities and attributes of the spirit.

Let us remember that apart from possessing those qualities and attributes of the spirit, spirit is also **infinite**. Thus, spirit can operate subtly, gently, quietly, quickly, invisibly and non-physically with tremendous power and effect. Spirit frequently produces tremendous changes in that manner. Spiritual healing, for instance, often produces healing results that express in that way. Spiritual healing, for instance, may produce great positive changes in health in an individual with the individual being completely oblivious that those changes are taking place or that they have taken place.

People should not attempt to judge spirit from the benchmark of the typical expression of physical power that they experience in this world. People should not say that because spirit energy does not typically express unsubtly, ungently, noisily, visibly, and physically as physical power typically does, that it must have little or no power, effect, value or importance.

What people should appreciate is that physical power **is** spirit power and because that is so, both physical and spirit power can express in the same way. It is true that physical power and spirit power typically operate in opposite ways as we have seen, but each power frequently operates in ways that are typical of the other. Physical power, for instance, can express subtly, gently, quietly, quickly/slowly, and invisibly, with tremendous power and effect. Spirit power can express unsubtly, ungently, quickly/slowly, noisily, visibly, with tremendous power and effect. If people can appreciate that physical power is a subset of spirit power, if they can appreciate that physical power can express in a number of ways, they should be able to appreciate that spirit power can express in the same ways.

When the individual can appreciate those things they may re-evaluate what they previously thought about spirit. They might start to think that perhaps there is something to it. They may start to think that perhaps it is worth something. They may start to think that it can do things and provide benefits. They may start to think that spirit does have value and that it is worthy of consideration. They may start to think that perhaps any time and effort spent with spirit is not time and effort wasted. When they start to think that they will be on the right track because there is nothing of greater value, worth and importance than spirit and the things of the spirit.

The **true** nature of spirit is revealed when spirit expresses itself strongly, quickly and non-subtly in our world.⁸ Good spiritual phenomena that occur through mediums are an example of such expression.⁹ Those spiritual phenomena are in effect demonstrations of spirit power that reveal the true nature of spirit and its power. Demonstrations of spirit

power **clearly** indicate – and are provided by spirit **to** indicate - that spirit **is** real and that its power **does** produce effects.¹⁰

Demonstrations of spirit power indicate that spirit can manifest in not just one, but in **many** ways; and they indicate the effects of such manifestation can potentially be tremendously powerful, beneficial and advantageous. Such demonstrations indicate **something** of the great worth, value, capability and potential of the spirit.

Great demonstrations of spiritual phenomena that are worked through great mediums today indicate that the miracles that occurred in biblical times, which, of course, are really just great examples of spiritual phenomena, are not unique to biblical times.

Demonstrations of mediumship in modern times indicate that spiritual phenomena are produced in precisely the same way. They reveal that the power of the spirit can be worked through individuals from any member of society.

Demonstrations of spiritual phenomena through mediums indicate the basic mechanics of the mediumship process. They indicate that spirit does the work in producing all spiritual phenomena and that the medium is merely the means through whom the power of the spirit works. They indicate that the processes of mediumship in the past are identical to the processes of mediumship in the present.

What should be remembered, however, is that although spirit and the power of the spirit are infinite and perfect, the spiritual healers and other types of mediums through whom spirit works are not. They are not, nor can they ever be – regardless of how wonderful the spiritual phenomena that are worked through them.

This is the reason why spiritual phenomena that are worked through mediums are not infinite and perfect. You see, the infinite and perfect vibrations of spirit **cannot** be channelled and manifested through spiritual mediums of finite and imperfect vibrations. The higher, or rather the super-high, spiritual vibrations of spirit – spiritual vibrations that are far far above any spiritual vibrations the medium can radiate and produce - cannot be channelled and manifested through the lower spiritual vibrations of the medium. They cannot because natural law – or more specifically because the law of like attracts like, the **Law of Attraction** – will not allow it. The Law of Attraction **only** permits the medium to attract, channel and manifest vibrations similar to the ones they radiate and attune to. This explains why mediums can demonstrate **something** of the potentialities of the spirit but why they **cannot** – **and can never** – demonstrate the full potentialities of the spirit and its power.

What we can say is that the standard of mediumship is a function of the spiritual vibrations – or spiritual development – of the medium. The results of mediumship relate to the everyday spiritual vibrations of the medium plus the additional spiritual vibrations the medium can produce at the time of mediumship as a result of their preparation.

If the mediumship is less than perfect, it cannot be spirit's fault. It is always the fault of the imperfect human being or beings. They, and their circumstances, are the weak link and limiting factor in the spiritual process of mediumship. No matter how much the medium develops spiritually, they will **always** be the weak link. However, as the medium does develop spiritually they will become a stronger and stronger link in the spiritual mediumship process. As they develop and perfect spiritually, so too can the standard of spiritual phenomena that are worked through them improve. As they perfect, so too can more and more of the perfection and infinity of the spirit be worked through them. As they perfect, so too can more and more of the potentialities of the spirit be revealed through them. The Law of Attraction indicates that that must be so. However, as it is only possible for mediums to perfect and not to actually **be** perfect, no medium can **ever** reveal the full potentialities of spirit. Only spirit itself can do that.

We have observed that when spirit is received it tends to perfect those who receive it. When we relate this acquisition of spirit to spiritual development, this does **not** mean that the acquisition of spirit will produce perfection. It means that the acquisition of spirit causes things to progress a little – and occasionally a lot - further on the path towards perfection.

How great the spiritual progress will be will depend on the extent spirit can touch the soul of the recipient. Sometimes, however, even the greatest spirit energy cannot touch the soul of the recipient. Free will of the individual, and natural law as it applies to the individual can either allow or prevent the soul being touched spiritually.

The reason why spiritual healing is perfectly safe, and the reason why it is supreme among all healing therapies is because in spiritual healing, the perfect, infallible, and all-knowing spirit is the healer who does all the healing work, while in other healing therapies, the imperfect human being is the healer who determines the healing.

The term spiritual healer is actually a misnomer because in spiritual healing, the spiritual healer is not the healer – spirit is. The spiritual healer does not heal – spirit does. This has always been so. It was true in biblical times and it is true now. The spiritual healer is only the channel, the medium, or the means through whom the healing power of the spirit works.

The spiritual healer then is actually just another kind of spiritual medium. Different kinds of spiritual mediums may channel different kinds of spirit energy, but they **all** operate on precisely identical lines in that no spiritual medium is the source of the spiritual phenomenon that is produced through their mediumship, they are only the means through whom the spiritual phenomenon is produced.

A spiritual healer should more appropriately be referred to as a spiritual healing medium. The spiritual healer's job as a spiritual healing medium is to prepare themselves as well as they can so that the healing power of the spirit can work through them in the best

possible way. That is what produces the best healing results. This applies to spiritual mediums of all kinds.

In a paragraph above we noted that spirit is, has and expresses perfect and infinite love, compassion, patience, forgiveness, truth, understanding, fairness and justice. You should also know and appreciate that this perfect and infinite love etc that spirit has and expresses is not only directed to human beings. It is directed to **all** the creatures of the Great Spirit not just to only **one** of the creatures of the Great Spirit.¹¹

If the above qualities and attributes of the spirit were restricted and directed to only one, and not to all, of the creatures of the Great Spirit that would not be fair or just. That would certainly not be an expression of perfect fairness and justice. Let me also point out that limiting the above qualities and attributes of the spirit to only one, would indicate that spirit has and expresses love etc of the most finite kind.



Spirit creates and maintains matter and manifests through matter, but is not a consequence and creation of matter. Matter rather is a consequence and a creation of spirit. Spirit does not owe its existence to matter rather it is matter that owes its existence to spirit. Spirit creates, maintains and determines **all** things about matter. Indeed, matter **is** spirit. Matter is just spiritual vibrations in the range of spiritual vibrations that are called physical.

When we apply this information to human beings, we can say that spirit creates, forms, maintains and determines the human body and the matter and states of matter in the human body. If spirit does control all matter in the universe it **must** control the matter in the body. What we **cannot** do is to separate the matter in the body from the matter in the universe and say that which applies to the matter of the universe does not apply to the matter in the body. We cannot separate spirit from spirit – and that is what we do if we separate the matter in the body from the matter in the universe.

As spirit determines the human body and the matter and states of matter in the human body, it determines the shape and appearance of the physical body and the health of the physical body. Spirit also determines the make-up and health of the mind.

Spirit exerts control and order over all things; and when spirit manifests perfectly, the control and order that it exerts is, and can be, none other than perfect. What spirit and its application do is that they tend to produce perfection where there is imperfection. Spirit, in perfecting imperfection, therefore acts to re-create balance and order where there is imbalance and disorder. This is made possible because: a) spirit has perfect intelligence and knowledge; b) all physical and non-physical animate and non-animate objects in the universe connect and interconnect to each other – right down to the

sub-atomic and smallest possible levels; c) spirit connects and interconnects to all objects right down to the smallest possible level; and d) because of the infinite and perfect power that derives from spirit which is the power of the spirit. In order for spirit to exert perfect control and order then, it requires perfect knowledge and intelligence, perfect communication – involving the connection and interconnection of all objects to both themselves and to spirit, and the power necessary to exert control and order.

Let us be clear though that the above connection and interconnection, communication, and the energy used to exert control and order are **not** physical but **spiritual** in nature. It is true that the physical universe and the animate and inanimate objects in the physical universe have physical structures, physical connections and interconnections. It is also true that the physical universe and the things in the physical universe are operated by physical energy. However, let me reiterate that the physical is really the spiritual.

Therefore, when we talk about connection and interconnection, we refer to **spiritual** connection and interconnection. When we talk about communication, we refer to **spiritual** communication. When we talk about power, we refer to **spirit** power. Do keep in mind that **all** power and energy – regardless of its expression – is really just **a** form of spirit power and spirit energy.

If spirit does exert control and order over all things, you may be prompted to ask: “Why then is there so much chaos and disorder in the world, and why do people suffer so much ill-health?” My answer is that: “If there is chaos and disorder in the world, it is not and cannot be due to spirit and to the thoughts and actions of spirit. It can only be caused by some other agency or agencies – and the greatest such agency and culprit is humankind.

Let me put things into perspective: the vast majority of chaos and disorder in this world are caused by human beings and by the unspiritual and unnatural thoughts and actions of imperfect and ignorant human beings. If we look at the many ecological disasters in this world, for instance, can you think of **any** that **cannot** be traced back originally to human thought and action?

Spirit on the other hand produces **no** chaos and disorder. It can **only** think and act perfectly, spiritually and naturally in accordance with its nature. It **cannot** act contrary to it. If it did it would create imperfection not perfection. It is an agency of anti-chaos and anti-disorder. It is an agency that creates, restores and maintains balance, harmony and order. Spirit acts to restore balance, harmony and order out of chaos, disorder and havoc produced by human beings. If spirit were not there to fulfill its balancing, harmonizing and ordering role, the chaos and disorder produced by human beings would be so great that there would probably **be** no human beings on this earth of ours.

It is true that spirit is capable of counteracting any chaos and disorder produced by human beings – but it cannot always do so in only five minutes or less. Human beings should be aware that it is very possible for them to create such chaos and disorder in this world that it

might take hundreds or thousands of years for nature to restore balance and harmony in this world once again. In the meanwhile, life would be very difficult or even perhaps impossible for life on this planet. How could I possibly predict such a doomsday scenario? Because it is happening **right now**. Indeed, it has been happening for a while and it is becoming worse and worse.

Where chaos and disorder are associated with human beings, it is due to the fact that **spirit is being prevented from manifesting adequately and because there is a lack of spirit in people's lives**. It is simply this that produces chaos and disorder in health and in the world itself. If spirit could manifest appropriately in people's lives, if people would cooperate and work appropriately with spirit, if people could live, think and act spiritually and naturally instead of living, thinking and acting unspiritually and unnaturally, **all** such imbalance would eventually be rebalanced and corrected. When people live, think and act in that spiritual way there can be no chaos and disorder in life; and so it must follow that as they start to live, think and act in that spiritual way and as they live, think and act more and more in that way, chaos and imbalance must be correspondingly reduced. The key then to reducing chaos and imbalance in the lives of human beings is to inject spirit and for it to manifest strongly in people's thoughts, acts and deeds. As spirit gradually does this, as natural law permits, so too must chaos, disorder, imbalance and ill-health be reduced accordingly."

One frequently hears people erroneously declare: "Why did God do this to me?" or "Why did God do that to us?" Such statements are inappropriate and incorrect because God – or spirit – is **not – and is never** - the cause of their suffering, difficulties, chaos and disorder. Those are due to the free will of human beings and are not due to the will or whim of spirit. Those are caused by **lack** of spirit and by **poor manifestation** of spirit on the part of human beings. They are caused by human beings transgressing against **impartial** natural spiritual law. They are caused by people thinking, acting and living unnaturally and unspiritually instead of thinking, acting and living naturally and spiritually. It is **their** free will that makes them do that. It is **not** the will of spirit that people do those things. It is the will of spirit that people **not** do those things. If people transgress against natural law, things like suffering, difficulty, chaos and disorder must **automatically** follow. It is not spirit that causes suffering etc rather it is transgression against the laws of the spirit that cause such things. Let me tell you that spirit is **not** given to whimsy nor does it **generally** interfere with the free will of human beings.¹²

Human beings are free to basically do what they like - **provided** their actions do not conflict with the will and plans of spirit. Human beings are free to transgress or not to transgress against the law of the spirit if they so desire. Spirit allows them to do that. That is how they learn and develop spiritually. Transgressing against the laws of the spirit is what encourages them to eventually live in harmony with the law of the spirit. Transgressing against the laws of the spirit is what eventually prompts the individual to live, think and act spiritually.

However, while the individual is free to transgress against the laws of the spirit, they should be aware that doing so **always** brings with it the negative consequences of doing so. They should be aware that the greater they transgress against the laws of the spirit, the greater the negative consequences will be.

It seems to me that when the individual knows those things – and if they are beings of reason, logic and common sense – their free-will will tend to conform to the laws of the spirit. The individual will try to align their will with the will of the spirit. The individual will know that that way – the spiritual way - is the best way to live their life. They will know that that is the way to **true** health and happiness. They will know that that is the best way to avoid suffering, problems and difficulties in their life – and they will know that that is the best way to reduce and remove suffering, problems and difficulties in their life should they occur.

The more spiritually enlightened and advanced the individual becomes, the more they will let the will of spirit be their will. The spiritually enlightened and advanced soul will not attempt to oppose the will of spirit – because they know they cannot do that.

Free will is also involved when suffering, difficulty, chaos and disorder are not due to spiritual transgression. For example, when a person decides for reasons of spiritual development to have suffering, disabilities and difficulties before they are born into this earth plane. The individual decides of their own free will to have these things so that they, and perhaps others, can spiritually benefit from experiencing them – and the individual concerned has the co-operation and guidance of spirit to bring these circumstances about. What we can say then is that in all cases of suffering, difficulty, chaos and disorder in human life we have the involvement and instigation of human free will and the associated involvement of spirit.

It often happens that people have suffering, difficulties, chaos and disorder in their lives that are due to karma they have earned in their present life, in a past life or in past lives. It can also be due to what they do **between** physical lifetimes when they are in spirit. After all, natural law is not suspended because the individual passes into spirit. Natural law applies at **all** times, in **all** places, and on **all** planes of existence – and because that is so, individuals are subject to it and to the consequences of transgression against it at **all** times, in **all** places, and on **all** planes of existence. The individual also similarly **cannot** escape the **positive** consequences of working with spirit or the positive consequences of living, thinking and acting spiritually.

If the individual could escape the negative consequences of transgressing against the law of the spirit or of living, thinking and acting unspiritually and unnaturally; **if** they could escape the positive consequences of co-operating with spirit or of living, thinking and acting spiritually and naturally, that would not be fair or just. Indeed, that would contravene natural law – and that cannot happen.

But what people so often do is to make suffering and difficulties etc **unnecessarily** worse – and sometimes to make them needlessly **much much** worse - than natural law requires because of incorrect choices, decisions, thoughts and actions they or others make. Their negative conditions and circumstances must, of course, be experienced as natural law requires – **but they do not need to be any worse than they karmically need to be.**

It is said that no individual is ever given **more** suffering, difficulty and hardship in their lives than they can endure. Can you imagine the perfect, all-knowing and loving spirit ever doing and requiring that? That would be unspiritual cruelty. That would be unspiritual, unfair and unjust. That would not be an act of love. Spirit can only behave in a perfect, spiritual, fair and just manner. Spirit can **only** behave in accordance with its nature. **If** spirit could behave contrary to its already perfect nature, that behaviour could not be perfect.

As the physical world - or the physical classroom, which the physical world really is – has been created by spirit for the purposes of spiritual development, it would serve no purpose in giving the individual more in life with which they could cope. It would make no sense to give the individual spiritual lessons that they had no chance of mastering. It would not be a thing of reason, logic and common sense – and the perfect spirit can only act with perfect reason, logic and common sense.

However, what people **frequently** do through **their** own free will is to cause their existing suffering, difficulty and hardship to be much greater than they need be so that they **cannot** be endured. If what they – or others - do pushes them **above** their enduring and coping threshold that has been determined by spirit, that must be so.

Obviously, it is not the perfect, all-knowing and loving spirit that has done this but they themselves. It is particularly – but by no means only - at such times they erroneously declare: “Why did God do this to me?” Instead, what they should be saying is: “Why did I do this to myself?”

Why do people believe that God is responsible for suffering, difficulty, chaos and disorder in their lives? It is mostly because they are ignorant of the basic truths of the spirit. Those who have a good knowledge of spiritual truth – or at least, good knowledge of the spiritual basics - would not believe that God is or could be responsible.

You see, that God is **not** responsible for an individual’s spiritual transgressions; that an individual is **personally responsible** and must suffer the consequences for **their own** spiritual transgressions, derive from the spiritual basics and the spiritual fundamentals. Spiritualists would probably add that that information can be found in the seven basic principles of spiritualism.

Such information belongs to the spiritual A, B, C’s. Yet, so many people do not know even those! Many other people have only a sketchy knowledge of them at best. It is not surprising then that the spiritually ignorant should erroneously believe God is responsible

for suffering, difficulty, chaos and disorder in their lives. The spiritually knowledgeable soul, however, would **never** blame spirit for problems in their lives which **they themselves** have caused.¹³

People also frequently shift the blame for their difficulties onto God and spirit because they erroneously consider **themselves** to be perfect, and therefore – according to them – the negative conditions in their lives **cannot possibly** be attributed to what **they** do. They must be attributable to and must have been imposed by another party. People commonly believe that God does things to them and so God frequently becomes that other party. God is a convenient scapegoat and a convenient culprit!

Of course, people also frequently blame **another or others** for **all** the suffering, difficulty, chaos and disorder in their lives. They are convenient scapegoats and convenient culprits too. It may well be true that another or others do indeed contribute considerably in that regard. However, contributing considerably is not contributing all. Many people blame others for their difficulties even if those others are **not at all** responsible. They even blame others if those people have provided nothing **but** help. They falsely and forcibly affix blame to any**one** and anything **but** themselves. This allows them to maintain their false and delusional aura of perfection.

Let me make it clear to you that the state of personal perfection **cannot possibly** occur. The state of personal perfection **cannot** be attained - and for that reason, people cannot and should not declare that is has. An individual cannot and should not declare a state of personal perfection has been attained either in their self or in another self or selves. You see, no person **is** perfect, no person **has ever been** perfect, nor can any person **ever be** perfect.¹⁴

The individual can **only** travel along the road **to** perfection. The individual can never arrive **at** perfection because the road to perfection is infinite in length. They may have travelled very far along that road, but no matter how far they have travelled, no matter how spiritually advanced they are, they can never **truthfully** declare – nor can it **ever** be truthfully declared of them or of others – that they have arrived **at** perfection.

Clearly, spiritual development and spiritual perfection require **continual change** on the part of the spiritually imperfect human being. Development and perfection cannot occur without change. One cannot move forward in the physical world by standing still, and one cannot progress in the spirit world by standing still either.

Therefore, if the individual has an attitude or attitudes that resist change in the self, if they have attitudes that tend to produce developmental stasis rather than produce positive developmental progress and change; this can be none other than a serious impediment to their spiritual development and perfection. I do not say that they will not experience spiritual development and perfecting if they have such attitudes, but when spiritual

development and perfecting do occur, they occur **in spite of** those attitudes, **not because** of them.

The belief in personal perfection is a prime example of an attitude that resists positive change in the self. The false and delusional belief in personal perfection is a great impediment to the spiritual development of the self. If the individual is also a spiritual teacher, and they inculcate that belief - or other harmful beliefs - in those they teach, or if they fail to remove it if it already exists, that belief can also impede the spiritual development of those they teach and influence.

Unspiritual thoughts and attitudes like the belief in personal perfection, which put the brakes on spiritual development, put the developmental brakes on mental and physical development as well. Such thoughts **must** retard growth and healing of the **entire** self. Because of the interconnection of the body, mind, soul and spirit, negative - **and** positive - effects cannot be restricted and confined to only one aspect of the self. Effects that occur in one aspect of the self must 'filter down' to **all** aspects of the self.

The belief in personal perfection must also have an adverse effect on the individual's ability to solve all sorts of problems in their daily life. That belief can also prevent the solving of problems that affect the entire world. Can you guess why those things are so?

You see, if one believes one has **already** arrived at a state of perfection, one believes one has no need to change. If one sees no need to change, one is not open to ideas and suggestions that will allow them – and perhaps others – to develop and perfect.

If one projects an aura of perfection, it may be difficult to maintain if one voluntarily changes or if one admits to the need for change. That is particularly the case if the change is of a **fundamental** nature. You see, to change something that is already perfect – **usually** - renders that thing imperfect. Thus, if the individual changes or admits to the need for change that renders them imperfect too.

An individual or individuals who are under the spell of the belief in personal perfection may continue to solve problems using solutions they have always used – despite the fact those solutions have not worked in the past, are not working now, and despite the fact they have no prospect of working in the future. An individual who is infected with the belief in personal perfection may not allow change even if they think the change can produce improvement, because by doing so that will shatter their aura of perfection. What a state of affairs to get into!

It seems to me that the belief in personal perfection may be produced and maintained by ignorance, but it can also be produced and maintained by egotism.

Unfortunately, that mental state of affairs is not in their best interests or in the best interests of others, because they have to be able to change in order to become perfect - and

that attitude inhibits change. It certainly cannot be in one's best interest when what one does prevents one from fulfilling the very reason for their existence.

When one believes in a state of one's own personal perfection, one not only creates a great impediment to one's own spiritual development, one invokes a **curse** on one's own spiritual development. If one teaches others, one does the same to them. Surely, that cannot sit well with anyone who desires to travel on the spiritual path and who places great importance in spiritual development. Surely, knowing that cannot sit well with those who desire to help others travel the spiritual path. That impediment and curse, however, need not exist. They were respectively created and invoked by the individual and they can be removed and lifted by the individual.

If the individual can remove the impediment to their spiritual development and lift the curse they have imposed, they must benefit. All the individual needs to do that is to realize **the** truth about their self. They need to realize that they exist in an eternal state of imperfection. They need to realize that they must persist in a state of imperfection, **regardless** of the spiritual advances they make. They need to appreciate that that truth is applicable to **all** beings no matter how spiritually advanced.

Once the individual truly appreciates the above, they will free themselves of an attitude that puts the brakes on their spiritual development – and they will have done something that will really allow them to progress forward spiritually. If the individual is one who teaches spirit to others, they can prevent those people from acquiring an attitude that puts the brakes on their spiritual development too. The individual can help remove such attitudes if they have already been acquired. By removing the impediment and the curse of the belief in personal perfection, the individual will also free themselves and others of an attitude that makes it difficult to solve minor and major problems.

The truth of the spirit will set you free. It will set you free of mental and spiritual imprisonment you ignorantly and needlessly create for yourself by your incorrect thoughts. The truth of the spirit – i.e. **correct thinking** - removes barriers and impediments to spiritual development and allows you to walk more freely on the road to spiritual perfection. That cannot happen when you walk with spiritual untruth and misconception.

Acquiring the truth that you are imperfect, releases you from the spiritual fetters and the spiritual leg irons that you have foolishly and ignorantly placed on your self by your belief in your personal perfection. Surely it is nothing but foolish and ignorant to voluntarily incarcerate and place restraints on your self when there is absolutely no need to do so. Surely it cannot be a thing of reason, logic and common sense to do something that prevents you from achieving the reason for your existence.

Acquiring **the** truth – even a small aspect of it, as is the case when one comes to the realization that one is imperfect – will always benefit the individual in a spiritual way. When the individual comes to the realization that they are imperfect, the brakes that retard their

spiritual progress are released and the individual can move forward spiritually at a faster rate.

Truth, of course, is one of the many qualities and attributes of the spirit. Thus, through the Law of Attraction, acquisition of the truth will allow the individual to connect better with the spiritual vibrations of spirit. The vibrations of truth of the individual attract to the vibrations of truth of the spirit.

It is not vibrations of untruth, such as vibrations that result from the belief of self perfection, that attract to vibrations of truth. That must reduce the spiritual connection between the individual and spirit – and, of course, that must reduce the standard of the spiritual phenomena that can be produced.

I do not say that the increase of personal spiritual vibrations that comes with the realization of the truth that one is imperfect will dramatically increase the standard of one's attunement with spirit. It will not.

By only acquiring a small aspect of the truth, the individual's vibrations and the individual's attunement, which are a consequence of those spiritual vibrations, can only increase by a corresponding amount. Thus, the improvement in attunement will be small. However, what the acquisition of that truth will allow is an improved acquisition of **other** truths of the spirit and an increased rate of spiritual development – and these can **really** increase the individual's spiritual vibrations and attunement with spirit.

It should be remembered that when an individual acquires a quality and attribute of the spirit, this connects them closer to spirit. As the individual acquires more and more of that quality and attribute, they draw closer and closer to spirit. It may appear that making little spiritual steps like that is not much of a big spiritual deal, but it should be remembered that spiritual development tends to proceed in precisely that manner.

If an individual can promote their spiritual vibrations and their attunement with spirit by acquiring **one** quality and attribute of the spirit in the above manner, they will promote their spiritual vibrations and their attunement with spirit **even more** if they acquire a couple or several other qualities and attributes of the spirit – and if they acquire many qualities and attributes of the spirit they will promote their spiritual vibrations and their attunement with spirit much **much** more.

It seems to me a thing of reason, logic and common sense to say then that if one wants to develop and improve their mediumship or meditation, if one wants to develop oneself spiritually, or if one just seeks to draw closer to spirit, one should acquire the qualities and attributes of the spirit and one should constantly seek to raise – or cultivate - the standard of those acquisitions. If the individual can do that, then the above goals will be achieved.

It is very important that the individual on the spiritual path walks in truth; but it is very important that they also walk in **purity**. Purity, in my opinion, is one of the most important qualities and attributes of the spirit for anyone who practices mediumship or who is on the spiritual path to have and cultivate – and it is a quality and attribute that is relatively easy for the individual to have and cultivate. In my opinion, the quality and attribute of purity is on a par with other very important qualities and attributes of the spirit like love; life; creativity; and peace stillness and tranquillity.

If the individual is not pure in body, mind, soul and spirit they will not be able to walk the spiritual path very well. If the spiritual medium is not pure in body, mind, soul and spirit they will not get their best mediumship results.

The good medium endeavours to practise mediumship in a state of good health, and in a state of physical, mental and spiritual purity - in a state that is as less vibrationally debased and degraded as possible. Those two states are interrelated because one cannot be healthy unless one is pure, and one cannot be pure unless one is healthy. If the medium can attain those states, they will provide a very great contribution to their preparation for mediumship. However, If the medium neglects their health and their purity their mediumship must suffer.

You may ask: “But what has one’s state of health and one’s state of purity got to do with mediumship?” “They have a very great deal to do with mediumship because the standard of one’s state of health and the standard of one’s purity contribute significantly to the standard of one’s spiritual vibrations. We have seen that the standard of mediumship is a function of the standard of spiritual vibrations. Thus, if the medium’s health and purity are poor, their spiritual vibrations must suffer and so too must the standard of their mediumship suffer.

It should not be forgotten that when we talk about state of health we are not only concerned with the state of the body, we are also concerned with the state of the mind, the state of the soul and the state of the spirit. When we talk about the state of health – or the state of **wholeness** - we can only really do so if we consider the **whole** self, **all** the parts of the self and how these parts work together. It is not possible to have good health unless **all** the parts are healthy and unless they all work together properly. If one or more parts of the self are not healthy, this lowers, debases and degrades the overall spiritual vibrations of the self. This prevents the medium attuning to, receiving and channelling higher quality spiritual vibrations that good health would allow. The good medium knows that if their spiritual vibrations are not right, neither can their mediumship be right. To that end, the good medium will seek to be in good health at **all times** and to be in especially good health **immediately prior to and during** mediumship.

You may refute what I say by declaring you know a number of good mediums who still get good results despite being in poor health and despite neglecting their health. It is possible that they may get good results but I say they are not very good mediums. They certainly are

not the best of mediums and they certainly cannot obtain the best results from mediumship of which they are capable. They cannot, because the reduced state of their spiritual vibrations produced as a result of their poor state of health and poor health practises will not allow it. I tell you, if those people do get good results from mediumship, it is not because of their poor state of health and poor health practises but in spite of their poor health and poor health practices.

You will find that I frequently reply to declarations from another or others like that with replies like that.

When individuals take time out to care for their health, when they create the appropriate balance of rest, work and play, when they practise mediumship in an appropriate, balanced and moderate way, they strengthen and fortify themselves physically, mentally and spiritually, raise their vibrations and prepare themselves better as mediums and prepare themselves better for mediumship. Such preparation produces good results and allows the production of continually better and better results.

If the medium neglects their self, refuses to rest, continually practises, damages their health, exhausts and weakens their self, lowers their purity and their spiritual vibrations, this will cause them to be poorly prepared as mediums and to be poorly prepared for mediumship. As time goes by, if that does not change, that situation must become progressively worse and worse. This is what produces poor results and allows the production of continually poorer and poorer results.

Purity of the medium has a very great deal to do with mediumship. If the medium is not pure, if they are less pure, they will not be able to channel the purer higher spiritual vibrations of spirit. According to the Law of Attraction, like vibrations attract like vibrations. Therefore, if the medium wants to attune to and channel the highest vibrations – which are also the purest vibrations – they must make themselves as pure as possible so that they can attune to and channel them.

Always remember: purity attracts purity of like nature; purity attunes to purity of like purity; and purity is channelled through purity of like nature. Impurity cannot attract and attune to purity, and purity cannot be channelled through impurity. They cannot because natural law – or more specifically, the Law of Attraction - decrees they cannot.

If the medium wants to make themselves as pure as possible for mediumship they must prepare themselves appropriately. They must, for instance, ensure the food, fluid, and other substances they take into their body are pure. They must ensure that all dark and negative thoughts they harbour are cast away and the mind is filled with only positive and spiritual thoughts. They must follow the principle of rejecting anything that debases, degrades, over-stimulates and causes impurity. All mediums are advised to practise deep breathing and meditation in order to calm and centre the mind, clear it of all mental clutter while raising the spiritual vibrations.

If you doubt what I say about the importance of purity to mediumship you should put it to the test. What you can do is for one day try to practise mediumship in the purest state and environment you can produce and attain. Then try to practise mediumship for a day in an impure state and environment. Do not change anything else in your preparation for mediumship except your state of purity and things that relate to it. If you will do that, you will notice a great difference in your two sets of results and you will know that what I say about the importance of purity to mediumship is indeed correct.”

It seems to me that if one closely follows the principle of purity, one must go a long way in preparing other qualities and attributes of the spirit within them as well. If one follows the principle of purity in preparing oneself for spiritual contact, one cannot be as pure as possible, for instance, if one is not in a state of peace, stillness and tranquillity or if one's mind is filled with hateful and negative thoughts.

Of course, spirit has other qualities and attributes apart from purity that the medium needs to promote within themselves if they want to obtain their best mediumship results. The medium should try to ensure that **all** the qualities and attributes of the spirit within them are of a high vibrational state. They should take note of any that are not and try to bring them up to scratch.

It seems to me that when one wants to attune to and channel the best vibrations of the spirit that one can, one must prepare by utilizing the Law of Attraction. However, in order to attune **to** the qualities and attributes of the spirit, one must first **have** the qualities and attributes of the spirit - and if one wants to attune to the higher spiritual vibrations, one must have them to a correspondingly high standard. After all, the Law of Attraction decrees that like attracts to like. It does not decree that like attracts to unlike. The Law of Attraction decrees that that causes repulsion. If, for example, one lacks the spiritual quality and attribute of love, or rather if one is not very loving, this is not conducive to good mediumship. It is not good because the individual's spiritual vibrations are not right – and if the individual has hateful thoughts, their spiritual vibrations could not be less right. The Law of Attraction does not allow the hateful thoughts of the self – or rather the spiritual vibrations associated with hateful thoughts – to attune to the loving vibrations of the spirit. If one suffers from closed-mindedness and complacency, which do not relate to the spiritual quality and attribute of **infinity**, this is not conducive to good mediumship either. One's spiritual vibrations **cannot** be **less** right and **less conducive** for mediumship when they are the **exact opposite** of the spiritual vibrations of the spirit.

You may say: “But what happens when one set of spiritual vibrations of the self is positive and another set is negative?” “It is quite possible for that to occur. It is quite possible, for instance, for a medium – or for **any** person – to be very loving while at the same time to have a closed-minded and complacent attitude. The former produces positive vibrations while the latter produces negative ones. When this energetic state of affair occurs, we have one set of spiritual vibrations attracting spirit and another set repulsing and rejecting spirit.

Clearly, when a medium projects vibrations in that manner, natural law prevents them from optimizing attunement with spirit. How strong the attunement with spirit will be will depend on the relative strengths of the positive and negative vibrations. The medium's attunement to spirit maximizes when **both** sets – or rather **all** sets - of spiritual vibrations are positive and strong because then there is **only** a strong increase and drawing towards rather than an increase and a drawing towards plus a decrease and a moving away from. Clearly, attunement cannot possibly be maximal when positive and negative vibrations cancel each other out.

You should not think that the thoughts of a medium – or **any** individual – can ever be so poor as to produce zero attunement or sever their connection with spirit. Neither is possible. It is true that attunement can be poor and virtually non-existent but it can **never** be zero. You see, every individual and every living thing **must** be attuned and connected to spirit because spirit gives them life and produces and maintains their existence. Without spirit, the individual would instantly have **no** life and **no** existence. You should appreciate that what differentiates the worst of war criminals from the best of spiritual mediums is not that the latter is attuned to spirit while the former is not – because both **must** be attuned to spirit – but that the latter is **much better** and **more closely** attuned to spirit. The latter's spiritual vibrations are much higher, while the former's spiritual vibrations are much lower. The former's spiritual vibrations are relatively lower – and indeed may be so low as to be **virtually** zero - but they are not zero, nor can they ever be.

Because there are a large number of qualities and attributes of the spirit, it is quite possible for a lot of simultaneous spiritual vibrational attraction and repulsion to occur. This creates a kind of spiritual 'turbulence' and imbalance that is not at all conducive to good mediumship. It is conducive to mediumship of inferior quality.

I admit that good mediumship **may occur** under such circumstances but the medium concerned **cannot produce** their best mediumship under those circumstances. For that to occur, **all** sets of spiritual vibrations of the medium must be strong and positive. This is something that all mediums should strive to do – and it is living, thinking and acting spiritually; good knowledge of spiritual theory; and good application of that theory through good preparation that allow that. I cannot stress to you the importance of getting your thoughts and attitudes right for mediumship because if they are not, your mediumship **must** suffer.”



As spirit **is** the universe and spirit **is** all physical and non-physical animate and non-animate objects in the universe, the physical, mental, psychical, and spiritual worlds and planes each - and all things pertaining to these worlds and planes - are really only different manifestations and ranges of spirit, spirit energy and spiritual vibrations.

Because spirit **is** the universe and **all** things in the universe, this means that **all** physical, psychical and spiritual worlds and planes are **all** spiritual worlds and planes and that **all** beings and **all** living things, no matter whether they reside on the physical plane or on **other** spiritual planes, are **all** spirit beings. Thus, **all** worlds and planes, **all** beings, **all** living things and **all** inanimate matter are really just different manifestations and ranges of spiritual energy and spiritual vibrations.

It is this commonality of and connection by spirit that make possible spiritual healing, spiritual communication and all spiritual phenomena.

Spirit law decrees that this commonality and connection by spirit cannot be sundered, and this means that there is no, and can be no spiritual isolation and separation between spirit beings, animate and inanimate objects and spirit worlds. If there were spiritual separation and spiritual disconnection between and within the animate and inanimate objects of this earth plane and other spiritual planes and other spiritual vibrations, spirit could not exert perfect control over the universe and all things in the universe. Obviously, spirit must be able to link and communicate perfectly in a spiritual way with its creations for it to have perfect intelligence about them and for it to exert perfect spiritual control over them.

If there were spiritual separation and spiritual disconnection, if spirit were not the common denominator, the spiritual healing that occurs through spiritual healers would not be possible because spiritual healing through spiritual healing mediums is an entirely spiritual process requiring the channelling of spiritual healing power, as Silver Birth used to say: **from** spirit, **through** spirit, **to** spirit – i.e. from the higher spiritual vibrations through the spirit of the healer to the spirit of the patient. For spirit power to reach the patient in a spiritual way, a three-way spiritual connection and communication must exist.

Likewise, all other kinds of spiritual mediumship are also entirely spiritual processes involving the channelling of spirit power from the higher spiritual vibrations through the spirit of the medium. Therefore, if there were spiritual separation and spiritual disconnection, no spiritual mediumship of **any** kind would be possible.

Let me tell you another obvious thing that would occur if spiritual separation and spiritual disconnection could occur. As spirit exerts perfect control and order over the universe and all things in the universe by spiritual means, **if** there were to be spiritual separation and disconnection between spirit and the universe and all things in the universe – even for a tiny fraction of a second – that which suffered spiritual separation and disconnection would have no control and order and would instantly cease to exist. We have also seen that spirit also gives, creates and maintains life. Thus, if any living thing could suffer spiritual separation and spiritual disconnection it would suffer separation and disconnection from the power of the spirit which imparts and maintains life and immediate death would result.

1 To complicate matters, an individual may be engaged in spiritual activities like prayer, meditation and (non-spiritual healing) mediumship yet receive energy that is not merely healing in a general way but healing in a way that is typical of a spiritual healing treatment. That can happen – especially when individuals practising the above spiritual activities make some kind of verbal or mental request for healing. You see, just as different types of physical energy can travel along a connection between two points in the physical, so too can different types of spiritual energy travel along a spiritual connection between spirit and an individual. If an individual say, decides to sit down on their own to practise meditation – and they are reasonably adept at it - they will receive experiences and benefits typical to the practise of meditation. However, they may also receive effects that are not typical to the practise of meditation. The individual, for instance, may receive healing effects that are associated with the practice of meditation, and healing effects that are associated with the practice of spiritual healing. When that occurs, the individual may have initially sat down to practise meditation but they have also received – and practised - spiritual healing. That may have occurred intentionally or unintentionally.

It should also be remembered that while it is true one or more types of energy can travel through a connection, the make-up of a connection may be very conducive, moderately conducive, poorly conducive or not conducive at all to the transmission of energy. That is so with physical connections and with spiritual ones. Is it not so, for instance, that some physical materials like copper allow excellent conduction of electricity? Is it not true that some materials allow electricity to be conducted only moderately or poorly? Is it not true that some materials do not allow conduction of electricity at all? That is something that every school child knows. The same applies with individuals who connect to spirit.

The type or types of spirit energies an individual can receive, and the manner in which they are received depend on their particular spiritual vibrational make-up and the spiritual vibrations they radiate at the time they engage in their spiritual activity. It also depends on whether they are well-attuned to spirit.

The individual's spiritual vibrations indicate what type or types of spirit energy they can receive. It indicates what they can receive and how they receive. The individual's spiritual results are a function of their spiritual vibrations and their attunement to spirit. The individual's spiritual results will therefore be best when they can produce their best attunement with spirit. Their maximum potential cannot be realized if they are not well attuned to spirit. If they are not well-attuned and well plugged in, they can only receive poorly.

You may say: "But what if they are not attuned to spirit at all?" That cannot happen. The individual must always be attuned to spirit. They must always be attuned to the vibrations of the spirit. However, although they must always be attuned, they may be so poorly attuned that nothing – or virtually nothing – can be received at all.

It should be remembered that individuals are **not** the same. They are all different. It is true that some may be very similar but no two are precisely alike – and it is quite possible for two

or more individuals to be very different. They can be very different physically, mentally and spiritually. They can be very very different in their vibrational make-up. Because that is so, there can be great differences in what different individuals can receive from spirit.



2 As spirit pervades everywhere, its benefits can be received anywhere. The benefits of the spirit can be found on the highways and the byways. They may be found where you least expect and where you do not expect. As spirit pervades to every nook and cranny of life, the benefits of the spirit can be found in everyday activities and situations of life. Indeed, the activities and situations of life in the physical world have been provided by spirit as prompts for spiritual development.



3 You should not think then that in order to develop spiritually you must attend church and/or spiritual development groups. There are many highly spiritual developed individuals in society who have never attended church or spiritual development groups. Many of those individuals do not even believe in God yet are still much more spiritually advanced than many people who have attended church and spiritual development groups for years.



4 You will undoubtedly appreciate why sick people should seek and receive spiritual healing. However, what you may not appreciate is that healthy people should seek and receive spiritual healing too. You see, an individual may be described as being healthy, but no matter how healthy they are, they can **never** be in a state of perfect health. They can only ever be in an imperfect state of wholeness and health. This means that when an individual is declared to be in a state of perfect health, they are not.

The individual is usually declared to be in perfect health because they meet pre-determined health criteria based primarily on physical assessments. However, those assessments fail to take into consideration other aspects of the self, such as the soul and spirit, which must be considered in any valid assessment of health and wholeness. It is completely impossible to **accurately** assess health and wholeness of the self if only one or two aspects of the self are assessed – one must assess the entire self for that.

The individual can only achieve a perfect state of health when they attain spiritual perfection. As that cannot be attained, neither can the state of perfect health. The individual can **never** be perfect. However, they can **always** be made more perfect in body, mind and soul. The individual's state of health and wholeness can **always** be improved.

As all things are spirit and spiritual vibrations, what we can do is instead of saying the body, mind and soul can always be perfected, we can say that the spiritual vibrations of the self can always be perfected.

As spirit and the spiritual healing vibrations that derive from spirit perfect the imperfect self, and as spirit and its spiritual healing vibrations perfect the spiritual vibrations of the self, spiritual healing has a place with those who are in poor health and those who are in good.

Spirit can promote the spiritual vibrations in those of both lower and higher spiritual vibrations. If it can do that, the health and wholeness of **every** individual – **regardless** of their level of health – can be improved.

The fact is, those who deny themselves spiritual healing because they think they do not need it as they consider themselves to be in good or perfect health, are denying themselves and missing out on an opportunity to improve their health and spiritual development. Those who deny another or others spiritual healing for the same reason also cause those people to miss out on an opportunity to improve their health and spiritual development.

Spiritual healing then can benefit everyone - the sick **and** the healthy.



5 It should not be forgotten that spiritual mediums of all kinds, those who channel spirit power, also experience an increased state of peace, stillness and tranquillity during and after mediumship. That is the **general** experience. When the spiritual healer channels spiritual healing energy to a patient that has a strong peace, stillness and tranquillity component to it, the spiritual healer is particularly affected by that energy. The experience of peace, stillness and tranquillity during and after the spiritual healing session is particularly strong.

It should be stated that one **cannot** receive the healing power of the spirit and the positive qualities and attributes of the spirit that come with it and not benefit from the experience – especially over the long term. It is true that the medium **may** experience discomfort or come back over the short term, but over the long term they must benefit from association with the spirit power.

You may say: “But the spiritual healing energy is intended for the patient. Why should the spiritual healer be similarly affected?” “You see, it is true that the spiritual healing energy is intended primarily for the patient, however, the spiritual healing energy cannot be received by the spirit of the patient without first being channelled and received by the spiritual healer. From the spirit of the healer, the spiritual healing energy – and the qualities and attributes that come with it - must ‘flow’ into the other areas of the self of the healer and affect those.”



6 Notice in the text I wrote: ‘if an individual can attune **well** to spirit...’ rather than: ‘if an individual can **attune** to spirit...’. You see, every individual is **already** attuned and connected to spirit. They do not need to anything to do that. They already receive benefits from the spirit via that connection. Life is an example of one the basic benefits they receive as a result of that spiritual connection. However, if the individual wants to receive **more** than just the basic benefits – or if they want to give more than just the basic benefits to others – they will have to be **well-attuned** to spirit. The greater benefits of the spirit derive from the higher spiritual vibrations and those can **only** be reached if the individual can attain a supernormal state of spiritual vibrations and an enhanced attunement with spirit.



7 Good spiritual healers will usually find that patients who enter the healing room in a state of mental turmoil and stress will start to feel much calmer and relaxed in body and mind during and after treatment. This is something that usually occurs even at the first visit. Even if the patient is very stressed, this is so. The patient does not usually require a number of treatments for that to occur – but it still tends to be a process that builds with time. Sometimes peace occurs extremely quickly, sometimes it is slower and gradual – but it virtually always occurs in some form.

What frequently happens during the healing session is that the patient's breathing typically becomes much slower, deeper and regular, and the patient can even suddenly nod off or fall asleep during the healing session. After the session, they frequently declare they feel very calm and relaxed. They may say their breathing is much easier than before and that the tightness and constriction in their ribs and chest have gone. If they have had trouble sleeping, they frequently go home and have a good night's sleep. They may even fall asleep on the way home. The patient nods off and sleeps because they have been deprived of it and this is what they need, and the mental and physical relaxation that the healing provides allows that.

The more the patient comes for healing, the quicker, deeper and easier this mental and physical relaxation process tends to become – until it reaches a plateau. The more a patient needs peace, stillness and tranquillity the more emphasis spirit places on it and the more it focuses on creating it. Spirit does so, in my opinion, because it always gives the patient what they need, because it knows that peace, stillness and tranquillity promote the reception and acceptance of spiritual healing energy; and because it knows that mental turmoil can destroy wholeness and health, while inner peace can restore them.

Why is peace, stillness and tranquillity such a common feature in spiritual healing treatments? It is simply because peace, stillness and tranquillity is usually lacking and needed in patients – and because it is usually lacking and needed, it is usually given.

In truth, spirit also places such emphasis on peace, stillness and tranquillity because its power, influence and effects work best through inactivity in the body, mind and spirit. When the inside becomes right, the outside tends to become right also. This is something that the healer should be aware.

The spiritual healer should always be glad if what they do causes the patient to relax and sleep better because by doing so they will have contributed greatly to the patient's health and wholeness. In fact, they will have helped to raise the patient's standard of living. Let me tell you that creating a state of inner and outer peace with a patient is a very big deal and a very great achievement. You might not think it is a very big deal – but it is. It is **always** a big deal when the patient receives what they sorely need.

Of course, spiritual healing is not the only way that a person can receive spirit, and spirit will still tend to operate in the above way no matter how it is received. The spiritual processes that occur tend to be the same and manifest in the same way right across the board. You should take note then that while spiritual healing is a way - and a very **good** way - of

receiving the qualities and attributes of the spirit within the self, it is by no means the **only** way that spirit power and spirit influence can do that.

Any way which causes the individual to be linked and attuned to and influenced by spirit will do that. We know, for instance, that spirit is received through things like prayer and meditation. Therefore, as a person becomes more and more adept at meditation and prayer and learns to attune themselves better and better to spirit and spirit power, the greater will become the state of inner peace - and the greater will be all the qualities and attributes of the spirit. This must be so because the same spiritual receptive creative processes are at work with all such activities of the spirit. **We can say that the spiritual processes involved here are common to all and unique to none.**

It is appropriate to say at this point that spirit tends to be quick, fast and subtle. Therefore, if we continue to let peace, stillness and tranquillity represent all the qualities and attributes of the spirit, the more spirit power manifests in the individual and the more and the greater the individual can attune to it, the greater will be the state of peace, stillness and tranquillity and the quicker this state will come about. Patients will find that the more spiritual healing they receive – especially if the healing energy is being delivered through a good healing instrument – the calmer they feel and the quicker they feel calm. You will find that patients of spiritual healing will often experience this and you will find that spiritual healers themselves and other people like meditation practitioners will experience that also. This must be so because in all cases the same energies and processes are involved.

The spiritual healer is particularly involved here because a good healer attunes to spirit and constantly seeks to attune themselves better and better with spirit. Also, do not think that the spiritual healer does not receive – at least in part - the spiritual healing power that passes through them because the healing power that the patient receives must first be received by the healer.

Do not forget that the busy healer can treat many patients – and they will probably practise meditation and other activities of the spirit as well. In addition, if the spiritual healer is a particularly dedicated one, they will live, think and act spiritually and seek a close link with spirit at all times. All of this adds up and it indicates that the contact the spiritual healer can have with spirit – and the benefits received therefrom - can be quite tremendous.

If you will do the math, you will understand that few people involved in spiritual activities can have more contact with spirit than the dedicated and committed spiritual healer.



8 It is not that the true nature of spirit is not revealed when it does not express strongly, quickly and non-subtly. Indeed, it is revealed when it expresses weakly, slowly, steadily, gradually and subtly – that is, it is revealed when it expresses in the opposite way. Such expression of spirit power is by no means atypical or uncommon. In fact, it is the more usual and more common way of expression.

When spirit expresses itself in that way though, it tends to be revealed only to the small minority who have the spiritual sensitivity to perceive and appreciate it. However, when

spirit expresses itself strongly, quickly and non-subtly, it reveals itself to all – no matter whether they are spiritually sensitive or whether they are not.



9 Good spiritual phenomena can be strong, quick and non-subtle. However, good spiritual phenomena can also be weak, slow, gradual and extremely subtle. It is a mistake to think for a spiritual phenomenon to be good, it must present in the former way and not in the latter.

The best spiritual phenomena that can be produced through a spiritual medium – regardless of their standard - can present in **either** the former way or the latter way. Indeed, the best spiritual phenomena can occur any place between those two ways.

The best spiritual phenomenon that can occur through a spiritual medium is always the best that natural law will allow. It is quite possible for a spiritual healer who is as well-prepared for spiritual healing as they can be, to channel spiritual healing power to two patients, cure one, hardly touch the other with the healing energy, yet still provide the best healing service of which they are capable in both cases.

What we can say then is that the best spiritual phenomena that are worked through mediums may be indicated by the standard of results or they may not. The best mediumship may be indicated by great results, by extremely poor results or by any results between those two.



10 Powerful demonstrations of spirit power are provided by spirit to prove its existence and indicate something of its capabilities to **all** men and women. Those demonstrations provide a spiritual service by teaching people about spirit. They provide lessons of great impact. If the spirit power is channelled through a medium to another or to others, they receive spirit power and its benefits. Because they receive great spirit power they receive a great spiritual service – and the medium has helped to provide that service. After the completion of such demonstrations the proof has been provided in a natural way and in a way that spirit thinks is good enough. Yet, although the proofs of the spirit are provided in the only way they can be provided, and although spirit itself thinks those proofs are good enough, they are frequently not good enough for people of scientific orientation.



11 So many human beings seem to think they hold a special and unique place above all creatures in God's universe – but they do not. Human beings may think and believe that but spirit does not – and it is what spirit thinks and believes that matters. It is spirit and **only** spirit that should determine truth, what is and what should be. How could anyone possibly think they have the right and are better able to determine truth and to declare what is and what should be than the perfect all-knowing spirit, the creator of the universe and all things in the universe? Yet, human beings in their arrogance and ignorance so often think precisely that.

Let me assure you that the Great Spirit holds **none** of its creatures in pre-eminence. In truth, **all** are loved, **all** are special, **all** are included and **none** are excluded and separate. This

means that spirit provides a place for **all** its creatures in the spirit world. If people think the spirit world is reserved exclusively for human beings, or that only people of one religion, faith, group or race are saved then they are sadly mistaken because **all** living things are saved.



12 The God that created human beings is nothing like the malicious, spiteful, hateful and fearsome god or gods that were created by malicious, spiteful, hateful and fearsome human beings. You see, just as God creates human beings in its own image, so too, do human beings create gods in **their** own image.



13 I used the words: 'spiritually **knowledgeable** soul' rather than the words: 'spiritually **advanced** soul, because an individual may be spiritually advanced but that does not necessarily mean they are also spiritually knowledgeable. The spiritually advanced soul may or may not even have knowledge of the spiritual basics. This is why the spiritually advanced soul may say things like: "Why did God do that to me?" or "Why did God do that to us?" The spiritually advanced soul may believe that God is responsible for the suffering, difficulty, and chaos in their life, in the life of others and in the world itself. However, believing that does not mean an individual cannot be a spiritually advanced soul. It is also the case that just as an individual may be very spiritually advanced and not be particularly spiritually knowledgeable, an individual may be particularly spiritually knowledgeable and not be very spiritually advanced.

Is it not obvious that the presence or absence of spiritual knowledge can sometimes be a misleading indicator of the degree of spiritual advancement?

Is it also not apparent that using physical rulers to gauge and assess the things of the spirit do not always produce accurate measurements? In fact, they often produce measurements that are completely inaccurate and misleading. If one wants to always accurately measure and assess the things of the spirit one must use a spiritual ruler **not** a physical one.

As spirit is the only one who can do that, only spirit can measure, assess and judge the things of the spirit accurately. Human beings are not capable of measuring and assessing the things of the spirit and so they should not attempt to do so.



14 Someone might say in response: "But that is not true. The master Jesus is perfect. Indeed, He is God. That is a religious fact." "Unfortunately, what you have said is not true. You espouse two very commonly held beliefs which have been proclaimed by church authorities to be true but unfortunately those beliefs are not **the** truth. They are deliberate distortions of the truth. The truth is: the master Jesus was not perfect when He walked this earth 2000 years ago. He knew He was not perfect and that He was not God. He knew, and acknowledged that it was spirit – not Him – that performed His many miracles when He said: "It is the Father that doeth the work". He knew that He was only the means through whom the work

was done. Jesus, Himself, **never** declared He was God. That was not what **He** said – rather that was what was said **of** Him after He departed this earth plane.

The master Jesus was not perfect when He lived here 2000 years ago. He is not perfect now. Nor will He ever be perfect. In other words, He is just like everyone else – and **that** is how it is meant to be.”

