THE
AWAKENING
OF AN ANGEL
VOL 1
RAYMOND WILLIAM SHORE
THE MEANING OF THE TITLE, 
THE AWAKENING OF AN ANGEL

Firstly, I didn’t choose or like this title. My higher-self (higher consciousness) chose it, She said any title I chose would be too long, and if people were not interested in my long-winded title they wouldn’t read the disc, as what I titled these text books in the past, was a narrow view of what the text books will achieve for everyone, and not just in the area I originally intended these text books, which was to help in the development of healers who are guided and used by spirit to channel healing energies, or advice to their patients.

She said, anyway, most people will be curious to know the meaning of the title. I had better let her explain.

Every spirit can evolve to be the recipient of energy fields which arc out of the chakra centres, of a spirit, or humans back, which look like the shape of angel wings. And the reason why most of the religious paintings of angels show white wings, is because if anyone has seen this energy it is blindingly white, if they had seen colours of the rainbow in these energy fields, they wouldn’t be mistaken for wings, or would be painted multicoloured, but the energy is very white.

If they were real wings, a human doesn’t have the back muscles to work them, or the atmosphere and gravity to be able to get off the ground, and spirits don’t need wings to get around in the spirit world, so why would a spirit need wings? That’s because they aren’t wings, but fields are of energy which look like two angel wings.

Also all spirit’s do not stop learning, incarnating and evolving, just because their chakras are functioning with these energy fields, and angels as mankind call them, are not another species of being, or so perfect, that they have finished learning and overcome all their weaknesses.

Evolved or advanced spirits still incarnate in their millions, and the majority of these so-called angel-spirits, do not know on a conscious level that they would be classified by humanity as angels, if their chakras were functioning to facilitate the energy effect,
which can only be perceived with the right psychic vision, and besides very few of these millions of advanced spirits are using their chakras in a specific way, which would bring about the wing affect.

If an advanced spirit which has incarnated into a human body, is involved with specific communication, or energy interactions with the spirit world, or highly evolved spirit beings, then his chakras will be the conduits that these energy fields will flow into, and out of, creating the wing effect.

But if an advanced incarnated spirit, is only using his chakras, in his interaction with other physical humans, then in most cases their chakras will not have the angel wings manifesting, as if there are no energies flowing in or out of their chakras from the spirit realm, then there would be no angel effect.

Another side-effect of a person’s crown chakra, if it is channelling energy or communication from the spirit realm, is the producing of a halo, or coloured ring above a person’s head. The colour of this ring depends on the use of the crown chakra, but the highest developed spirits produce a golden halo, and when the crown chakra is very active the halo will flare up like a gas ring with many points, like a golden crown.

Which the majority of spirit, incarnated or not, know, that if a spirit is manifesting a golden halo, with or without points on, then they are receiving wisdom and guidance from a higher source, and the majority of spirit’s listen and take the advice.

And because this in a way conditions spirits to obey, or follow the advice, and they understand that the spirits with the wings of energy and a golden halo are more advanced, experienced, and of a higher vibration, otherwise they would not be of a higher vibration, and if higher beings did not trust them, then no wings or halo would manifest, to communicate any advice, only the chakras would be left.

But down on Earth certain individuals learnt very quickly that if a person puts a gold crown on their head, people would obey them. (Subconsciously) But most of humanity has evolved to not need kings and queens anymore, except the royalist’s.

So the majority of advanced spirits who are incarnated on Earth,
other planets, and other physical dimensions, are not aware of their angelic status. Most of them are in professions for the service and advancement of humanity, but not all firemen, priests, paramedics, film-producers, nuns, doctors, scientists, teachers, policemen, and many more professions, are advanced spirits of angelic status. Also do not judge a profession as not angelic enough for an advanced spirit to incarnate into.

Raymond finally found out about his own status, after about three years of running development classes, where after finding out that he had angel wings, he asked a lot of questions about what is an angel. At the time of these words going on to his computer, there are approximately 22 million spirits of angelic status, incarnated in the world now.

It is very, very rare for a human to become aware of his angelic status, but it is time for many truths to be revealed to humanity, but Raymond had to be specially prepared for him to accept and believe that he is qualified to be mistaken as an angel, and that he is not only of angelic status, but as he would eventually learn, his spirit’s influence on mankind over many incarnations, has been, to put it in his own way of describing it, ‘Mind boggling.’

Every page of this book, accept for the contents pages, is important for you to read as each page builds on the next to explain and prepare you for understanding chapters that follow, to not only help you understand what you are reading, but help you believe what you are reading, as the reasons, concepts or mechanics are sometimes needed to be explained before your read a chapter where it is practised or is complexly played out on a meditation or past life.

(When I came to compile these books, I originally was only going to send out disc copies to the world, but now I am also a releasing them gradually over the web until the book is completely out there on the web, and so any reference to discs, and how they are entering the world, is only referring to each volume of the book, so as every quote connected with the discs are too many to modify, sorry.)
The complexity of what's in these books, is briefly hinted at on this page,’ but instead of most people finding out from the ‘FORWARD’ and ‘CONTENTS’ page, what the chapters are all about, the ‘WHAT THIS BOOK IS ALL ABOUT, OR PREFACE AND INTRODUCTION,’ will tells you what these text books are for.

**FOREWARD**

“I first met the author of this book, Raymond Shore, at a spiritual church, where he was holding his spiritual healing classes. I was struck by the genuineness and sincerity of his approach to teaching such an intangible topic as spiritual healing.

As I persevered with attending classes, I soon realised that indeed, spiritual healing involves much more than what meets the eye. It requires one to search for the deep-rooted causes of physical, emotional and mental problems.

The methods and processes involved, tuning into one's inner-voice or higher-self, (higher-consciousness) for the answers, often with the aid of the author's excellent meditations, which are inspired and guided by spirit. As the students become more proficient at contacting their own inner-voices, they also develop the ability to channel material from spirit.

The classes are made up of students from various age groups, nationalities and occupations. They attend for many different reasons, and are at their own particular stages of development. Some find it quite easy to flow with the meditations and contribute with their experiences and channelling, while for others it is much more of a struggle. But regardless of whether the student is a beginner to spiritual healing, or one who is already an accomplished practitioner of healing, these classes serve as an opportunity for them to experience for themselves realities beyond their own world. They are a wonderful eye opener and catalyst for change and investigation in individual ways.

All this has been lovingly and persistently compiled by Raymond Shore, and is now presented to you for your benefit and enjoyment. Happy reading and developing!”

Felicity Ong
THANKS AND ACKNOWLEDGEMENTS

As my command of English is not the best, I wish to thank those in spirit for their assistance in the compilation of these books. Their communication has brought a better way of presenting the knowledge and wisdom that I have acquired over the years of healing and teaching.

I also wish to thank all my students, patients and their higher-selves (higher-consciousnesses) for being drawn to these classes in the help of this great undertaking of the enlightenment of us all, over the nine years, and beyond, and for their keen participation, and at last but certainly not least my most devoted and diligent editor and companion, Felicity Ong, for persistent efforts and moral support.

All the names of students in these books have been changed, because of the delicacy of the material that is written, as some students are also patients, still being healed and enlightened about their life problems.

EVERYONE HAS PERMISSION TO MAKE COPIES OF THESE BOOKS IN WHATEVER FORMAT YOU WISH, DISC, OR FLASH-DRIVE, OR PRINT, BUT REMEMBER THE MAIN BOOK IS IN COLOUR. IF YOU DO MAKE COPIES OF FAVOURITE CHAPTERS, REMEMBER YOU WILL BE RESPONSIBLE OF ANY MISSUSE OF ANY CHAPTERS IN THE REACTIONS OF OTHERS, IF THEY ARE READ BY OTHERS OUT OF CONTEXT.

IF YOU DO WISH TO MAKE A COPY OFF THE WEB, MAKE SURE YOUR COPY FOR YOUR FRIEND HAS ALL THE PAGES FROM THE TITLE PAGE, SO THEY DON’T MISS ANY EXPLANATIONS OF WHAT THE BOOK IS ALL ABOUT.

I HAVE COMPILED TWO SEPERATE FILES AT THE END OF THIS BOOK FOR THOSE READERS WHO WANT TO PRINT OFF THEIR OWN COPIES OF THE “EXERCISES AND MEDITATIONS” CHAPTER, IN BOTH BLACK AND WHITE, AND COLOUR, IF ANYONE WANTS TO BIND THE MEDITATION CHAPTERS INTO A BOOK, FOR YOUR OWN DEVELOPMENT GROUPS.
WHAT THIS BOOK IS ALL ABOUT, OR PREFACE AND INTRODUCTION

Firstly this is a first of a series of text book documentaries, of recorded class transcripts of everything said, and described by students, patients, and I, from two or three classes a week, plus past-life therapy patient sessions, of the development of psychic communication and senses into dimensions beyond the earth physical reality, we term as the ‘Earth-Plane,’ over approximately nine years, accept for breaks where I produced text books, like when I compiled and printed, volumes 2, 3, and 4, of 1000 pages, in four months.

This first disc comprises of my first recorded communication from the spirit realm, and beginners and advanced classes I gave, which was the first volume I printed, with added extracts of class material from over the next nine years, which I have been guided to include on this first text book disc.

These series of book discs, are a documentary and text books, for beginners, students, Teachers, Healers, and patients, with guidelines, exercises, and many meditations, and class examples for conducting your own self development, Spiritual Healing, (Healing with the aid of spirit) psychic development, and channelling development classes, with the aid of angels, guides, or a student’s own higher-consciousness, (Higher-self) if they are sufficiently qualified.

Also if a student doesn’t want to develop as a spiritual healer, the classes and meditations are designed for tuning a student to be able to communicate with their own higher-self and guides, to aid the student to achieve the purpose of why their spirit has incarnated into a human being. Sometimes their class development is to expand their consciousness about the meaning of life, or to help them achieve what they desire out of life.

Sometimes, by their guides and higher-selves helping them to become aware of their unknown strengths and weaknesses, to help the student to repair any past or present influences, which are preventing the student from achieving what their heart desires, whatever it is. Most students and patients learn much more about themselves as they
develop a communication with their own guides or higher-self.

I have had Artists, Film producers, disguised priests, and even an 80 year old Indian Yoga teacher attend the classes as well as patients. But all the students learn more about humanity, which helps them to accept other people’s differences, and they learn that the majority of people in the world have little conscious control or choice in their actions, and find that very often their reactions to life, are conditioned or influenced by their past lives, or unseen forces, but the interesting part is learning why.

IT IS HIGHLY IMPORTANT THAT A READER READS EVERY PAGE IN CHRONOLOGICAL ORDER, AS IF YOU SKIP MANY CHAPTERS, AND YOU FIND YOU DON’T UNDERSTAND WHAT I OR THE STUDENTS ARE TALKING ABOUT, IN THE CLASS SETTING OF THE CHAPTER YOU ARE READING, IT’S BECAUSE THOSE CONCEPTS OR TERMS HAVE BEEN EXPLAINED IN THOSE CHAPTERS WHICH WEREN’T READ.

Also this first disc, which is over a 1000 pages, will be followed by the second disc, approximately a year later with the next disc, with volume 1 and 2 on it, so that no-one will miss out on the first volume.

Then a year or two later, the next disc, with volumes 1, 2, and 3 on it, and I will continue the volumes until all my text books are out in the world.

(As the next book arrives on the web, it will add to the first book.)

In 1982 when a Medium passed on a message to me, from spirit saying, “We want you to do spiritual healing.” I found out from my first class night, my guides showed me that the medium, who was running the circle of about 10 to 15 students, wasn’t teaching spiritual healing, and that she was teaching psychic development and mediumship. I asked her whether the church ran a spiritual healing class, or circle, and this head of the spiritual church said.

“You can’t teach healing, and no churches that I know are running healing classes. We practice healing in our development classes.”
I was to learn that what she meant were, the students who wanted to, practiced healing on each other before the circle started, and I was to learn that my guides and higher-self blocked me from tuning in to objects or people in the circle.

And that my guides, God, or higher-self, wouldn’t channel through me in the classes, but would only communicate with me outside of the circle, to prevent me from becoming popular in the class, and the Medium using me, which I noticed that the better developed students were becoming clones of the teacher, as they were given more time and attention by the medium.

But my guides still wanted me to attend the circles at the church, for about four years, for many other reasons, and my guides were still communicating with me in the classes, but they arranged it to make me think they were my thoughts and analysis, so that I would learn that the medium would listen and believe what other students were (Trance) channelling, than my own opinion, even though it may have come from my guides.

So I went to the largest new age book shop in Sydney, thinking I would buy a text book on spiritual healing, where I had already purchased about two hundred Astrology and Numerology books, and thought, ‘I’d better find out what this spiritual healing is all about.’

When I got to the healing shelves, I looked in every book on spiritual healing, but most of them were biographies or autobiographies, about famous healers, and I was looking for a text book.

So I went to the counter and found the right person to speak to, and asked if there were any text books for learning spiritual healing, he asked, “What do you mean?” and I said, ‘Where a healer has run development classes, with exercises and meditations, and examples or experiences in the classes, that would help me know more about the reasons for illnesses.’ And he said,

“You will find most of the books on spiritual healing will give you case histories of patients successful healings, but you won’t find any text books, because nearly all of the spiritual healing books are on famous healers, where most of them didn’t learn healing from teachers in mediumship development circles, but found that they
were having successes with their patients, and that’s why they have books written about them.”

So as I was to learn that my guides and higher-self would help me to eventually run spiritual healing classes, for the main purpose of producing these text books, for students who may have been told that they would make a good healer, who are working with guides, angels, masters, or God.

When my guides started giving me meditations for my first class, I never imagined how much I was to learn about life and the spirit’s journey through incarnations, in not only this world but parallel Earths, and the amount of influence and illnesses that are caused by unseen causes, from beyond or before this physical reality.

So this first disc, volume, is a record of firstly my early communication from my guides, through to my first spiritual healing development class, which I then expanded into beginners and advanced classes. Also extracts from future classes and past life therapy sessions, of results of advanced students experiences, going on the same meditations I gave to beginners to go on, to show you the progress of not only advanced students, but also the competency of the teacher, me, as I help these future classes.

This first volume, I hope will introduce to the reader, or student, the many experiences of healing, and the causes and reasons for illness or interference from the spirit world.

The extracts of what students experience, and what is channelled, is transcribed as it was recorded on tape, and is not necessarily the truth for everyone, but if the students guides or higher-self dramatise their experiences, or channel stimulating stories to achieve cures, development, or growth, who am I or anyone to judge what is right or wrong with the knowledge or experiences which occur in the classes.

I learnt a long time ago to suspend judgement, and learn about the final outcome of what is said in the classes, after a period of time. This book will help you increase your awareness of yourself and others, and know that you are a lot older and have a larger influence in your future than anyone else, outside of yourself.

At first, when I imagined the meditations for the students to explore. I didn’t know at the time that these places I was describing for the students
were memories of mine from previous places of employment, as these places are in the spirit world, and when a student in the middle of an ordinary meditation, was shown scenes from three past life-times, without me or the meditation suggesting for her to see these scenes, we quickly became aware of the connection between the scenes she was shown, and her phobias in this life-time.

When I was alone, after the class, I had a lot of questions to my guides about past lives, and the connection with their influence on the mental, emotional or physical person in the world today, and it was explained that I would be introducing new meditations, to allow the students higher consciousness, (Higher-self) to release the scenes recorded by spirit, from the Akashic records, (If the past life memory is too traumatic) for the students to see and learn from, or release imprinted conditioning, to free them from the conscious or subconscious, emotional, mental or physical effects.

In the early past-life scenes which the students perceived, most of the students recognised the problems, fears or phobias, or whatever, that they were suffering from in this life-time, which were fairly straightforward and simple to release and learn from.

But as I was to learn over the months and years, was that my spirit has been a past-life therapist in previous existences, and that as the students would start to be shown more complex past life influences on their present life-time. My intuitive help from my past life therapist life, would surface in my mind, to help students learn, and release these more complex past life-time affects in their lives.

In the first half of this disc the students were to learn about some of the purposes of chakras in their development, the aura and the consequences of a damaged aura, and learn of protection and purification exercises, which are performed before any class begins.

The students would become aware of the different types of spirit interference in their lives, mostly from deceased relatives, but also from the occasional relative who was still alive, but their astral body was the one doing the interfering.

Spirit would teach us of the karmic consequences of magnetic healing, which had not been authorised by the patients’ higher-
consciousness.

The students would also learn to go on group healing missions beyond space and time. In the first volume, these missions were simple, but for the advanced students in the second volume, these missions would become more complex as they would work with teams of spirit healers at the location and time-period of these missions.

Exercises and meditations would also arrive, channelled by teachers in the spirit world through many of the students, for us to learn on. On many of the meditations, the students would visit spirit temples of learning, for many different reasons.

Some of them were spirit teaching hospitals, both of healing the multiple bodies which each of us has, like the astral, the emotional, the mental, the spirit, for the purposes of harmonising, balancing, or healing, so that the students would be free-er to learn and develop without their bodies imbalances getting in the way of their development. Other spirit teaching hospitals would teach the students how to help heal deceased patients who took their illnesses or disabilities, or spirit attachments with them, after their physical body expired.

When the students became more advanced, spirit would take the students on meditation field trips to general hospitals and psychiatric hospitals, in the present time frame, to not only observe the attached spirits affecting the patients, but guides would also take the students on missions of healing and counselling to hospitals, in theatres of war around the globe, in different time-periods.

The student would also be taken on meditation field trips through time, to observe from the spirit side, events around the life of Jesus, and other historical individuals who were helped psychically by angels, to show individual students that they can go there again, if their guides wished them to specialise in a particular field of healing or development. Many of the students would be introduced to their own speciality of development or calling, in this way.

My guides say that over the years I provide the ethics, wisdom, positive beliefs, faith and confidence, that the beginners lean on, until they don’t need me for many of those reasons, and when they are
hooked up with their guides and higher-selves. (Higher-consciousness) Then they either learn from their own spirit teachers, or if the student cannot believe or accept certain concepts, then they will still learn from the other students and me.

Which brings me to meditation visits to parallel earths, where sometimes their history has been written on our earth as stories of fiction, and the students find these past lives sometimes hard to accept, especially when they didn’t know until after they have recognised the causes of their conditioning, which they then release, that they start to recognise the scenes from a book of fiction or movie.

Also in the second volume on the next volume issue, students and I learn that most of us have parallel lives either living now or in different time periods. Maybe living at the same time or were born decades before, but are still alive, overlapping our own, which was seeded by our higher-selves, who is also the higher-self of any other parallel life which is, or was living on maybe this earth, or a parallel earth.

Which leads in to a new concept called “Walk-ins.” I won’t go into all the ramifications of this concept, but suffice to say, a spirit that incarnates into a baby is not necessarily the same spirit that will leave the body at its death. But the spirit who exchanges places in the body is usually 99% of the time a parallel life, which may have already left a deceased body, you see they have many of the same past life experiences as the original spirit, but they have the extra experience of other past lives, I will give you an analogy.

If the first spirit was a brick-layer, and the ‘Walk in,’ was a roof-tiler, then both spirits could build a house together, and because their past lives were into the same thing, of building houses, and because they both want to build a house.

Meaning, if the conscious mind of the human being has been expanded and developed, then the incarnated spirits higher-self, may arrange an exchange with a parallel life that that may have lived a life on a more psychically and spiritually advanced civilisation, in another galaxy.

But because this alien spirit life came from the same higher-self of
the human life, both spirits have the same past lives, with the same spiritual purpose, so if the spirit is exchanged, then those advanced psychic spiritual abilities taught and used on that alien world, will assist the conscious mind of the human student, in further growth or accomplishments for the student, or the benefit of humanity.

But there are many other reasons the higher-self and our incarnated offspring spirits may switch places, but this is very rare, but my guides say that the majority of mankind have parallel lives, and this is why more than one person have the same past life memory, and if you can imagine all our past life-times also having parallel lives, then a lot of people have the same past life memory of say a famous person.

But there also may be parallel Earths with the same famous person on more than one Earth, but the history might be slightly different. So you can see that it complicates things,

Before I became a spiritual healer, my guides and higher-self guided me in to heavily studying Astrology and Numerology, to learn more about humanity, so that they could teach me the connections and design of these number vibrations, and planetary influences, in connection with reincarnation.

And these two fields of study I was to need, to help me accept my past life-times, which you will learn about on the second and following disc issues, where advanced students turned up in my classes who had had many past lives with me, and as I am psychically blind, and have never seen a spirit guide or very rarely a past life, the students had no problem seeing their own past lives and mine, to help me accept my own past lives, which I usually feel and recognise, before the students confirm who I was.

And sometimes I have known for years I was a certain person, but couldn’t believe or accept it, so I never mentioned it to anyone, but when the students saw their past lives, and the past life I had become aware of years before, was involved with their past lives, this is when the students tell me I was that certain person.

On this first disc, you will read many examples of student’s experiences of their development, which I would say are mostly beginners or young souls.
But the students that began to arrive in the classes I hold at home, who were mostly attracted to my classes after they had read my first printed volume, which their experiences will be on the following discs, which corresponds to mostly to the, third and fourth textbook I produced, were mostly what spirit would call advanced or old souls, where we found that we had worked as a group in many life-times. Where they would learn the purpose of these life-times, in the course of seeing these many past lives we had together.

This third volume disc, and the discs that will followed it, are to help all the other old souls to find themselves, and to raise the self-esteem of the future leaders of humanity.

Most of the old souls have chosen to be working class people, and have chosen the childhood, and sometimes past life negative conditioning, to be triggered off in this life-time, as a means of shocking them away from the ways of the world.

Compared to this first volume disc, the future discs are like climbing out of a hole in the ground, and seeing everything as far as the horizon.

On the second disc, the students find out about their own past and present parallel lives; learn about the thought-forms, created by others and each other; find out more about enemies or lovers from past and parallel lives, who have attached themselves to the students, and the problems they cause.

Other students learn how they have painted themselves into a corner, with the affects of vows that they have made in previous incarnations, and how they have been trapped by them in this life.

One student found out that his spirit had exchanged places, with his parallel life spirit, whose female body, died in a concentration camp. The exchange took place when the student was nine years old, after suffering sexual abuse from his father, who died shortly after that. This was the first example of a “Walk in,” but there were others.

Also in the first half of this disc, the students learn much more about the reasons for our spirit’s choice of illnesses, or disabilities, more than the causes of illnesses and disabilities, where the higher-self, has chosen these for spiritual growth reasons.
To put you in the picture of the way the material of the second volume, on the next disc, is compiled, it is different to the first disc, in that most of the second disc and the following discs, will be the experiences of about 10 or 15 old souls, as spirit would say, of their discovery of who they were and their destiny. And the way their higher-selves reveal to them this knowledge, is very carefully done. I will give you an example.

How would you go about convincing natives in the jungle of South America that human beings have walked on the moon? Firstly, you would have to convince them that they can leave the ground, so you take them into a helicopter and take off. Imagine the fear that native would have of that experience, let alone a rocket to the moon.

The way the students learn, is by experiencing these things themselves, not by me telling them, or spirit, telling them, through me. When the students channel their own answers from their own higher-self, then they believe and accept sufficiently to keep developing. It may take months or years of development, to fully accept what they have found out, but the development that follows fills out more, and more self-discovery help them believe.

This is the way, the second disc, and future discs will be set out in how these students find out about themselves or the universe, step-by-step.

How spirit goes about revealing to the conscious mind of the advanced nature of our spirits, is by showing us past life-times we had together, usually with other students or myself who were in that past life-time with them, for we are all going through the same process of gradually revealing our achievements.

Then we might miss being shown a group past life-time, usually until our conscious minds have accepted who or what we have done, then another night of group past recall will happen where we all experience a past life interacting together, usually showing us where we get our strengths, fears, attitudes or phobias, which are usually released, but the process is meant to get us to accept who we have been in these group-past-lives.

Firstly, by the students accepting the individual in the past life-
time, without knowing any names, or recognising who they are, and when we have recognised traits or phobias, or vows from this life-time, coming from that past life-time, and can see where they came from in that life-time, then this acceptance becomes strong enough to accept being shown who the person is, where the students then start seeing the scenes they recognise from history, or a book, or movie of this person.

And as all of this group of students have all seen the past lives of not just their own, but each other’s past lives interacting in the scenes, this cross corroboration helps them even greater, in accepting the famous person each of them were, and because our primary mission, or talents are connected in like a theme or past life purpose, then in following group incarnations, our lives again are involved in famous recorded events.

So by then it is so much harder to disbelieve or deny our past lives. and again it takes a few weeks for our minds and emotions to calm the waters so to speak, before we are ready to see some more.

Each life-time only shows a small part of the picture, but as the students see more life-times, they begin to see more of the picture, until they see the big picture, as the saying goes. The students learn how the life-times are connected with a theme purpose, which is not always recognisable from one or two life-times.

I mentioned earlier that some of the old souls choose to trigger differing amounts of conditioning, for some students this conditioning is used to help them believe, and becomes a time to awaken talents and strengths to help them in a new career or their own personal mission; you could call it, their heritage. When a person inherits something, they find a relative has left them something in a will, and sometimes a person didn't even know the dead person.

Well, you could say that their conditioning, they inherited from a past life-time, brought them to question, seek answers, or seek healing at my classes, or healing sessions. Some of my most advanced students came to my classes, with combinations of either physical, emotional, or psychological problems, which also help them to accept these past lives, because these past lives were mostly the causes of
their suffering.

But even advanced spirits can become wilful and stop being guided in the right baby to incarnate into, and when the accumulated affects of the spirit choosing the wrong lives to incarnate into, then the accumulated affects of trauma’s, conditionings, beliefs, and even imbalances of a spirit’s gender orientation,

(Not necessarily the cause of homosexuality, but a case of a predominantly homosexual male spirit, who had abused and hated women, being incarnated into a female body, with this person having no desire of Lesbian relationships)

have so devastating an effect on the incarnated physical, emotional, mental state, that they are more a patient, than a student, and have so much to release and re-balance, that they need private past life therapy sessions, between their class-nights with the other students who they had past lives with.

I learnt a long time ago, that you can’t judge a person’s spiritual/psychic level of attainment by saying a healthy person is advanced, and a sick person is retarded, but in many cases I have found the illness or problems have been used by their higher-selves to wake them up to their strengths, abilities, and divine missions.

My guides tell me that I wasn’t ready to help develop the students who were in my past life soul group, while I was learning and running the classes which produced volume one, and the early months of the material of volume two, so the students who had advanced old souls, started to arrive at the end of volume two, on the second disc.

So that I would have the confidence and belief in myself, to accept the past life meditation scenes, which my guides wanted me to take these advanced souls on, which you will read about on the third disc.

Many people today would like to help others, but we live in a time when in our westerns civilization, most people don't want our help. Or we are constrained by systems and overprotective laws, when it comes to the professions such as medicine, psychiatry, or the clergy.

A spiritual healer learns through his development that education is the big healer. When he's helping his guides or higher-self in other
dimensions of time and space, or just helping the lost souls that are earth-bound, like spirit children being reunited with their spirit parents, then he finds that he is very busy, and the job satisfaction is out of this world, you could say.

Examples in this volume, and in the middle chapters on the second volume disc, are where the students went on group rescue missions. Spirit wants you to know that wherever in time or space, people have died; you can be guided to help the spirits of the people at their deaths, to guide them in the right direction.

Your higher-self or guides, very often bring you the place and the time-period for you to help, either through thought, or in a book, a movie, TV series or play on television or radio, and if the story or event is fiction. It might have occurred on a parallel Earth, where you can still help in this kind of work. You will read more about these meditations into parallel worlds to our own, in upcoming discs.

Remember you are in the right place at the right time, when you're in the flow. So don't discount an idea you get to do a rescue mission, because you saw a historical movie on TV, where many people passed over into spirit at the same time. You could say your higher-self arranged to have the movie put on the television for you to get the idea. Again, you might have been at the right place at the right time in your development to receive the idea from the movie. Just accept it, and don't try to analyse it too much. I don't, I learn by trying these things, and finding they work.

Many of you may wonder why I had not developed clairvoyance. One of the reasons is so that the other students see and describe things to the other students. This helps the new students believe that they will develop the sight, if they are meant to, and for you readers to hear about this from another source other than myself.

Also, it shows the students who don't develop clairvoyance, that there are other areas of development or psychic abilities, which are just as useful in the team effort of the circle, where we learn from each other.

While I may sit on the fence in the beginning about the reality of what the students see clairvoyantly, I am less likely to be judgemental,
and therefore be less likely to influence a student by censoring what they see. In other words, how can I have an opinion on something I cannot see? I feel that it was planned that I have to learn from the experiences of others, because for me to understand, I need more details, which is really a reflection of the way most people are when they don't know about all these things, like you the reader. In a way I feel that it was arranged that I need the inferential proof, as if I am standing in the readers shoes.

Just imagine if I could see what the student was experiencing, and the student wasn’t describing what they were experiencing very clearly, then I would know from seeing what they were experiencing, and I wouldn't need to ask any questions, or ask them to make it clear.

So if I don't see what they are describing, and don’t understand what the student is describing, how can the reader know either. If I could see what the student is seeing, I would have to constantly be remembering that everything that is spoken has to be understood to be typed up later, because I wouldn't be able to remember what the student had said or not said.

And as I would listen to the tape, if a student doesn’t finish what they are describing, I would have to try and remember what I saw of the scene, which also can be a different interpretation of the event, and I might slant the description unconsciously with a bias that I am not aware of.

As most advanced students class-nights I have to type the equivalent of 20 to 30 pages of what was said that night. So it’s as if I am a reader listening to what the student is describing, and if I don't understand, you will not understand.

I have sat in other mediums circles in which the medium has been seeing what the students are seeing. But maybe they weren't interested in writing textbooks to help others run their own classes. You will understand more about this as you read the recorded class nights.

BUT THERE ARE SO MANY INTERCONNECTING NEW CONCEPTS OF THE MEANING OF LIFE, THAT EACH CHAPTER IS LIKE A THREE DIMENSIONAL JIG-SAWE PUZZLE,
AND PIECES YOU LEARN ABOUT IN EARLY CHAPTERS FIT INTO OTHER PIECES TO MAKE A LARGER UNDERSTANDING OF A CHAPTER LATER IN THE BOOK, THIS IS WHY IT IS ESSENTIAL THAT CHAPTERS ARE NOT SKIPPED.

So to get the readers to read every chapter consecutively, all the chapters are only numbered, and not titled, because in the main, the class-nights and the chapters run consecutively, most of the time, accept when I insert a chapter with extracts from future class-nights, to spice up the first and second volume, or if more about a concept is needed to be brought forward from another future class-night.

You have to understand that the chronological order of most of the chapters, is a microcosm of my development and the classes evolution, which will help you with your own development, when you run your own classes, so that’s why it is important for anyone to read the book correctly.

Imagine that you are a child again, and to learn the alphabet to make words, each chapter is like one letter, think how hard it would have been if your teacher had missed out teaching you half the alphabet, how would you recognise words, with strange shaped letters which you hadn’t been taught what they mean and how they relate to the next letters in a word.

If you have a high I.Q. you may only have to read this disc once, but I can tell you now, that what you have learnt by the end of reading this disc, if you read the disc again, I guarantee you will understand more reasons for what is written, or deeper meanings in what was channelled, more than you did when you first read the disc, because you will be wiser after you have read it once, to understand it the second time you read it.

Please don’t be daunted by the number of pages and chapters listed in the CONTENTS, as most of the chapters after the first ten chapters, are complete class nights per chapter, for students to be able to copy or extract chapters to follow a group of students development.

Also if a chapter has two or three classes from the same week, all going on the same meditation, I would separate the class nights on
separate pages, to again make it easier for a reader to research.

Another reason the pages amount is high is because, if I have a recording of a meditation that I gave a class to go on, which will be typed near the beginning of the chapter, and if I repeat the meditation on other class nights, for research purposes, and if the reader has forgotten the meditation, then my guides and I agreed that the meditation should be included, in case a reader has forgotten what was described on the meditation, it will be printed again, but high-lighted in yellow, for the students with good memories, who can scan past the yellow high-lighting, and start to read the students experiences.

The only time I sometimes don’t bother to include the meditation, is when a future class extract is brought forward, as another example, into a chapter of the same meditation. So every chapter where I took the students on a meditation, it is typed in the chapter. And if the meditation is not yellow high-lighted, it’s a new meditation which you haven’t read yet.

And while you are starting your own circle, when you eventually come across the next disc issue, with both volume one and two on it, continue to read the second volume on the disc, chapter by chapter, as each following disc is even more important to not skip any chapters, as students and patients healing development and experiences are much more detailed than the beginners of my first classes, as you will come to read from the future extracts inserted in this volume, to learn more concepts and meditations. So as your group develops, you can go on more interesting adventures in growth, development, and healing.

In CHAPTER 1, after the contents pages, my higher-self wants to briefly explain the primary reasons for my childhood blocks and restrictions, in relationship to my past lives strengths in the scheme of things, in connection with this life, followed on by the Astrological and numerological choice of my birth, in relationship to my spirits mission in this body. Also explaining in what way my childhood conditioning and blocks, which were like leashes on my spirit, until the right time in my life.

My higher-self says that we have to explain to you the high-lights of what I have been learning in my life, before I found out about Astrology
and Numerology, to be able to show the veracity of mostly the Numerology in connection with my life, up until studying it.

Then my higher-self and I will show you the interconnection of the Numerology and my Astrology birth chart, which helped greatly to support my acceptance of my abilities and famous past lives. But I will not be going very deeply into Astrology, only the connections with my Numerology name and birth numbers.

And I have no fears that Astrologers and Numerologists will study my charts, to verify or debunk what these books are all about, or that I and what I do, match or don’t match these birth charts.

One more thing, to read this book it is better if you scroll the page down because a student very often may have been asking a question at the end of the page, and another student maybe channelling or I may be speaking the first lines on the next page.

At first when I was compiling these chapters, I was going to insert at the top of the immediate next page, a line explaining in a bracketed insert what the previous page person has described, but my publisher spirit guides said this would be too distracting, and because in a scroll set up like this, you can scan back to read the previous page, if you enlarge the screen to 108%, which also positions one page at a time, you will also find is so much easier than a normal book type page turning, so I will not type anything there, just the page number in the corners, like this.

Also you may find, if you have an old analogue monitor, then this enlargement to 108% is the best way to read *Italic bold* or *coloured* print, next to each other.

I still have a reluctance to talk about myself and my interests, and this is why the next chapter was never written in my first volume, and only when I found out about my missing childhood memories, in connection with my development, did I write about some of it in the next volume.

Also I never explained or told of any connection of my astrological and numerological birth chart in the text books, and only brief questions in class about my Numerology, which I never included in the first text books.

So this is why my higher-self takes over a lot in the first chapter.
When I first listed the contents in my first two volumes, I knew that a potential student would peruse the list to see if the contents of the book would interest them enough to buy, and potentially be drawn to my classes, which was okay.

But I was finding more and more students would only read the chapters that they were interested in, or what I would call cherry-pick what they wanted to read, and then come along to classes, so when they wouldn’t know what I or the other students were talking about, they would either ask questions, in which I became aware that they hadn’t read about the terminology and concepts used, which was explained in the early chapters of volume one, or they would keep silent, and either struggle to try and figure out what we were talking about, but in some cases these chapters that they chose to read were interconnected with lead-up chapters to the experiences of the chapters they read, so they didn’t have the complete picture.

Also the negative reaction by the other students to these lazy students asking questions which were answered in volume one, for the taking away of the class time of learning something new, was causing a problem.

Not only that, my guides tell me that the taking away the fear of the unknown, by reading volume one helps not only the student to accept and develop at the pace of their higher-self, and not the pace of a fear blocking student, but also the fearing student will affect the other students in the class.

So when I had some cards made up, advertising my books and classes, I inserted this caption.

Because my spirit guides want all the students to succeed in their development, they have stipulated all new students that are interested in developing, must read from the first pages through to the end of the first textbook, before they start classes, here are some of the reasons why.

This will have the effect of releasing any conscious or subconscious fear of the unknown, in relation to the
workshops, which will greatly increase your development success rate.

Also, you will understand what I and the other students are talking about, without having to explain all the terminology and concepts. So it will remove any time wasted by questions that have been answered in volume 1, which allows more time for meditation, practising, and development.

It is vitally important that you don’t miss any of the pages, including any of the pages before the first chapter.

So I and my guides have decided that the only way to train the potential students of your own classes who wish to develop using this text book as a guide, is to not name the chapters, but just list the page numbers of the chapters.

So if you have skipped reading the “WHAT THIS DISC IS ALL ABOUT, OR PREFACE AND INTRODUCTION” go back and read it, and you will find an explanation of some of the topics covered in chapters on the next page titled “CONTENTS,” which is only listing the page numbers of the chapters.

Also if you don’t read the chapter about my childhood, Astrological and Numerological birth data, which is in a way not checking out a person’s qualifications and credentials, when they are presented to you.

I KNOW VERY LITTLE ABOUT COMPUTERS, BUT WHEN I HAVE TO LEAVE A BOOK AND THEN COME BACK LATER TO READ IT, I PUT A BOOKMARK IN THE PAGE.

IF YOU CHANGE FILES, TO USE YOUR COMPUTER FOR ANOTHER PURPOSE, YOU HAVE TO MAKE A NOTE WHERE YOU HAVE READ UP TO, SO THAT YOU CAN FIND THE PAGE YOU WERE READING.

SO IF YOU DON’T KNOW HOW TO DO THAT ON YOUR COMPUTER, BECAUSE I DON’T, WRITE THE PAGE NUMBER ON A POST IT, OR PIECE OF PAPER, SO YOU CAN FIND IT, AS THE CHAPTER ISN’T NAMED FOR YOU TO REMEMBER.
## Title Page

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### The Meaning of the Title, "The Awakening of an Angel."---- 2

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STUDENT’S ATTENDANCE LOCATION

I will only list the references to students if they do not continue into following disc volumes, but if there are more transcripts about a student, the complete record of chapter location will be at the end of the volume, where they finish.

Also I will only list the chapters they are in, as the class-night has an influence on their development, and to a minor degree so does reading the students transcripts of the other classes happening on the same week as their attendance.

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<thead>
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Most of what I am going to explain, Raymond didn’t become aware of until he had first studied Astrology and Numerology for four years, then sitting and experiencing his psychic and spiritual healing development for the next four years, and he didn’t know about his childhood sexual abuse until his second year of running his own classes.

But it was his third year of running classes, which in these classes, were where mostly past life revelations were shown to him and his group, which incarnated in so many lives together, where he found out about his past life strengths, talents, abilities, divine mission, and his angelic status.

Raymond’s spirit in previous life-times has suffered many trials of physical strength and patience, to increase his spirits resistance to suffering and influence of the physical world.

Also his past lives have been mostly involved in teaching humanity, to explain mostly cause and effect to humanity, because in-between physical incarnations he has been a healer and past life therapist to spirits, who had been guided by their guides to be helped by Raymond’s spirit.

Because Raymond’s spirit was helping the spirits after they had got into a mess, from their past life experiences, Raymond spirit knew he was like a doctor treating a patient after they had got the disease. So his spirit said,

‘Why can’t someone incarnate and teach humanity about this cause and effect, which causes so much conditioning, which they hold onto, to their next life?’ And he was told,

‘You can only work in the physical world, with the level that people are living and understanding. But if you can increase people’s awareness of cause and effect, by condensing what happens to individuals over a period of a life-time into a book or newspaper serial, which in all probability will only be understood by following generations, but more people will learn in this way.

So, you can either record the events of what other people have experienced in their life-times, for future generations to read and
understand, or you can as well, live many life-times with a group of spirits who also want to achieve this demonstration of cause and effect, where your life-times together will be recorded for humanity to read about, in the same way.’ So Raymond’s spirit said,

‘Okay.’ These are the life-times you will come to read about, when his group started to arrive in his classes for his third volume.

So because in many life-times Raymond’s spirit has been a writer of both biographies and auto-biographies of his past lives, and his group of spirits past lives, on this Earth and parallel Earth’s, which most people in this world think are fiction.

So, because his spirit’s intelligence, will-power, writing and teaching talents would have been too much for his physical mind and body while he would be growing up and in school, not that his mind and body couldn’t handle it, but he would stand out too much in school, if he wasn’t suppressed in some way.

So because of the strength of Raymond’s Spirit, I, his higher-self, not only had to suppress Raymond’s strong writing abilities in his childhood, but because his will is very strong, this also would normally influence his physical body, in that his subconscious would draw him into activities that would increase his muscle-mass, and this would not be beneficial to Raymond’s psyche, self-worth, esteem, and ego.

So this is why I chose his childhood to experience sexual abuse, which arrested his physical growth for approximately two years, and this was also an opportunity to nip in the bud any bullying he might have developed as he got older, and he went through quite a few lessons in school on the receiving end of bullying, as he was a head shorter than the other boys in his age class, which stayed the same, all the way through his school days into his adult life, and he still grew 2 inches after he was twenty-one.

His sexual abuse was blocked out of his mental conscious memory, but its affect was still there in the way his mind processed and interpreted the world, as well as many other differences that his mind worked, and figured things out.

He wouldn’t notice it at school, learning his lessons, and he was unaware of this, but it was more in the area of his perception and analysis.
of what he perceived with his physical senses, of what was happening on the earth-plane. Raymond’s conscious mind, as a child, didn’t have the ability to utilise or recognise this expanded, heightened faculty that was a side-effect of his childhood trauma.

It didn’t increase his memory, but if a scientist had tested all his classmates, where individually they were to watch the same film, and at the same time describe what they are seeing, then the scientist would notice a difference in what Raymond would describe, like as if he was looking at the film from a different angle and would read more into what he was seeing, but also his understanding of what or why things were happening in the short movie.

This ability helped him to eventually come so high in his class at school, that he was bumped up a stream, but because the higher stream had been taught a higher curriculum than his previous class, for over two years, he couldn’t catch up, when it was integrated to the previous material, like English and Maths. But as his history and geography classes, were mostly teaching new material, he did okay.

He also needed the right parental influence, which was designed that at a very early age he became independent of any mental or emotional need or attachment to them, which also strengthened his ability to not be affected, or react like most people would, to dominating or strong-willed individuals, who we knew he would be coming in contact with, especially with certain students and patients. So his mother had to be as dominating, and strong willed as Raymond’s spirit.

This independence and not very happy relationship with his parent’s helped him be prepared to be influenced by a New Zealand woman who used to stop at his mother’s ‘Guest House’

(Small Bed and Breakfast and evening meals establishment.)
every summer, where he would hear about New Zealand, and thought it was too good to be true, until he checked out New Zealand at the library.

But I am getting ahead of things, so we will go back to before his birth. It was explained to Raymond’s spirit that you will need to be born with the correct parents, at the correct astrological time, to arrange the maximum astrological tools to help you with your divine mission, as your mission has been sanctioned by higher spirit authorities, because of the
amount of influence you will have eventually on spirits both incarnated, and in the spirit worlds close to the Earth-plane.

But these astrological strengths and tools will be too much for your physical conscious mind and emotions, and if we don’t in a way put a spanner in this astrological machinery, until you gain age and wisdom, so that we can take the spanner out and free the machine to run, so to speak.

Because if we do not block these astrological tools, your spirit gained strengths will utilise these tools, and your teachers or career officers, will either guide you into becoming a writer, psychiatrist, or a teacher, but because you went to a state school, we didn’t have to worry about you becoming a priest.

If you became one of these three professions, you would be too caught up in this world’s materiality, and the distractions of money, sex, marriage and children, and all the restrictions, of what mostly these professions would be, to your divine mission, as your mission is going to take up a lot of your time, to such an extent that you will only work part time, as your mission will cost you more money than you make from it.

So your childhood conditioning needs to prevent you from your strengths being recognised by your teachers and school career officers. But we will give you a key to help you accept your divinity and qualifications for this mission, and that is your numerological chart.

Now that you know the category of these strengths we will first give you Raymond’s astrological details, for the astrologers, in high-lighted paragraphs, and then we will continue with what we will explain in connection with Raymond’s childhood, so that you can match it up with his Numerology chart, as his occupational achievements are literally described in most of his Numerology chart, to help you accept that his Numerological name and birth chart is firstly a true relationship to Raymond.

RAYMOND WILLIAM SHORE

DATE OF BIRTH, 7/9/51, 21.52 GMT. RECTIFIED.
BIRTH CERTIFICATE NUMBER DG577904, ENTRY NUMBER 330 ST HELEN HOSPITAL, BARNESLEY, YORKSHIRE, ENGLAND.
ASCENDANT 18°40’19 GEMINI. MID-HEAVEN 10°13’44 AQUARIUS
SUN 14°27’22 VIRGO. MOON 3°19’10 SAGITTARIUS.
MERCURY RETRO 1°54’58 VIRGO. VENUS RETRO 7°41’21 VIRGO
MARS 13°03’44 LEO. JUPITER, RETROGRADE 12°16’34 ARIES.
SATURN 2°50’25 LIBRA. URANUS 13°11’46 CANCER
NEPTUNE 17°59’56 LIBRA. PLUTO 20°16’03 LEO.
NORTH NODE 9°49’06 PISCES. SOUTH NODE 9°49’06 VIRGO.
SECOND HSE CSP 5°09 CANCER. THIRD HSE CSP 21°20 CANCER.
FIFTH HSE CSP 6°51 VIRGO. SIXTH HSE CSP 22°16 LIBRA.

ASPECTS, MAJOR AND MINOR.

SUN CONJUNCT VENUS. Sun semi-sextile Mars.
SUN QUINCUNX JUPITER. SUN SEXTILE URANUS.
Sun semi-sextile Neptune. SUN OPPOSITE NORTH NODE.
SUN CONJUNCT SOUTH NODE. SUN SQUARE ASCENDANT.
SUN QUINCUNX MID-HEAVEN.
MOON SQUARE MERCURY. MOON SQUARE VENUS.
MOON TRINE MARS. MOON TRINE JUPITER.
MOON SEXTILE SATURN. Moon semi-square Neptune.
MOON SQUARE NORTH AND SOUTH NODES.
MOON SEXTILE MID-HEAVEN.
MERCURY CONJUNCT VENUS. Mercury semi-sextile Saturn.
Mercury semi-square Uranus. Mercury semi-square Neptune.
VENUS QUINCUNX JUPITER. VENUS CONJUNCT SOUTH NODE.
VENUS OPP NORTH NODE. VENUS QUINCUNX MID-HEAVEN.
MARS TRINE JUPITER. Mars semi-sextile Uranus.
MARS SEXTILE NEPTUNE. MARS SEXTILE ASCENDANT.
MARS OPPOSITE MID-HEAVEN.
JUPITER SQUARE URANUS. JUPITER OPPOSITE NEPTUNE.
Jupiter semisextile North Node. JUPITER QUINCUNX 3RD NODE.
JUPITER SEXTILE ASCENDANT. JUPITER SEXTILE MID-HEAVEN
URANUS SQUARE NEPTUNE. URANUS TRINE NORTH NODE.
URANUS SEXTILE SOUTH NODE. Uranus semi-sextile Ascendant.
URANUS QUINCUNX MID-HEAVEN.
NEPTUNE SEXTILE PLUTO.  NEPTUNE TRINE ASCENDANT.
NEPTUNE TRINE MID-HEAVEN.
PLUTO SEXTILE ASCENDANT.
North Node semi-sextile Mid-heaven.
ASCENDANT TRINE MID-HEAVEN.

Some of these aspects you may not accept, depending on how strict an orb you use, but some of these planets are pulled into aspects by other planets. I will list the planetary configurations, as I interpret them, as they are extensive.

**TWO T SQUARES**
**OPPOSITION AND SQUARE**

JUPITER * NEPTUNE * URANUS.
SUN, SOUTH NODE, VENUS * NORTH NODE * MOON.

**STAR OF DAVID**
**TWO GRAND TRINES**

ASCENDANT * MID-HEAVEN * NEPTUNE.
MOON * MARS * JUPITER

**THREE KITES, INTERCONNECTED**
**3 TRINES, 2 SEXTILES AND AN OPPOSITION**

ASCENDANT * MID-HEAVEN * NEPTUNE * MARS.
ASCENDANT * JUPITER * MID-HEAVEN * NEPTUNE.
JUPITER * MID-HEAVEN * MOON * MARS.

**MYSTIC RECTANGLE**
**2 OPPOSITIONS, 2 TRINES, 2 SEXTILES**

MARS (PLUTO) * JUPITER * MID-HEAVEN * NEPTUNE.
TWO TETRADIC YODS, INTERCONNECTED
2 SEMI-SEXTILES, 2 QUINCUNX, 1 SEXTILE, 1 OPPOSITION

MARS * URANUS * MID-HEAVEN * SUN, VENUS.
NORTH NODE * MID-HEAVEN * SUN, VENUS * JUPITER.

You might find the progressions of my Ascendant and Mid-heaven interesting, as Pluto is 62 degrees ahead of the Ascendant, and Jupiter is also 62 degrees ahead of the Mid-heaven.

Now for most people who haven’t studied astrology, we will only explain the high-points in connection with his childhood, connected with these classes, books, his Numerology chart and its connection with his past lives.

The best sign of the zodiac for a communicator, is GEMINI. So for Raymond to be a good talker, we made sure he was born at the only two hours of the day in which GEMINI is on the horizon, which is why it is called the ASCENDANT sign, which fixes the appearance and personality.

For what Raymond desires, and the way he thinks and feels, is represent by his Sun, Mercury and Venus, they needed to be in the best analytical sign of the zodiac, which is VIRGO.

Now both GEMINI and VIRGO are mostly helped and influenced by the planet Mercury, which represents thinking and the mind.

If you have a mind that desires to study detail, which is Virgo, with a personality, GEMINI, which is attracted to variety, and variations of this detail, this is why he needed 200 astrology and numerology books, and the same goes for other subjects he was to study.

This GEMINI influence drives the VIRGO from just seeing the grass of one field, but takes him to compare the grasses of many fields, so to speak. But all this focus on detail and looking down, means that he has missed the forests and big picture.

So we had to arrange his birth so that the sign that his moon is in at
his birth, will subconsciously bring into his mind the wisdom and big picture, of his strengths in seeing the interconnectedness of everything else. So his Moon is in the sign of SAGITTARIUS. As the moon represents our subconscious desires.

We will leave out some of his childhood details for volume two, which is connected with another event, but other details of his childhood we can use to show you the connections with his astrological and numerological birth data.

At the age of five my brother was born. I suffered from Candida Albicans, from before I can remember, then it was called a Hay-fever.

(My mother had to have all her teeth taken out because of an infection, and she would have had antibiotics in 1951, while she was pregnant with me, and this was the cause of my body’s allergies.

But my higher-self told me this was arranged to not only mess up my schooling, but keep my I.Q. from getting too high, while I was in school.)

Since then, I have found that I was also reacting to certain foods, that I was allergic to, any sugar or yeast based foods, besides about a dozen plants, and also dust. More about this near the end of this volume, where I first found out about the purposes of this Candida.

We moved from Barnsley to Chester, when I was nine years old, but while my mother was converting this big old house into a ‘GUEST HOUSE,’ my father still stayed in Barnsley, working down the coal mine for a few more months. I didn't see him after that, because a month later he died, in bed.

“Raymond’s memory was mostly blank up until his move to Chester.” A year later my mother remarried a coach driver, who stayed at the guest house frequently, as Chester is a Mediaeval/Roman City on the tourist circuit, and when my stepfather married my mother he retired from coach driving and went to work for a confectionery wholesaler’s, and every week brought home boxes of samples, for my brother and I to gorge ourselves on, which doesn't help, having Candida.

My step-father was an obsessive letter writer, and every night he would be writing letters, well he took an instant dislike to my scribble-
like hand-writing, and insisted in making me practice my hand-writing, to make it beautiful, again and again.

I also had great fear of my step-father, who I have found out since, was a past life of someone in my spirit’s past life.

The affect, my higher-self explained, is like making a left-handed child, become right-handed, it really messes up the schooling, but in my case it set up very strong aversion to writing, and the constant focus in school of making my handwriting beautiful, because my stepfather would check my school books, well, my English grammar and punctuation, was practically, non-existent.

Even though, my essays were twenty pages long, and I would be getting up at four o clock in the morning, to finish them. But I would hate writing, but when a story is coming into your mind you have to write it down to see how it ends, and that’s why I was told my essays were the longest in the class, and I may have subconsciously rebelled against writing, by not bothering to punctuate the essays, when I wanted to be out exploring, fishing, cycling, or just rambling.

So when I was becoming top of the class at woodwork and metalwork, when I was thirteen years old, I didn’t care about my English anymore, so I was down the bottom of the class at English, so I had no teachers or career officers, saying you would make a great writer, which was what my higher-self and my guides wanted.

At this point we need to explain a bit of Numerology connected with Astrology, in connection with these childhood events. In Numerology numbers represent nine different basic meanings, for the numbers 1 to 9. And the total of a person’s date of birth, by adding each single number to the next until you have a final total, like my date of birth,

\[7/9/1951 = 32\]. Then the two numbers are added together, like this, \(32 = (5)\). I will not go into what every number represents, at this stage, but number (5) represents change and adaptability, and when it is the total of the date of birth, it is called ‘THE LIFE LESSON NUMBER,’ or learning most of my life, what the number represents.

But in Raymond’s case it was only temporary, while Raymond was growing up, for he was being prepared for a change of his LIFE LESSON NUMBER. But before we explain this change, we will have to explain what
Numerology books call ‘MASTER NUMBERS.’

MASTER NUMBERS are 11, 22, 33, 44, etc, which are totals that are not reduced any further. They most often mean the single number has been learnt so thoroughly in that they have already achieved the peak represented by the original single number, like 1, 2, 3, or 4 etc, or ‘POWER NUMBERS.’ which total to 10, 20, 30, 40, etc, in that they have also overcome the desire to be, as we say, 0 removed from everyone else, in that they are ready to help another, or more, to stand along-side them, where the Master number person, will teach the second individual mostly what that basic number represents, like 11 teaches about 1.

A person having a Master number in their name or date of birth, doesn’t mean they are a Master, or learning to be a Master, it only refers to the mastering of the meaning and principals of that number.

Imagine you can see a little hill from far off, and a person climbs to the top, stands up and helps a second person up, to stand along-side of them, from a distance both figures look like the number 11.

Some numerology books make a big fuss about Master numbers, as being something special, but most of these books only explain the numbers 11, 22, 33, and if you realise that the number 11 can be found by adding each two numbers together, 29, 38, 47, 56, 65, etc, if you get my drift.

Also because 11 is the smallest Master number, the chances of these variations of 11 occurring in dates of birth or names, are even higher, but this is good, because it means more people are awakening to the Aquarian age, as 11 relates to AQUARIUS.

All Master numbers are teacher numbers, in that the basic principle of the number is teaching mostly what the base number represents, not like a teacher who is teaching a subject at school, like sport, and they are teaching from a text book, and they have never played a sport.

But there are some twists to what these Master numbers are either learning to teach, or in most cases the person has already learnt what they are teaching, represented by the Master number, and some of these master numbers, like 33, can be teaching representation of 3, on a lower level, like teaching creativity and giving.

But on a higher level 33 represents unconditional love, for every living
thing, and the other two numbers associated with love are 6 which represents parental love, and 2 which represents romantic love.

But first I need to show you the number representations of the signs of the zodiac, as they are interconnected with Numerology.

The twelve signs of the zodiac are like a spiral course of classes for every spirit to choose, starting with Aries and progressing through to Pisces, where you start again at Aries, but on a higher level of meaning, and each time a spirit progresses they can eventually go to the next level of what each sign can teach the individual.

The meaning of the signs are progressively interconnected, because through a person’s life-time he has the opportunity to learn something new as the individual progresses through the signs at roughly $1/30^{\text{th}}$ of a sign per year, so at the maximum, after 30 years have passed, the lessons learnt from one sign should help, and then prepare the person to understand and learn the next sign.

But a spirit will very rarely reincarnate into consecutive signs of the zodiac, because everyone has free will, and we sometimes don’t learn the lessons of the sign, and if we all have learnt a collection of different sign experiences, we may want to, or be guided to be born into a specific astrological configuration of planets which are just right for our growth.

But if a spirit is wilful and chooses to be born into an astrological sign and pattern, that is new to them, then it might be a bit of a struggle to learn to use the basic tools of that sign, but another spirit who has been recommended by his spirit guides, to incarnate into the same sign, but the rest of his planetary placements increase or add to the basic tools of the sign, but this time the tool is a lathe, instead of a chisel, because the spirit has had many life-times practising and refining the use of these specific tools, so the individual with the lathe might have the same Sun sign as the person with the chisel, if you understand the analogy.

If a person wants to maximise the influence of the planets placement in the zodiac, they will choose the time and location of their birth where the angles of the positions of the planets are increasing the flow of energy between many of the planets. In a way you are supplying a machine shop full of tools for the incarnating spirit who has used these tools in many life-times.
But for a novice who has had no past life practise of these tools, the spirit may incarnate into the same Sun sign, and the planets may be in the same signs, but because the angles which increase the flow of energy between the planets, are not there, then the flow of energy is not there, so the novice will not be let loose in the machine shop, to hurt himself or others with the powerful machines.

And the same goes for numerology. In that a novice would not have the influence of many, or specific Master numbers, if they didn’t have the experience to cope with their influence.

As you have read, 11 is quite easy and frequent to total, but as the master number rises, they are rarer to total in a name, and even rarer in a date of birth total. Master numbers are usually attributed to signs of the zodiac which are good teachers. I will explain them in groups of three, as most of them are interconnected.

**ARIES = 1, LEO = 3, SAGITTARIUS = 9 AND 99**

ARIES, 1, mostly perceives and takes or does what they want, and good at starting things, and it is called a CARDINAL sign.

LEO, 3, has learnt that if he gives, he can receive much more. This is also a FIXED sign of the zodiac, where adaptability and change are not what this sign is about.

SAGITTARIUS, 9, can see the big picture, from a higher viewpoint, where he can connect the giving and taking to complete a circle represented by the circle at the top of the number 9. In Astrology this sign is a MUTABLE, meaning it is into adaptation and change.

In numerology the 9 represents power and influence, of a non violent nature, as it has all the numbers within the nine, so has mastered the numbers sufficiently to use that power.

The three signs of the zodiac which have the most power over many people, are learning different areas of influence of this power, and they are situated one after another, Sagittarius, Capricorn and Aquarius.

But where they learn to control this power, is firstly incarnating in the sign of Scorpio, because a person under the Sun sign of Scorpio, if they are on the level of this higher lesson, has every and any desire amplified,
ramped up so they have to get control of whatever it is that is amplified, so that when they have mastered the increase of power within themselves, they are then more able to have control over themselves, when they have power over others, when they incarnate into one of the next three signs.

The Master number 99 is also connected with the teaching side of 9, and is in the correct sign, as 99 represent’s Teacher of Teachers. Meaning teachers of other numbers or specialities, from 1-9.

But on a higher cycle or level, 99 is the Master number who is also capable of teaching all the previous Master numbers, which are the specialities, who are guided and taught by the 99s, if the 99 spirit has also mastered those previous master numbers.

This is why my guides and higher-self insisted in me explaining my Astrological and Numerological birth details, analogically representing spirit guides endorsed certificates on the walls of a doctor’s office.

Just like 33 can mean teacher of creativity and giving, the higher cycle can be teaching unconditional love and acceptance, and self sacrifice for the benefit of others, I don’t mean the meaningless loss of life to save another person’s life, unless they are learning that lesson, but as a teaching meaning of 33, it would be hard to teach if you have passed out of the class-room, so to speak.

But all Master numbers have higher levels of meaning, just like Astrological signs of the zodiac.

I cannot give you any examples of names totalling to 99, also the individual would have to have a few more names on their birth certificate, for a 99 total to occur as a total of vowels, or consonants, and most people in the western world have three names on their birth certificate, the middle name is usually the father or mothers name, depending on gender, as my middle name is my father’s first name.

So more often than not, 99 will be the total of all the letters numerical value, which in Numerology is the DESTINY NUMBER, or POTENTIAL LIFE PURPOSE. I will explain more about 99, and DESTINY NUMBERS, later on.

Money and also Tax are very high in influence, and they also add up to 9.

As you can see the 10\textsuperscript{th} letter of the alphabet is J

\begin{tabular}{cccccccccccc}
 A & B & C & D & E & F & G & H & I & J & K & L
\end{tabular}

\begin{tabular}{cccccccccccc}
 M & N & O & P & Q & R & S & T & U & V & W & X
\end{tabular}

\begin{tabular}{cccc}
 Y & Z
\end{tabular}
and the 19th letter is S, so you can see why every vertical column represents a number.

So that I can mentally remember each letter's number representation, I change the letters around to make words, or think of phrases that remind me.

1. ADJUSTING. 2. BACK TO FRONT. 3. CLUE. 4. DEPARTMENT OF MOTOR VEHICLES. 5. NEW. 6. FOX. 7. GYPSY. 8. HEADQUARTERSZZZ. 9. INLAND REVENUE.

Speaking of INLAND REVENUE TAX

953 1 54 = 27 = 9
954 55 3 5 = 36 = 9
21 6 = 9

27 + 36 = 63 = 9 or 27 + 36 + 9 = 72 = 9

So we know where all the money went. If you also notice, not only the totals of the words Inland Revenue, are 9s, but also their first letters.

TAURUS = 4,  VIRGO = 44,  CAPRICORN = 8.

TAURUS 4 represents security and completed work projects, whatever it is, and is a FIXED sign.

VIRGO 44, represents innovation and change to finished structures, and can show the interconnectedness of everything and everyone in the physical world. But on a higher level it is representing the connections between reason, cause and effect, where the connections are beyond the one physical life. The term Teacher of interconnectedness is the teaching side of 44, and the sign is also a MUTABLE. More about 44 later on.

CAPRICORN, 8, is connected with the cause and effect of the interconnectedness of karma as any Capricorn will attest, they seem to experience that every deed they commit, good or bad, rebounds in their life, to teach them actions and consequence, and is also a CARDINAL sign.

Where in that the 44 is all about teaching the interconnectedness, but there is a blank between the two 4s, representing past-lives, earth-bound spirits, damaged aura’s, or about our guides, which are all there, but cannot be perceived with our normal physical senses.
But the number 8, because the two circles are connected, this is why the Capricorn or 8 individual, experiences the interconnections of the consequences of what they do or say, very soon after.

Remember I explained that each sign is interconnected with the one before, and the one after. Well, every other sign is introvert and is good for introspection, the reason being the actions of the previous extravert sign are in a way reflected upon and taught. The extravert signs are less aware of their affect on others, and less affected by other people. But the introverted signs are more aware of their affect on the world and people, and are more affected by criticism and opinion, and the signs will be affected in different ways, depending on their sign.

Both Virgo and Capricorn would make good past life therapists, but remember Virgo is the master at analysis, is adaptable and accepts change easier, You could say that 4 represents a past life, and the second 4 represents this life, I very much think of 4 as a square circle, or a box, where if you trace the line of the box you will eventually come back to where you started, as if the spirit enters the baby from the spirit world, lives a life, and when the body dies the square circle is complete and the spirit returns.

Here are a few words that total to 44, 

**ILLUMINATE** 9333 495 1 25=44  
**SPIRITUAL** 179992313=44  
**THERAPIST** 285917912=44  
**ADEPTSHIP** 145721897=44  

The first three fire signs are more connected with action and seeking action. The three Earth signs are more into building and understanding the physical interconnectedness of everything. The next three signs are associated with communication.

**GEMINI = 5 AND 55, LIBRA = 2, AQUARIUS = 11.**

The trouble with there being 12 signs of the zodiac, is that there are not only 9 basic numbers, not counting 0, but the master numbers also have different meanings, and when they are most suited to a sign
of the zodiac, then it can get complicated.

You might have noticed the first complication where Gemini may have two numbers, Virgo shouldn’t have 4, or Aries 11, because they are suited to other signs, but 5 is the basic driving force of Gemini, and that is curiosity and communication.

Outside of the teacher numbers, represented by all the Master numbers, Gemini is the sign that disseminates the largest amount of knowledge to everyone else who do not go to schools or colleges, so that humanity catches up with the discoveries and beauty of everything that can be perceived to be communicated.

The shape of the number 5 represents the capturing of all perceptions first, represented by the back facing lower curved line, then our mind chooses what we want to communicate, by the raising straight line into the mind then it communicates in a straight line, like a projection, just as a voice spoken is received by the ears of the listeners, in a straight line, horizontally to their ears.

The communication side of this Life Lesson number is to learn when to communicate and when not to, also the person will learn the hard way of the misuse of communication, as you will learn later on.

It is also the number of large changes, if a person has a Life Lesson number 5, they are learning to adapt and be happy with large changes in their life. When a person is confronted by large change, they pause, digest, adjust to, before they move forward, very similar to the shape of the 5. Imagine we are going forward and the change hits us. This is like the down stroke straight line, then as we adjust, accept the change slowly we come back to moving in the right direction, represented by the curved line returning to point in the same direction, but not the same exactly.

Where I used to live near Barnsley, was a small place called Stairfoot, and even then we lived outside of the village, in a row of attached houses, about a mile from the next row of houses.

Behind my home were fields and countryside, no streets, no houses. Moving to Chester, half a kilometre from the Roman wall of the city, was a big change for me. No countryside for at least 3 miles. Also my mother was running a ‘Guest House’ with all these strangers
wandering around the house. Then a stepfather came on the scene 1 year later.

I was not only learning the lesson of change from my date of birth, but I had a Gemini Ascendant, for a personality, where I had to not only learn to communicate, but learn to discriminate what I said, as my stepfather didn’t treat me as a child, but related to me as if I had the mind emotions and discipline of an adult, my toys were thrown in the bin, and I became very scared to talk to him, and as my mother only showed love and preference to my brother, who was the favourite.

I had to seek other ways of communicating, joining the cubs and then scouts helped. Having perfect pitch and singing like an Angel, (Alto-Soprano) I was recognised by the school music and Choir teacher, who used me as a soloist in the choir of 30 to 40 boys, and would position me in the weakest area of boys, when their pitch wasn’t up to scratch, or they had forgotten some of the words, so that they could hear me and keep up with me, this and the Scouts, is where I was learning team work, and the happiness of the others I was helping.

My higher-self tells me that what I needed to realise and learn, was that my self-esteem is what I create, as I was receiving the opposite at home.

If my school choir was just an ordinary one, I could understand why my parents never came to even one concert or competition. But the Overleigh School Choir was the only boys choir from England, that ever competed year after year at the Llangollen International singing Eisteddfod in Wales, and we would do concerts all round the country. I was even scouted, and paid a wage to sing in a church choir on Sundays, but my parents never came once. I will explain more about 55 later on.

Here are a few words totalling to 55, INCARNATION

NUMEROLOGY 5 3 4 59 6 3 6 7 7 = 55
PSYCHOLOGY 7 173 8 6 36 77 = 55
DISCIPLINE 4913973955 = 55
LIBRA = 2 represents the non-verbal communication of a smile or perceiving a partners desires, and is the lover of the zodiac, because of this ability to feel communication from a partner, and they have the ability to communicate this love in a smile, which is why they smile more than any other sign of the zodiac.

If the Ascendant sign is Libra, then they are expressing that, but if their sun sign, or birth month is Libra, and their ascendant sign is another sign, then it is harder to recognise, but my guides have shown me the letter 2, has the capacity to feel and understand the partner, and that the line at the bottom of the two represents a person kneeling, meaning they are not going anywhere, and that they are there for the other person, the bending back stroke of the up-curve in the 2, has the same meaning of bending over backwards for the other person, but only to draw them in and make them feel wanted and loved, having enough space inside the curve for two, the curve at the top is like a hook locking the two people in harmony.

Libran’s seek balance harmony and peace, and are very good at understand the other person, on multiple levels, remember I mentioned earlier that 2 represents romantic love.

I do not have a number two in my date of birth or name, as I have no BKT letters anywhere, but my guides told me that for me to be guided by spirit, in all levels of teaching and healing, I have to have no astrological or numerological ability to read another person, other than what they tell me, verbally.

My guides and higher-self would also like to add that no one on earth should judge or criticise or condemn another person, connected with the word EGO.

A person who has been brought up with no love and affection, is conditioned to seek attention, this is very often judged as EGO.

A person imprinted with Astrological and or Numerological strong imprinting of a desire to communicate, if they talk about another person’s achievements or talents, they are praised, but if they talk about their own achievements or talents, this is often judged as EGO.

A person imprinted with the astrological and or numerological strong imprinting of a desire to be into sport or art or any creativity, this is very
often judged as EGO.

A person yada yada yada, politicians, FBI or law enforcement, military, are you getting my drift? Usually when another person calls you an EGOTIST, it is firstly very hard to defend, and secondly either the person has taken a dislike to you, or previous life-times are having an influence on them, either from a past life-time with you, or the situation or subject of conversation, has triggered off a negative reaction in them from past conditioning, which could be a past life, childhood, or in the womb.

Oh, it is also the favourite tool of anyone trying to undermine, attack, suppress, or take away your sense of who you are. And if you argue, you lose, and if you go quiet, you lose, if you walk away, you lose, especially if you are teaching a group.

This is why my guides insisted that I included all my Astrological and Numerological birth data, as more Astrologers and Numerologists study them, they will greatly support me connected with this mission. In that I needed to be who I was, Ego, warts and all, to achieve this.

AQUARIUS = 11. If you remember number 1 is Aries, where they learn to make their own decisions without others telling them what to do. Well, on a lower level 11 is the teacher who is teaching independence, but on a higher level it is teaching to tune within to the higher-self or God, and be guided by either, and it represents the unseen machinery and set up, that is all around us, from the influences affecting our aura’s to Earth-wandering spirits and thought-forms, to the vibrational influence of numbers, they are even working when you don’t know what the numbers mean, and you find out years later, and when you look back you can recognise their affect in your lives, and also the planet Uranus and Astrology is connected with the number 11.

This is why at the beginning of the Aquarian age, which is just over 2000 years long, mankind and scientists have tried to investigate every influence on the world and mankind, 99% of what they are studying cannot be perceived by the human normal physical senses, but machines and instruments can help us see or record or produce, and this is a reflection on the direction of mankind’s seeking.

Here are a few words which add up to 11,
Eventually they will learn that they are connected with a spiritual component that is a lot more important than just doing what they desire.

This number 11 teaching Master number, is teaching to harmonise a person with their higher-self, and is a fixed sign, and very often the spiritual truths are fixed, and less adaptable. The next three signs are associated with our emotions, mostly love emotions.

As I said earlier these descriptions are very basic, and I am leaving out so much that they would fill a few books, but I want to establish the basic meanings of all the basic numbers and some of the Master numbers, but even I am not aware of where the higher master numbers fit into Astrology.

The sign of CANCER imprints a strong emotion of parental love and
caring of not just their children, but if they have no children, then this specific emotion is found an outlet in community, and the service industry, especially prepared food, or hotels.

The shape of the number 6, is that the circle at the bottom represents the womb, and stomach, and this area of the body has a much stronger influence than the mind.

CANCER = 6 AND 7,  SCORPIO = 22,  PISCES = 33.

The planet that is associated with Cancer, is the Moon, and the moons position in a birth chart indicate the type of subconscious desires and abilities from the incarnated spirit’s past, which can slip through to influence the conscious mind. My Moon position at birth is in Sagittarius, more about number 9 in my name chart later on.

The number that represents the Moon is 7. The shape again is representative of how the subconscious or any unseen indirect perception or communication is received by all of us.

Imagine the Moon is situated in the right hand top corner of the 7. When the sun shines on the moon, representing the top line, we see Sun’s reflected light on Earth, down the long line sloping backwards, representing our subconscious desires and abilities coming from our previous existence, or any perception that is a result of an unseen cause. Oh I have found some famous psychic/spiritual healers, with 66 in their names.

SCORPIO 22, represents the experiencing and learning the effects of strong emotions on a person’s beliefs and desires. Our society mostly associate this sign to sexuality, but because the intensity of the individuals depth of physical feeling and emotional response to the actual sexual act, then because of this heightened awareness and thus can enhance sexual enjoyment, the Scorpio individual can be more in tune with their partner while making love to them, and thus can harmonise their movement for the increased pleasure of both parties, if they have learnt about sex, or they want to give this pleasure to their partner.

But where a Libra 2 wants to help their partner feel loved and equal, just like the scales the sign represents, but in most cases Scorpio has a
need to dominate, and manipulate what they perceive in their partner, if the Scorpio is unbalanced.

And this ability to read, feel, harmonise with the partner, is reflected in the number 22. But basically if a spirit either has the need of passion, will-power, or determination as a tool for their spiritual growth, or mankind’s spiritual growth, then the number 22, or Scorpio, or the planet Pluto, which rules Scorpio and 22, will be in the right amount to help them.

But usually a person born in the Sun sign of Scorpio is learning to control this power, these strong amplification of any emotions, created by the Scorpio, which can spill over into obsessions, negative emotions leading to murder or megalomania. But if the Scorpio individual learns to control and finds outlets in careers which cater for this passion or intensity, like an Actor, Surgeon, Spy, or even a Heavy Metal Rock Star.

All incarnated spirits eventually have to learn to control themselves, and as a spirit grows in vibration they increase their abilities and power, and Scorpio is the class room to learn how to control this power, and just as everyone’s higher-self is monitoring how we learn from every life we experience, if we don’t learn the lesson of any Sun sign, we may have to experience the sign again, before we are ready for the next sign if the last sign is necessary for us to glean the most out of the next one.

Oh, the number in numerology which represents sex, is 5. As a rule, the amount of 5s in a birth certificate name, or date of birth, lesson numbers, usually indicate how much the person needs, seeks out sex. My curiosity over the years has prompted me to ask a few individuals, when I have found out that they have hardly any 5s in their name or date of birth.

One woman, when I told her that she had a very low sex drive, and that even in a relationship, it was low, and was most likely initiated by her partner. She told me she had become aware of this, and her last boyfriend, who was a hypnotist, corrected this, at her request, and she said that not only has it increased her desire, but her body is feeling more sexual sensations than before.

Other individuals with six or seven 5s in the names, have told me that they have sex a lot, and more often. So you see it is very much connected with 5. The numerology books also state this, not just my own little
research. Scorpio is a fixed sign and here are a few words,

\[
\begin{align*}
\text{MASTER} & = 22 \\
\text{STUDENT} & = 22 \\
\text{MIND} & = 22 \\
\text{WORK} & = 22 \\
\text{PAIN} & = 22 \\
\text{GAIN} & = 22
\end{align*}
\]

Now we come to the last sign and number, which has many connections with me. PISCES 33. Remember how I explained that the number 3 is connected with giving, well 33 represent the giving of pure love, not romantic love 2, or maternal love 6, but not only unconditional love, but love to everyone and living thing.

When it is the total of the date of birth the lesson is to learn this love, which the 33 individual feels within them, is to flow out to everyone, not be held onto, and only released to a partner or children.

It is a very hard lesson to learn, but it has the compensation of the individual always feeling that love, you could say, comes from God, not from the individual, in the lesson context.

The hard part of the lesson is that if the individual loves any person, persons or things too exclusively, then these people or things will be taken away, either the relationship will end, or the other person will die, prior arrangements by the other persons spirit are involved here.

Or a person can lose all their possessions or money, or a physical disability can prevent the individual from physically enjoying what they love too much, like sport, sex or food. But the lesson is more connected with love and people.

You may wonder what has this got to do with me, well firstly I have to explain what I was shown psychically in connection with my mother, in the second year of running my classes, but first here is what I consciously knew of my Mothers interaction with me.

My mother and I never agreed on things, but my brother got on well with my mother, he had my mother’s blonde hair. When I was in the last year of my primary school, it was getting close to the time when I had to take the exam which sorted out who went to grammar school, and who didn’t. In England it was called the 11+.

My mother had purchased special home-work books to help me pass this exam, but with Candida, hand-writing, and other factors from my
early childhood, which were unknown to my conscious mind at the time, (Sexual abuse) I didn't pass the exam. My mother didn't take it too well, but my brother performed a lot better at school, and he passed the exam and went to grammar school.

After I failed the exam, my brother became the favourite. As a child, I couldn't understand why my brother was only told off, when years before, I would have been punched black and blue for doing the same thing, but I do look very much like my father.

My mother would lose her temper so much that her whole face would flush bright red, and spittle would fly everywhere, as she would punch me over and over again, from my shoulder down my arms, before she would start in with slapping the back of my legs. I did have the same facial features as my biological father, maybe that had something to do with it. This was when I was 10 or 11 years old, not a beefy teenager.

When my stepfathers mother saw all the blue and yellow green bruises, she threatened my mother with going to the Police, if it ever happened again, so my stepfather was the one who would smack me, he even would creep outside our bedroom, and if he caught us talking in bed, would burst into the bedroom and smack me a few times, but my brother never once got smacked, ever.

My mother was a Leo, with a Cancer Ascendant, (personality), and my stepfather was born under the Cancer sun sign.

My childhood memories seemed to start when I arrived in Chester, at nine years of age, as I can only remember incidents that were about the same number as the days in a month, and most of those were happy memories of exploring the country-side on my own, and hardly any other memories about my father. I still have no memories of his voice, or any memories of what he looked like.

I found it difficult talking to my parents, it wasn't that I couldn't talk to them, but I couldn't get their attention, they were always working. Oh, I forgot to mention I looked and had the voice of a boy five years younger than my age.

At the same time I was running my first classes at home, in the second year, I saw a program on T.V, where someone was describing the conditioned behaviour patterns and personality quirks, of a person who
had experienced sexual abuse in childhood, but had no memories of the
abuse, but they also had hardly any childhood memories around the age of
the abuse.

I recognised so many of the described behaviour patterns in myself,
that I started asking my guides about my own childhood. So I asked my
guides if I had any experience of this in my own childhood, and was told,
‘Yes.’ And was I surprised when I was eventually shown one akashic
recorded scene, from my childhood.

*All events are recorded in the spirit world, and it was safer to show me
a recording of the abuse, from you could say across the room. But it was
like I was seeing everything from the side. *)

On the night of 11/1/88, after I had helped the student Irene rescue
her past-life, who had been a little girl entombed alive in a pyramid, Irene
helped me to re-call a past-life of my own, and the first scene I was
shown, was my birth in this life. When I first came into the world, the
first impression I got from my mother, was,

‘What an ugly baby,’ and the feeling of rejection. I then saw a life in
Victorian England, as a Down's syndrome boy. I was the boy, and the
mother in that life, was my mother in this life. In that life, my father had
been a military officer, and died in a war.

My mother was fairly well off, and started dating another officer, but
didn't tell him that she had a Down's syndrome boy, for fear of losing
him, until he had fallen in love with her. I was about seven or eight at the
time, and my mother was spending less and less time with me, and the
nanny looked after me, and because I couldn't show love to my mother, I
transferred my love to the nanny.

Now this nanny had not been able to give birth to her own children,
so she chose a job as a nanny, to make up for not having her own. But
with me not be normal, and slavering all over her like a puppy dog. I used
to wrap my arms around her leg, in a hug, and never let go, she couldn't
handle that.

Out in the garden, she kicked me off her leg, and I flew through the
air and landed on my head, on the flagstones, surrounding a little pond,
with a statue fountain in the middle.

I died, the officer found out, and stopped seeing my mother. Her loss of the officer affected her more than my death, and the feelings towards me…. Well, I got the blame. Spirit told me that on a subconscious level, she knew who I was, from that life, when I was born in this life-time.

I was curious to find out what happened, in those missing memories in my early childhood. But now I know my higher-self wanted me to know a lot more. So on another night I did a past re-call meditation back to my birth. Spirit, showed me that when I came into this world. It really cramped my parent's social life, and they wanted everyone to think that they were free from children. Now I know why I spent a long time playing in the cellar.

By now I had already just been told by my guides, that I had been sexually abused by my father, but I still hadn't seen it. Well, I imagined being abused the way two dogs mate, but when my higher self showed me what happened, it came as a shock, that I was facing him. It only happened a few times. Spirit said that his grandfather abused him when he was a child, many times.

My guides told me, that he had incarnated to learn to accept love, and me coming from a Down's syndrome life, I had an excess of love to give him, no matter what, and that I needed balancing, by having the experience with my father.

I have forgiven my father, mother, and stepfather of everything that happened in my childhood. I have been really happy for most of my life, and even now living alone, I am very happy.

(This, my guides tell me, is the side-effect of the 33 vibration.)

When I first put together and printed the first volume, I left all this out, as I was concerned that my mother might read this and it would upset her. When they visited Sydney after I had printed my first volume, I saw them for a few hours, and showed them the book that I had compiled and printed myself, I asked them if they wanted a copy, they said they weren't interested, but I gave them a copy. I don't think they bother to read it as I didn’t hear from them ever about it, and as these experiences are all intertwined reasons for my own life, I decided to write them in.
As my mother has a different name, and lives in a different country, no one will know. I won’t be giving them any more copies. What will be, will be.

When I was involved in Astrology and Numerology I became aware of a quirk in my Life Lesson Number, but because I had no evidence that it was true I didn’t accept it at the time, but the more I was to learn over the years from my guides and higher-self, I changed my mind about my Life Lesson Number.

While I was typing an extract to insert, in connection with a student’s channelling, in 2010, my guides channelled through this, to explain what happened on this Astrology night at the Astrology Society.

While Raymond was learning about his numerological name and birth chart, while he was sitting next to his best friend at the Astrology centre, we got his best friend, who was also born in England, who knew Raymond’s time of birth, to ask, “Because you are born so late at night in England, it would have been the next date at the same time in Australia, and when you came to live here, would the next day’s date of birth significantly change your life lesson meaning, if you are living here permanently?”

So Raymond quickly calculated the addition of one number to his life lesson sub-total which was 32, which now became 33, and when he read the meaning of this life lesson, which is the learning of how to teach universal love, and giving of love, and learning to put others first, and self sacrifice, and that 33 is represented by the Astrological sign Pisces, where the description of what Pisces means, is the giving of love without prejudice, because of the ability to feel everyone’s suffering, to the point of total acceptance of other people’s weaknesses or failure of character.

His childhood experiences of his physical abuse by his mother and step-father, where his brother was never touched, because he was the favourite, and his brother used to set Raymond up to be punished, because his brother knew he was untouchable, was
teaching Raymond the unfairness of not loving everyone equally.

But the hardest lesson of the **33** **LIFE LESSON** number, is that if you love anything too much, it is taken away from you. So if a relative wanted to only experience life for so many years, and then return to spirit, he might be matched up with a parent who is learning a life lesson **33**, as Raymond mother’s date of birth also adds up to **33**. So, first her husband died when Raymond was 9, so, then his brother died in a motorbike accident, when his brother was 17 years old.

Raymond could accept that what he had been learning through Astrology was the suffering of people, described by their astrological indicators, and the many hundreds of astrology charts of notable people, from all over the world, and because Sydney is a lot more multicultural than New Zealand.

He found that everywhere he interacted with humanity, he was learning about different races, cultures and religious faiths, and their core Astrological race programming, like both England and Germany are connected with Aries, the god of war, and Switzerland and Japan are connected by Virgo, which make good accountants and bankers, with Virgo’s attention to detail and perfectionism, this made sure that the Japanese manufacturers had the least amount of flaws in their products, thus less returns to the factory, under warranty, which the American automobile factories soon became aware of.

He lived at different times in cultural suburbs of Greek immigrants, then Italian suburbs, and when he worked and lived alongside these inhabitants, he noticed different Astrological programming, from their old country of origin.

What we are trying to say is that he was learning the lessons of what **33** meant, and this training was to align this love of humanity which was his spirits core level of spirituality, but this **LIFE LESSON** number can be a hard lesson to digest, for any human being in this predominantly selfish world, because if he loves anyone, thing, or vice, too strongly, too exclusively, because his capacity to love others is so high, then it is arranged that they are taken away from him.
You have all heard of the expression ‘Love is blind,’ well another aspect of this quote represents, if you love something too strongly you are not only blind to what you are in love with, but your focus on the object of your love, interferes with the rest of your life, and you put the love object’s needs above your own, like the other quote, that we all have heard before, ‘fallen in love,’

So we needed to not allow his great love capacity to interfere with his chosen destiny, and not have any strong ties, which would emotionally sway him from his spirits chosen objective.

Also the retraining of his love will be transmuted into a broader manifestation, with this love as the engine of force behind his will to learn and understand the reason for suffering in the world, which would be his four years of training, after he first stepped foot into the Spiritual church.

My guides told me that my mother only loved my father, and they didn’t want any children, but spirit had other plans, and because my mother hadn’t learnt the lesson of 33, my father died, but if it wasn’t coinciding with my father’s spirit plans, then he might have left my mother for other reasons, and I can think of many.

Then my mother made a conscious decision to deliberately treat my brother and me differently, by playing favourites. I know there were many other factors, like me looking like my father, having a strong will, and talking a lot, and the connection with the Down syndrome life.

After my brother died I went down from Auckland, to live with my parents in Christchurch for year, while I was there, I was having an argument with my mother, which was quite normal, as my Mother is very domineering, and she said,

‘I wish you had died instead of your brother.’ I went quiet, then I said, ‘I think you had better write that down, so you can trot this gem out, to add to the other sayings you have told me repeatedly throughout my childhood, like,

‘No one will ever marry you, your too ugly.’ and,

‘You’ll never amount to anything.’ I then left and never spoke to my parents again for about six years, then a Medium on a Friday night church service, passed on a message from my Mother, saying,
‘She didn’t understand me when she was alive, but now she was in spirit she did.’ because the medium insisted she was deceased, when I questioned her.

I finally got through on the phone to my parents home on that Sunday night, I found out that they had been away for the weekend, and she said she had been worrying about me, I don’t know about that, but I told her I was well, and remembered the experience with the medium to add to my book.

So I was being prepared in my childhood, while I was learning lessons connected with 5. You might say these deaths of my father and brother, may have nothing to do with 33, and being born 2 hours before midnight may also be a coincidence.

Well, while I was studying Numerology, my curiosity, which has very often been guided by my higher-self, started to check out words and names, here goes what I learnt,

BARNSLEY, my birthplace, 2 195 1357=33 until 9 years old, CHESTER, where I lived 3 851 259=33 until I was 21.

AUCKLAND, until 1974. 1 3 32 31 54=22 CHRISTCHURCH, until 1976. 3 8 99 123 8 39 3 8 =66

SYDNEY, where I live now. Oh, check out LONDON. 1 7 45 57=29=11 3 6 5 46 5=29=11

If you think most Towns and Cities add up to 22, 33, or 66, be my guest. So if my childhood vibrational influences from Barnsley and Chester were also helping with my training, you would be right.

After the first year sitting for development at the Spiritual church, spirit wanted to give a bunch of us, like a confirmation name. So the church made it into a little ceremony on the Sunday Church service where we all had to go up to the medium on the stage to be given a name from spirit, and a flower to take away with us.

There was about five or six of us, the man next to me was called first, he went up received his name and flower, and as he was coming back to
his seat he was smiling and shaking his head. I asked him what’s wrong, and he said,

‘The Catholics gave me the same confirmation name.’ and I said, ‘The Catholics might think they are picking the name out of a book, but they were guided by spirit to pick that name.’

So then my name was called, so I went up to the stage, and the medium said my name was STEPHEN, so I asked, ‘Is it spelt with a V, or a PH?’ And she said PH. 12 578 55 = 33

I think my guides were trying to prove to me that my LIFE LESSON NUMBER was now vibrating to 33. Over the years I would still experience this hard lesson still working, but I have never felt lonely, and I am happy most of the time.

Oh and one more thing, in Astrology the sign that the NORTH NODE is in at your birth, indicates what sign and meaning, your spiritual growth in this life is taking, and the sign my NORTH NODE is in, is 9’ 49’ 06” of PISCES 33. So my new LIFE LESSON NUMBER and personal spiritual growth, are the same, sweet.

Here are a few words which total 33. SAVIOUR 11496 3 9 = 33 BLESSING 23511957 = 33

TEACHER 2 513 8 59 = 33 EDUCATOR 54 3 31 26 9 = 33 ORATOR 6 91 26 9 = 33 PLUMBER 733 4 25 9 = 33

Don’t laugh at the Plumber, because in Australia I was employed as a Plumber. I will give you a break from Numerology until my name, later.

I was always a sickly looking boy and was a head shorter than other boys of my age. Yet my mother and father were fairly tall for their gender.

In the first year of the new school, after the 11+ exam, I was placed in a lower grade, called 1B, where there were a lot of, you could say, were juvenile delinquents. I was terrified throughout my school days, and was always beaten up, extort-ionized, and bullied, because my mouth always got me into trouble. I managed to eventually come 2nd in the second annual yearly exam, and I was bumped up to 3A, but because I had had B stream teachers in the first two years, in all my academic subjects, and I
acquired a few new A stream teachers, where the curriculum was more advanced, I found it a struggle.

My higher-self and guides have just now revealed that it wasn’t my fault that I came bottom of the class, in math and English, and they want this explanation to help other readers who went through the same experience, who also blame themselves for poor results in their new class, from the same generation as mine. This is what my guides told me.

You see in the sixties, mostly secondary modern schools, trained the children for a working-class career, and the different levels in school were not designed to help students who increased their intelligence and moved into a higher grade, if the student hadn’t been taught the advanced math or English which the higher-graders had already learnt, then the teachers didn’t bother to give you the books, or courses they had already taught their A-streamers, and at fifteen years of age your failure, and very low score in English, was mostly the fault of the school system, which had not educated you with the missing advanced schooling.

Just as the lower streams found their occupations in the work force, based on their schooling in those streams, the grammar schools trained them for, office workers and management. And the wealthy, which sent their children to private schools, were taught curriculums to train them to be Lawyers, Doctors, scientists, and the like.

So if you were a late developer, on all levels, you miss out. I’m not resentful about it, because as my higher-self says, if the world was perfect, you wouldn’t have any reason to incarnate into it.

At school I found that I was quite good at metalwork, and found that in sport a didn’t have the stamina for fast team sports, and I wasn’t big enough and strong enough around boys my own age in teams of the same year age in competition, but found in gymnastics I did so well that they wanted me for the school team who competed against other schools, and there was only one school gymnastic team.

So with metalwork, a soloist in the choir, and being in the Boy Scouts, these activities helped to raise my self-esteem, in working in a team to bring about something beautiful and growth.

My guides say the Boy Scouts, and Girl Guides, was developed from the code, ethics, morality and discipline of native American Indian spirit
guides, who helped Baden Powel create, through his wife, who was a Spiritualist, but Hitler corrupted the purposes in the Hitler youth camps.

While still at school Raymond learnt how to swim, and with his love of gymnastics, he was soon diving, and would seek out a swimming pool with many diving boards in Connors Quay in north Wales, where a he could get on a train at the railway station at the end of his street, which would take him there, where on most Saturdays he would stay all day. He was learning that he could take care of himself, and be independent.

While in my first year at the new school my mother would only give me 2 shilling pocket money a week, and I knew that most of the other kids of my age were getting ten shillings, about an Australian dollar, so I found a newspaper delivery run, in the mornings, and eventually one after school, for the afternoon papers, and then at fourteen I was working on Saturday mornings in the toy department of a department store, and Sunday mornings being paid to sing in a church choir, and was making five times what the other kids in my class were receiving in pocket money, but I was learning much more about responsibility, and once I got hold of the New Zealand year book from the library, when I was fourteen, I made my mind up to emigrate to New Zealand when I was 21.

So because I was looking for a profession which would get me into New Zealand, I chose to serve my apprenticeship as a HEATING AND VENTILATION PIPE FITTER WELDER. So I left school at 15, but I was too small and not strong enough. So for the first two years they wouldn’t let me out of the company workshop, where I learnt welding and looked after the stores, as in those days most of the pipe had threads cut by hand machine, which I didn’t have the strength to do, no electric machine to do it, like today.

“While Raymond was at school, his I.Q was under his higher-self’s imposed restriction, for his protection and his mission, so to speak, but once he was locked into his apprenticeship, his brain and mind were unshackled.”

When I was round about 30, after I had been studying astrology for over three and a half years, I took an I.Q. test, which isn’t testing you on what you know, but on your ability to solve puzzles, not crossword puzzles. Anyway I got a shock, it was a lot higher than my school
academic achievement, but then again, of the three classes of Heating and Ventilation, which apprentices were taking at the same time, the same final technical college exams, when I was twenty years old, I scored the highest marks, in the theory part of the exam, of all three classes. So my I.Q had been increasing, just as I grew two inches taller after I was twenty-one years old.

“Because of his gymnastic and diving-board skills he was drawn into Ju-Jitsu, in his early apprenticeship, but we his guides and higher-self knew that he needed training in survival skills, because he was buying a fast motorbike, and we knew what was coming up.

While going on a camping holiday to Cornwall when he was 17, he was going too fast for his overloaded motorbike, around this increasingly tighter bend in the road at 70 mph, and the tyres just slid of the road into a ten inch concrete post, with pipes connecting to the next concrete post.

His motorbike snapped the concrete in half, and Raymond smashed his right leg into eleven broken bones, and Raymond was air-born, well, he cleared the trees which were ten feet high, the drop on the other side of the concrete blocks was 17 feet, and from the impact point to where he first hit the ground was 43 feet, because the police measured it, and when they interviewed him in hospital, he passed out when they told him these measurements.

When he came around, a few minutes later, they asked him how did he survive not having a broken neck, as all he had was internal bruising in the stomach, slashed skin on his right fingers, sprained right wrist and the smashed right leg, below the knee.”

I explained I closed my eyes when the bike hit the post, and when I opened them again I was flying towards the ground, so I went into a break-fall that we practised in Ju-Jitsu, where we have to run and dive over five bent over students, and roll into a break-fall. I then explained to the police I had been in the gymnastic team at school, and my favourite sport is high spring board diving, so I was quite familiar with twisting in the air to glance the ground in a roll, where my back hit the ground first, and kept rolling, and because I was hitting the ground at speed, that saved my life, but if I had been falling straight down 27 feet, I think I would
have been dead.

But since I have experienced the physical power of spirit, I may have been also helped, to prevent death or permanent disability, which would have made it difficult to get to New Zealand.

I left home after I returned to work, and shared a room at the YMCA. And when I was 20 I applied to emigrate to New Zealand, and was accepted. When I turned 21 in September, I was made redundant from work, but I already had my 25 Pound ticket, for a liner which was sailing at Christmas for Auckland. My parents followed a year later and went to live in Christchurch.

When he arrived in Auckland he met a woman who was into Ju-Jitsu, and because Raymond’s body was now very muscular, he got interested in weight-lifting, and this study of this sport would eventually help him to find a job as a Physical Fitness instructor, in Sydney, for those who wanted to use weights to tone up their body’s, or increase their musculariture.

We will list the different occupations Raymond had in Auckland, Christchurch and Sydney, as they are related to an aspect of his Numerology.

**AUCKLAND**

**Welder, Labourer, Hospital Orderly,**
**Air-Conditioning Installer, Sheet-Metal Worker,**
**Air-Conditioning Design Draughtsman.**

After he had installed air conditioning, he went to work in the company factory, manufactured the ducting and A.C units, as he learnt how to produce a duct with the least amount of waste sheeting, and because he could recognise what will not fit on the building site, he was in the perfect position to design and draw up one set of plans that both the factory men, management and installation fitters were happy with, when he was asked to be their Design Draughtsman.

Then after a few months his brother died at age 18, in a motorcycle accident in England where he was living with his Aunt finishing his catering apprenticeship, so Raymond left this company and went to live
with his parents, in Christchurch for a year.

At his apprenticeship technical college Raymond and the students had to bend and thread pipe to match a drawing of a frame of pipes, Raymond became so efficient at completing each assignment that he would finish many hours before the next students. So the teacher said,

‘Why don’t you draw up a plan of a frame, more difficult than the course plans, build it, and then we can mount the frame and drawings on the wall, to show what can be achieved for future classes?’

Raymond thought this would inspire or put the students mind at ease, in that they wouldn’t have to assemble and produce such a difficult pipe-frame. So he drew one up and made it.

Later in life when he was working for the Sydney Gas company, assembling easy pipe and valve frames, after all Sydney’s industry had been converted, he was eventually given the job of converting the most time consuming conversion of the most expensive old gas stove.

Most gas stoves were converted in the home, and at most would only take three hours. The gas stove Raymond converted had to be brought into the workshop, and the customer would be lent a stove while it was away.

The conversion manual of this gas stove and rotisserie grill, had a conversion time of 11 hours. Raymond would easily convert it in four hours, where it left him time to study and read his Astrology books. There is a reason why these abilities are being explained to you, so that you will accept certain numbers in his numerological name chart.

While Raymond was working for the gas company for the next 14 years, his income was secure, and because in all these trades, you leave your work at work, and don’t bring any home, and there is never any worry about work.

This would allow Raymond’s mind to first study Astrology and Numerology for four years, and sit in circles and study more books on psychics, healers, and related subjects, loading up his mind with concepts, terminology and the meaning of illness, so that his mind could wisely analyse the effects and purpose on the spirit, from illness, disease and disability.
But if he was in a profession where he takes his work home with him, it would not have been very good for his divine mission, so to speak.

**CHRISTCHURCH**

**BOILERMAKER, FIRE-SPRINKLER PIPE-FITTER.**

After his mother in Christchurch said those hurtful words he went back to England for a year, He arrived at Christmas, and went to live with his favourite Aunt, his mothers sister, who had three grown up children living nearby, the eldest boy and girl were married with small children, and the youngest boy still lived at home.

This was where Raymond spent most of his summer school holidays, when he was a child, but his brother never stayed at this Aunties place, but at another Aunt’s, his father’s sister’s place.

He received a lot of love from his Aunty, who knew what her sister was like, and it was a great healing place for Raymond, as it was right next to the country and a large forest, where Raymond would climb tree’s all day, and loved the forest, as it had a pull on him from a past life.

At the end of one summer when his parents came for him, because it was 75 miles from Chester, his mother jokingly on the way home in the car, said, "Do you want to go and live with your aunty?" and Raymond said, "Yes, can I, when?" because Raymond meant it, by this time he had no feelings left for his mother, and didn’t miss her in the slightest. Raymond’s parents didn’t say a word for quite some time, on the way home.

This year visiting England was a very emotionally happy time, and helped shake out any homesickness cobwebs he had for England, but with England’s high taxation, GST, Poll Tax, unemployment, and cost of food compared to New Zealand, not counting the weather. Besides he was missing New Zealand, the beaches, weather, and the national parks.

So he bought a ticket on a Russian cruise liner, heading for New Zealand, leaving at Christmas returning a different route, through the
Panama Canal. Within six months of being back in Auckland, because of temporary political prejudice against immigrants, he packed up everything and moved to Sydney. There were so many immigrant tradesmen on the plane to Sydney, that they were making jokes about New Zealand, like, ‘Last one out switch the light off.’

But to Raymond if he didn’t have any financial concerns, he would have preferred to live in New Zealand, but his higher-self needed Raymond to live in Sydney, as this is where most of his, for want of a word, ‘Soul-Group’ were living, even a couple of them would come over from New Zealand, to be able to attend Raymond’s advanced classes. So he arrived in Sydney in the winter of 1977.

**SYDNEY**

Physical Fitness Instructor *(Not Aerobics)*
Mechanical Plumber *(His Apprenticeship Trade)*
Cryonics Instrument Fitter *(Liquid Gasses)*
Plumber and Gas Fitter, Conversion Gas Fitter
Truck Driver, Courier.

After he found an apartment about six months after he arrived, he met a woman he had a relationship with, who was into Astrology, and she drew up Raymond’s birth chart and lent him the books describing the meaning of the positions of his planets in the signs of the zodiac.

She wasn’t a real astrologer, because his chart was incomplete, but what Raymond read about himself, blew him away, and he was asking himself, why doesn’t everyone know about this science, and what it does? So next he had his birth chart done by an Astrology Computer shop in the building nearly opposite, where he was working as a mechanical plumber, on the new Sydney Parliament building.

And because he had to travel to work by train, he could explore the city after he finished work and find the second hand book shops, where he finally found out about the huge new age book shop, where they had hundreds of Astrology and Numerology manuals, from all over the world.
But before we go any further we would like to explain the primary usefulness of studying both sciences. I have taken this extract from further in this book where I was explaining a person’s core beliefs in relationship to distortions in a student’s channelling.

Sorry if I might repeat some of what I have written earlier in this chapter, but I only recently was persuaded to include this chapter. Also you may come across where I repeat a few things in different chapters, because when I am writing, words just flow into my head, and I know that those words are needed in relationship to that chapter.

(Please do not confuse a person’s core beliefs with a person’s Astrological birth chart, as the primary cause of the student’s core beliefs, they maybe the same as the spirit, before they reincarnated, but also they may have chosen the Astrological influence to mould them into these core beliefs, for a purpose of spiritual growth, but usually the core beliefs will appear as the same as the Astrological pattern at birth, and I am not talking about the zodiac sign of their month of birth, I’m talking about much more complex influences, that only an astrologer would understand.

I’ll give you an example, two babies may be born at the same time in the same hospital, both Astrology charts are I identical, one spirit that incarnates into the first baby, wants to learn to be a teacher, his childhood, parents and name will support this aim for his spiritual growth, by achieving this aim.

The next spirit that enters the other baby, at exactly the same time in the next theatre, may have been a very proficient teacher in past lifetime, but doesn’t want to be a normal teacher of children, but wants to teach something else more advanced, outside of the academic system.

So his spirit and higher-self chooses specifically the right parents, where his childhood conditioning blocks his teaching strengths or desires to teach, which influence his behaviour, so that his teachers and career councillors help persuade the young man to seek an occupation in a trade, where he find he likes, and is good at metalwork, but the teaching Astrological tools and his spirits past life teaching experiences, are still there lying dormant.
So later in life when his conscious mind is awakened to what his spirit wants to teach, which maybe something very difficult to teach, where the curriculum isn’t already in the material world, where his previous lifetimes of teaching will greatly help him to teach a very difficult subject, where the spirit of the other baby, learning to be a teacher, would find teaching the subject too uncertain or difficult.

So you see to prevent the conscious mind of the child of the experienced teacher spirit, being manipulated into a profession of teaching, which they have already had lives doing exactly the same profession, as he doesn’t need to learn it, but the drive, desire, and personality, and Astrological teaching strengths, which are the same Astrological tools that the first baby had, are still there, a Numerologist will see that in his name numbers, that his spirit isn’t learning to be a teacher, but he already is, so as this person gets older and leaves behind the academic system that is designed to teach and guide people into professions, they eventually finds that they would like to teach adults, and as this person starts teaching, they find out that they are quite good at it.

But the Astrologer-Numerologist already knew this when he took a look at their birth details. So you see the Astrological influences are really tools for a spirit to use, some are learning to use them for the first time, and some have used them so many times that they know how to use them without thinking, if you get my drift.

You could say that most astrologers would see a tool box (Astrological birth-chart) with all specialist tools for a specific profession. (Planetary configurations) But because Astrology is so complex, it would take a very advanced Astrologer with a high I.Q, or a Psychic Astrologer, to notice that the tools aren’t new, but well worn. (Meaning the individual is not learning how to use the tools, but is proficient in their use.)

But an average Astrologer can easily learn Numerology, which would tell him the same thing as the very advanced previous types of Astrologers. The word Astrologer is very similar in generality as the word doctor, and just like there are many different doctor specialists in a hospital, there are many different types of Astrologers, as systems of astrological interpretation come from many ancient and modern
civilizations. There are specialists that are good at interpreting the present, the birth chart and the future, of either a person or a nation.

Another analogy would be Astrology shows the tools, but Numerology shows the plans of the building, that the tools are going to be used to build, whether it is going to be a house, or a skyscraper.

Raymond’s first book where he became aware of Numerology, he found in an old second hand bookshop, which was titled,

‘THE ENCYCLOPAEDIA OF ANCIENT AND FORBIDDEN KNOWLEDGE.’

And it had chapters on a large number of new age sciences, including Numerology, but this book never mentioned anything about Master numbers, vowels and consonants, and that most Numerology books say that you add up all the birth certificate names, so he only added all the numbers of his first and last name, together before reducing them, like this,

**RAYMOND SHORE**

9 1 7 4 6 5 4 1 8 6 9 5 = 65 = 11

Which he though, that’s nice. When I was printing my first volume my guides guided me to only print this name on the cover. I at the time thought it was because I had found out that the word had the same vibrational meaning as.

**ENLIGHTENMENT**

5 5 3 9 7 8 2 5 5 4 5 5 2 = 65 = 11

But my guides and higher-self didn’t want the vibration of my full name to be influencing the purchase of my book, before I had many years to produce the rest, and in case an advanced Numerologist read my name and started inquiries, which may have drawn too much attention to me, too soon.

One year I was visiting Sydney’s Mind Body and Spirit Festival, and I met a stall holder, where I gave her my card, and explained what I do, and showed her my Volume 1, before I tell you what happened, this is...
When she read the cover she started to laugh, I said, ‘What’s funny?’ and she still laughing, said,

“Is that your real name?” I said ‘Yes, of course.’ Then she said,
“You really don’t know, do you?” I said, ‘Know what?’
“Your name describes what you are doing.” I said, ‘How do you figure that?’

“Raymond is a French name which means ‘Light of the world,’ or ‘Illuminate the world,’ as the French word for world is the word ‘Monde,’ just like the French newspaper. Now the word Shore is that strip of land that the tide covers when the tide comes in.’ ‘So?’ I said.

‘Symbolically the ocean represents the spirit world, where most of us can’t see what lives in it, the same as when you look at the sea. And the land represents the physical world, but if you go down to the shore, not the beach, you will find rock pools, where just looking, you can see fish, crabs, starfish, and sometimes
octopus. So looking at the shore you can see what lives in the ocean. So if you string the meaning of your name together, what your books are achieving is the same as your name, ‘You are illuminating the world to what lives in the spirit world.’”

(I have since found in name books, Raymond means, ‘Wise protector,’ but most Europeans know the word ‘Monde’ means world, and the word ‘ray’ is self explanatory.)

Well, that came as a shock to me, because I already knew about the word enlightenment. So I told her about the Numerological similarity between my name and the word enlightenment, then she stopped laughing, because I then said the word SHORE has the same number total as LIGHT,

\[39782 = 29 = 11\]

but when I showed her my birth certificate Numerological name chart and date of birth, her mouth dropped open. I still had to prove my name, so I pulled out my driving license, which has my full name and date of birth on it.

When I got my hands on quite a few more Numerology books I was to learn that the addition of the vowels of every word and then add all the totals together, and reduce them to a single number, represents your Heart’s Desire, or your core essence, representing your Sun sign in Astrology.

But they said if a Master number like 11, 22, or 33 occurred in a name total it stayed separate and wasn’t added to the other totals, and was read separately to be added to the meaning of the single final number.

Also I was to find that the letter Y when situated next to another vowel and sounded as one syllable is sometimes counted as a vowel, and sometimes counted as a consonant, and that Pythagoras researched this Y in a name, and found that it’s most obvious purpose is to be able to switch the numbers of the personality so that in times of vulnerability, like in childhood or illness it can be used to blend in with everyone else, and that it can be switched back to be utilised to achieve the highest achievement of the purpose of the individual.
So I laid my full name out like this and added up the vowel totals.

\[
\begin{align*}
14 &= 5 & 19 &= 10 = 1 & (11) \\
17 &= 6 & 9 &= 91 & 6 &= 5
\end{align*}
\]

\[
\begin{align*}
5 + 1 &= 6 = 6(11) \text{ with } Y \\
7 + 1 &= 8 = 8(11) \text{ without } Y
\end{align*}
\]

RAYMOND WILLIAM SHORE

In the old system the switching function of the Y only changed the 6 to 8 but still left the (11) in both cases, and as the (11) is the full potential that the individual can utilise, it wasn’t hidden by the switching, to protect a child from standing out in the crowd, so to speak.

These early Numerology books never went past the 33 Master number, but the newer books studied the meaning of 44, 55, 66, and so on, and because those Master numbers cannot occur if every name is reduced to a single number, or Master number.

So they scrapped the reduction of the first total of all the names, but still noticed the meaning and placement of the other master numbers if they appeared in a single name, but adding all the numbers together, the chance of a higher master number was there to appear, but the old system would never produce 55, 66, 77, 88, or 99.

This next example is again with the Y first, and below it, minus the Y.

\[
\begin{align*}
14 &= 19 & (11) \\
17 &= 6 & 9 &= 91 & 6 &= 5
\end{align*}
\]

\[
\begin{align*}
14 + 19 + (11) &= 44 \\
7 + 19 + (11) &= 37 = 10 = 1
\end{align*}
\]

RAYMOND WILLIAM SHORE

This was just an example of the switching purpose of the Y working, but as it wasn’t the calculation of my personality number, it wouldn’t be too obvious in its workings. But my guides knew that I would need this function, as you will come to see.

I had left out another meaning of the number 44 until you had become aware of some of my occupation history, and that the 44 also means ‘Master teacher of practicality or adaptability,’ and remember how it represents Virgo, well the ‘Heart’s Desire or core essence is the same as my sun sign, Virgo.
Before I go any further I would like to explain that Master numbers are mostly learnt from the individual’s previous existence before this life, except if they are learning the master number, as their Life Lesson number. And that there are different levels just like there are different levels of the signs of the Zodiac, just like before I found out that a had been a past life therapist in the spirit world, I was manifesting the 44 vibration in teaching practicality and adaptability.

Whether it was in work and the material world, or physical fitness, or astrology, before I had been trained to fulfil my Master Destiny Number 99, which kicked into gear the higher function of the 44 number, which is connected with past life therapy.

And that nothing bad will happen to you if you are not ready or are still learning where to utilise your Master number in the world, and don’t think you have failed or not succeeded in teaching the people of the world what your Master number represents, as your influence may take time to percolate, and maybe decades or centuries after you leave you body, your influence may be of great benefit to humanity.

In 1989 I had occasion to explain a past life (Not mine) to a student which my guides had helped me to learn a lot about, at the time it was educational for the students, but my guides say it was for this 2011 text book, and was meant to go here, so here it is.

(Tim) “Did you know that Napoleon Bonaparte was clairvoyant?”

“I knew he was psychic, I knew that he was into numerology. Did you know he was into all those occult things? He changed his name, so that he was 38/11 and 38/11.”

(His Life Lesson Number, 10= (1), which is the total of his date of birth, which was 8/15/1769

His original birth certificate name spelling was, 23 + 5

1 6 56 5 16 = 7 + 16 = 7 39 = 12 = (3)

NAPOLEONE BOUNAPARTE 20 = 2

5 7 3 5 2 5 7 9 2 + 25 = 7 45 = (9)

20 = 2 25 = 7

23 + 20 = 43 = 7 16 + 25 = 41 = 14 = 5 + 43 = 7

(1)
His inner-self or heart’s desire is $39 = 12 = 3 + 41 = 5$
His expression or personality is $43 = 9, 84 = 12 = 3$
And his purpose, or destiny number, which is $84 = 12 = 3$

And as spirit say’s, if you try to pour milk churn into a milk bottle you’re going to have a big mess all over the floor. $18 = 9$
But he deliberately changed his name to,
$1 6 5 6 = 18 = 9 \quad 6 1 1 5 = 13 = 4 \quad 3 1 = 1 3 = 4$
NAPOLEON BONAPARTE $2 0 = 2$
$5 7 3 5 = 2 0 = 2 \quad 2 5 7 9 2 = 2 5 = 7 + 2 5 = 7$
$+ 1 8 = 9 \quad + 1 3 = 4 \quad 4 5 = 9$
$3 8 = 1 1 \quad + 3 8 = 1 1$

$3 8 + 3 8 = 7 6$ or $(1 1) (1 1) = (2 2)$ Destiny Number $(2 2)$

As you can see his purpose and Destiny Numbers are Master Numbers and are not reduced, but if his soul hasn’t developed master muscles that he will need as strength for his new purpose and destiny, which is primarily a teaching number, then well, we all know what happened.)

You may say what has this to do with what I am explaining about a person not living their master number. At the end of the class transcript, I was impressed to add some more, because I had students with their own master numbers in their names. So here it is.

(My guides say that he knew exactly what he was doing when he changed his spelling of both his names, because of the prestige and believed power of Master numbers.

But what he didn’t know was that of all the Master Numbers, 22 is the number where the person is learning a lot more than he is teaching, about the 22, remember it amplifies desires and emotions, or ego.

If a spirit has been recommended to incarnate into a baby who’s birth date adds up to 22, then he would grow up and learn how to control power, generated by his desires and emotions, but with Napoleon who already had a 10/1 life lesson, picking a 22 destiny number, wasn’t very wise.
So if you read a numerology book, which didn’t know that Napoleon changed the spelling of his birth names, and this same book states that he didn’t live his Master numbers for the benefit of others, but used his master numbers for personal fame and Glory, and that this was the cause of his downfall, and this is why he suffered defeat, twice.

But wouldn’t having the life lesson 10/1 and heart desire 9, be the driving force of this power, fame and Glory.

Over the years my guides had shown me some of the past lives of Napoleon’s, so that I could understand that Napoleon’s spirit had always chosen the short cut to power, without learning the consequences and how to handle it, and in most of the past lives I was shown, his spirit used women to gain power. But you will have to wait until the third disc to learn about these past lives.

This same numerology book states that if the master number person lives their life as a reduced master Number, like 2 instead of 11, and confine your life and activities to your own family or normal life, you are inviting disaster upon yourself, then pressure will build up in their life and they will explode, when they do not act in this capacity, they dig their own graves, and conduct their own funerals.

Do not accept this quote from this numerology book. As a person with many Master numbers, this is not true. If a person lives a normal life for even most of their life, but is learning, gaining wisdom, to maybe benefit mankind close to the end of his life, where after their death their work has a ten times more benefit to mankind, then he can’t be under the belief that if he doesn’t spend all his life giving of his Master number benefits, so to speak, he will explode, or dig their own graves.

This maybe why I was shown that many of my past lives had little impact on society at the time of the past life, but decades and centuries later their influence benefited much larger numbers of people.

Now we come to the consonants, meaning Expression, or Personality Number, which corresponds to the sign on the Ascendant, in Astrology. I will again show you the first system of Numerology if you don’t like the second version because you think my ego has
chosen the second version.

As you can see switching the Y to a consonant only produced (11), another Master number, which defeats the purpose of the Y. And now with the Master Number Book system of addition.

You could look at adding them like this, but I don’t. I find it dilutes the system, by mixing both systems. 

I think with the Y would give my personality the normal number of 8 and at the same time would switch my HEART DESIRE number to 1.

(55) is also the number of Gemini which is also my personality, and as you know when this switch occurs (44) is my Heart’s desire number. When you add them both together they come to (99), as my Destiny number.

But if you don’t like it we will show you the complete layout of the old system, then the destiny number totalled in the old system, and then we will show you the complete display of both systems, and where the Master numbers occur.
As you can see there are Master numbers in the total of every delineation. And even if I don’t use my middle name, the Master numbers remain. Now for the system which has a meaning for all the Master numbers.

**RAYS 7 = 19 = 1 = 1 = 14 = 19 = 1 = 1 6 9 9 1 6 5**

**Raymond William Shore**  
First with the Y as a consonant.

**9 4 5 4 5 33 4 18 9**

As a past life therapist teaching students to do past life therapy, to change beliefs, fears, vows, emotions, desires, obsessions, to release attached spirits from past lives, with an exercise which is all about communicating with the attached spirit, to affect the change.
There is another area of teaching connected with 55, but that will have to wait for the third volume.

If you don’t like this modern system of Alphabet Numbers, then have a look at the Chaldean system, but using this system you will lose most of the master numbers for words previously listed. But here it is.

A, I, J, Q, Y = 1          E, H, N, X = 5
B, K, R, = 2          U, V, W = 6
C, G, L, S = 3          O, Z = 7
D, M, T = 4          F, P = 8

9         3           12=3    Sub Total = 15 = 6    Full Total = 24 = 6
11        7           11 7  5

RAYMOND WILLIAM SHORE

WITH THE Y AS A VOWEL

2 4 54 6 33 4 35 9
15=6 14=5 17=8    Sub Total=19=1    Full Total= 46 = 10=1
9+15 3+14 12+17
24=6 17=8 29=11    Sub Total=5(11)    Full Total=70=7

**************

8         3           12=3    Sub Total = 14 = 5    Full Total = 23 = 5
1    7           11 7  5

RAYMOND WILLIAM SHORE

WITH THE Y AS A CONSONANT

2 1 4 54 6 33 4 35 9
16=7 14=5 17=8    Sub Total= 20 = 2    Full Total= 47 = 11
8+16 3+14 12+17
24=6 17=8 29=11    Sub Total=5(11)    Full Total=70=7

Again the switched Y doesn’t change the destiny Master number, unless you count the full total method, which is from the other Master number System.

And the Numerology book definition of what 99 means, which is my Destiny number, is ‘MASTER TEACHER OF TEACHERS.’

After my advanced students came along, I started to have other students attend my classes, a Priest, an 80 year old Indian Yogi teacher, Astrologer’s, Surgeon, Actor, Film Producer, Reiki Master, Medium’s,
and Spiritual healers. And I feel that the text books will help many more specialists who will go on to teach more students.

Remember my first name Raymond, roughly translates as ‘ILLUMINATE THE WORLD,’ and Raymond Shore adds up to 65, the same as the word ‘ENLIGHTENMENT.’ Now here are a string of words which add up to 99.

\[ \text{THE AGE OF ILLUMINATION} \]
\[ 2851756693349512965 = 99 \]

When the founding fathers of the Constitution of America, wrote the Bill of Rights, I don’t think they ever would have imagined the scope of influence that America would have in the world, or the power to teach the world higher principals on multiple levels.

\[ \text{THE UNITED STATES OF AMERICA} \]
\[ 285359254121251661459931 = 99 \]

In my early days of running my classes, I still found it very hard to accept not only my Numerology and Astrology chart, but after I became aware of the theme purpose of mine and my students many famous lives that our spirits had lived, and I wanted my guides and higher-self to explain why me, the son of a working class Coal Miner, and one day while a was driving my van, at work, these thoughts came into my mind, which I asked them to repeat when I was at my lap top.

“A teacher/reformer/healer doesn’t begin with teaching rich and powerful people, or is born into rich or powerful families, so what if you are a plumber, Jesus was taught by his earthly father, a carpenter.

But more importantly Raymond needed to be of the same class as the common people, which his conscious mind needed to empathise with, accepts, love, work with, and makes friends with, and this is the content of the majority of mankind, because his struggles and day to day activities, he has had to do and overcome for himself, just as the majority of mankind does.

In that they don’t have servants to dress them, cook for them,
clean up after them, and wash their clothes, never mind working with, but usually ordering people around.

If Raymond had been born into wealthy parents, he would more than likely have been spoiled and conditioned, mostly subconsciously, to view the majority of mankind as inferior on many levels, as genetically the more successful a person is in life, he is very often the magnet that attracts subconsciously, in most cases, the most beautiful of the opposite sex, to marry so that they have more security.

So, as the teen age wealthy son or daughter notices in their private schools, that most of the students are more beautiful or handsome, because of this genetic grouping of this conscious or subconscious attraction, which produced these young adults.

This has been also recognised by your sociologists that this extra beauty and self esteem, has a great advantage in job applications and career promotions.

We could go on and write a book about the many contributing factors that this choice of a wealthy incarnation is so much harder to interest the mind of the wealthy person to metaphysical interests, never mind developing teaching and producing of these text books.

Similarly, they would be unsuitable, if the choice of incarnation would be the son of a President, King or Queen, Dictator, or General, or anyone who has wielded earthly power. This choice adds more to the wealthy reasons mentioned earlier, as an unsuitable choice for Raymond’s spirit to incarnate into.

After inserting this last section I thought I had finished this chapter, which was after typing and compiling all weekend, and I normally go to the local Spiritual Church at the Lyons Club hall, I was a bit tired and I asked my higher-self if she wanted me to go, and got told yes.

I know most of the congregation as they are regulars, about fifteen of us. After I had performed healing in the healing section of the service, one of the congregation stood up to read from a book that the Medium and others in the congregation were swearing by, so to speak.

In which they had been reading extracts from, every Sunday night. So I closed my eyes and zoned out, as I had issues with this book, but as soon
as I relaxed I physically felt spirit on my left hand, so I said, ‘Hello, what’s up?’ and the thought,

‘Listen to this,’ formed in my mind, so I stopped zoning out and listened. What was read out of this book, which is like a code for living and the laws of the universe, in its response to our thoughts and behaviour, this night went like this.

It was going on about criticism, saying when we criticise another, we receive the same thing back to us, and this book was sighting many examples of bad things happening to people for criticising another, and was saying the law of the universe pays us back in kind, and that the spiritual way is not to criticise anyone, because your criticism will be returned, not necessarily from who you criticise, but in other ways.

And the way it was written, was making out that it was a universal law, of cause and effect, by this time I was looking around and as I know quite a few of the congregations sun signs, I was observing a few nodding of heads and comments of

‘That’s true.’ And I saw one Virgo woman frowning, and while I was looking at the congregation the word

‘Capricorn,’ came into my head. Well my mind started some fast thinking, and when the woman sat down and it was ‘Share time,’ where anyone could share what they would like to talk about, which may have happened to them in the previous week.

But it was later in the service than normal; it was normally near the beginning of the service, before the book reading, so I thought, ‘Aha.’ A woman stood up and talked first, and while she was talking I still physically felt spirit strongly on my left hand, so I know what I had to ask them, so I said, ‘Do you want me to say something?’ and I was told,

‘Definitely.’ So when this woman had finished I went to stand up, but the Medium said,

‘You’ve only got two minutes,’ so I had to rush what I explained, but as my guides later at home told me they wanted me to add it to this chapter, more words came into my mind than what I said in those two minutes, which I would have said if I had the time, but they will be added here as if I am explaining things. I said.

“There is a sign of the zodiac, where a person who is born
under it, are learning the lesson of what they say or do to others, is payed back in their life, like instant Karma. So soon that they learn the consequences of their actions good or bad, but it is only keyed in to this individual born under this sign.”

Then one of the congregation asked,

‘Which sign is this?’ and I said, “This sign is not important, I am not explaining this to criticise.”

‘But why would they have to suffer this affect?’ and I said, “Because this sign has the influence of increasing the ambition of the individual, and the strengths and abilities of this sign will make it easier for them attain a position of power and influence, so they need to learn from childhood not to abuse this responsibility.

Now there is another sign of the Zodiac who has the strongest analytical mind with a strong drive for perfection and efficiency, to help polish and cut the rough diamonds that the other signs create, so to speak, and they are driven to criticism, and they do not have bad things happen to them for criticising, because their Sun sign is compelling them in the same way a Pisces is compelled to learn to love everyone equally, and the Gemini is compelled to communicate.

Each person born under different signs of the Zodiac has different astrologically induced compulsions, to not only learn themselves, but they are also learning from the compulsions driving the other signs of the zodiac. I’ll give you an example part fiction and part truth.

While delivering a package to a shop in Queen Street, Woollahra, Sydney, this man parked his van in a loading zone, which was five feet from a Zebra crossing, he went into the shop and the manager who is a Cancer sign, and very maternal, said,”

‘I am concerned because a child from the school across the road, crossing at the zebra crossing, cannot be seen by the oncoming traffic, you shouldn’t park there, as a child might get hit by a car.’

‘This is the first criticism. So the man who was a Virgo, went
out and looked at the sign and thought.”

‘If a child gets hurt the parents could sue the council and me, and I could be prosecuted, because the road rules have jurisdiction over council signs.’

“So because he didn’t have time, he radioed in to his radio operator, who was a Gemini, and explained what the council had done, second criticism, and explained the consequences if a truck parks there, and a child gets hurt.

Now this Gemini radio operator is heard by all the other drivers on the road, so he spoke out a warning for no drivers to park in that Loading zone, in case they are fined by the police, or a child gets hurt, and he told me he was going to pass this situation on to the Police, which will be the third criticism, about the council putting the Loading Zone sign there.

So you can see criticism is all part of life, and the criticized communication involved, benefits everyone, and most safety systems come about through criticism.

Oh that loading zone sign did exist where it was, and all the radio communication, and informing the police occurred.”

(When I got home I watched a Maggie Thatcher documentary, of her own party voting her out, because of all the criticism of the Poll Tax, which the party thought would lose them the next election, and saw all the riots and criticism which was needed to change things.

This is why I needed to study Astrology deeply, because of my sun signs drive for perfection, and commonsense usefulness, but it’s also connected with my Gemini personality, which communicates anything wrong, which is classed as criticism.)

“So don’t fear something bad is going to happen to you if you criticise, and don’t feel guilty if you have Virgo as an Ascendant or Sun sign, criticism can be just as positive as negative.

Oh and be very careful calling a person an Egotist, they may
seem like one because they are very independent, and have their own strong self worth and strong beliefs and convictions, because they might be an Aries, and learning self reliance, besides they may punch your lights out.’

This made the congregation laugh, but I bet you they will still read from the same book, next week.

“We just want to explain one last thing. We would like to explain an analogy of the state of Raymond’s mind, after he had studied astrology and numerology, and his reaction to interpreting his astrology and numerology chart, before he was guided to the spiritual church.

We want you to imagine, a young man waking up in a hospital with amnesia, finding that he had a very athletic body with hardly any fat, after he had found his address from his driving licence, as he was looking at the open garages of the houses while the taxi was delivering him to his home, he noticed the usual cars, bicycles and a few tools on the walls of the garages.

But when he arrived at his house. He saw two garages, one normal garage with the car inside, and this huge double garage attached to it. When he entered this huge garage, he was bewildered, because all the walls had tools and machines, computers, and workbenches, and in glass frames he saw many awards, and photos of him with famous people, but he had no idea what all the machinery and tools, never mind what the awards were for, but he noticed all the machines and tools were well used. Imagine the bewildered state of mind this young man would have, seeing this garage.

This was the same state of mind which Raymond was in when he was interpreting his birth charts in comparison to other peoples, represented by the previous garages the young man gazed into on his arrival.”

This is the last time I will bring up Astrology and numerology, until a brief mention here and there in the book, the next chapter is how I came to go to a Spiritual Church and what my guides taught me about Spiritual healing.
Firstly, I would like to apologise that what you may read in these early chapters, is very one-sided, as some of the source of these early chapters was communicated from the other side of the veil, through to me, and later through me, and also because I hadn’t started any classes yet.

In later chapters you will eventually be reading this type of communication of material through me and other students, in the recorded classes, where if I were to not give you these explanations from these first chapters, what would be left to read would be a bit strange.

And if I didn’t explain quite a few things in these early chapters, the grand picture of many concepts would be so scattered throughout the classes that the reason for the textbook would be just as scattered.

Also much of what is experienced and communicated to us, is understood by the students, but for a reader who is unaware of what this is all about, they would find the chapters of the recorded classes, tough reading, as in my first year of running classes, I was as much a student as the students in the class, and I also stuck to recording the students experiences on their meditations, and all the communication we received from entities without physical body’s, and some of these are what we call guides.

So my guides and I thought it would be best if some basic explanations should be covered first, then it will be easier reading later on for the beginner.

In this two-part chapter I will be explaining how I became a spiritual healer, and what in my understanding, is spiritual healing. In this first half I will be explaining what I have learnt about spiritual healing, and some of the reasons for experiencing illness or disability.

The second half of this chapter will have to wait until you have read the next chapter, which explains what is channelling, so that when you read the second half of this chapter I will be explaining more about spiritual healing, and the connection with one of the reasons we practice channelling in the classes. Also how to practice spiritual healing is
explained.

Now, firstly the term 'Spiritual Healing,' is really a misnomer, in the terminology of the spiritual, or spiritualist church. Spiritual Healing is any kind of healing of the patient, where energy or communication is channelled through the healer, either to the patient, or from the patient, if the wrong energy needs removing.

This energy or communication is channelled through the healer by a highly evolved spirit, who hasn’t got a physical body, known as a Guide or Angel, or God. You could call it ‘Spirit-Channelled-Healing,’ but that was too big a mouthful and it got shortened, and to people who go to a Spiritualist Church, which also should mean, ‘Church-In-Communication With-Spirit,’ they all know what Spiritual Healing means.

But first we have to go back to my fourth year of my interest in Astrology and Numerology. When I was lying in bed reading one of my Astrology reference manuals, I felt this squeezing sensation on both sides of my spine, in the back muscles close to the spine, then it disappeared, then it happened again but stronger, and the sensation was covering a larger area, like as if it had extended right across my back, also the sensation was reaching deeper into my body, then again, my body went back to normal.

The third time it happened, a few minutes later, my whole body was affected, like a wave pulsing from my spine outward, by this time I was trying to say a four letter word, but my whole body was paralysed, I couldn’t even move my tongue, my eyes were still open, but I couldn’t blink, I wasn’t in pain, and I wasn’t shaking or convulsing, like having a fit.

Also I was hearing the strangest noise in both ears, all I can say is that it was continuous, and was made up of many different sounds, I’m not saying it sounded like a jet engine, but just like a jet engine sound is made up of many different sounds, and doesn’t stop while the engine is running, so was this noise, and it was loud.

This third experience happened for about ten seconds, and it scared the life out of me, you could say. When I next attended my weekly Astrology lecture group, I asked my best friend John, who sits next to me, who is about twenty years older than me, he smiled, and said that
what I was experiencing, was the preliminary stages of astral travelling, and he said these sensations are documented in a book he had on astral travelling.

He said, ‘You can borrow the book and read about it, I’ll bring it in next week,’ but before I had chance to read it, it happened again when I was at home in bed. So when I saw John on the following Wednesday, I asked him, ‘Why is this happening?’ He said,

‘I don’t know, but if you go to a Spiritual Church, the mediums may be able to tell you, as doctors or scientists can’t help you, as they have never seen an astral body to treat it, but mediums know a lot more about this kind of thing.’

So I went to my first spiritual church service, and in this church they announced that they performed spiritual healing, after the service, in the healing room, I found out the reason why, was because the healers would be healing for different lengths of time, and spirit may give some advice to the patient, or just to explain where the healing was going in the patient, and if it was performed in the service, it might slow the service down, and the church don’t want you to speak while the healing is being performed in the church service.

(2010 INSERT. Today in Sydney, in the majority of Spiritualist churches they demonstrate spiritual healing, for a specific length of time in the service, regardless whether the healing guide has finished bringing the healing through the healer to the patient, and I have had to remember all the things that my guides wanted to tell the patient, of what they were telling me, while I was physically feeling where the healing was going.

Or if I am prompted to ask the healing guide certain details, and usually I would remember most of it, and usually my guides would jog my memory, but I would have to wait until the end of the service to tell the patient.

The church I first attended, now also do the healing this way, and I never see the healers performing healing in the back room. Also most of the healers don’t speak to the patient after the service has ended.

If my guides wanted a patient to receive a series of healings, at every church attendance, or if the guides wanted to channel certain words to
influence the patient, you can imagine how difficult it would be if in the service another healer got to the patient before I could.

You will learn that spiritual healers are limited to allow only certain energies through them, until the healer has increased their vibrations, or their guides have developed a specific ability in the healer to allow a specific energy to heal the patient, for example, the healing of the aura.

Today, many of the spiritualist church officials tell me I am not allowed to talk to the patient after the service about the healing, as the church officials have told me I might be sued in court, but my guides tell me this is not the true reason, they say the Mediums who have all the power in the Spiritualist Churches, do not want to lose their power to advanced Spiritual healers, who may show them up for their inadequacy of training and strength of attraction to the audience, sorry I mean congregation.

In all the Spiritualist churches I visit, I very very rarely hear a Spiritual healer from the church talking to the congregation instead of the mediums address or talk.

So this is another reason that these text books are needed, so that students and healers can learn to run their own healing circles or groups at home, without interference from the Spiritualist churches.

I hope one day as Spiritual healers become more advanced, they might start up their own Spiritual Healing Churches, which if they become popular, the old Spiritualist Churches may allow Spiritual healers to speak to their own congregation, and be able to set the parameters of practising healing in their church, guided by healing guides, and not by the Church officials, who are mostly Mediums.

So I went to the healing room after the service, and when the healer arrived, I explained what had been happening, and what I had found out from the book on astral travelling. And she explained that my guides probably had something to do with those experiences, to guide me to the spiritual church, most likely to develop in a circle.

So I thought, okay, I could develop psychic abilities so that I could be a better Astrologer, be like a Psychic Astrologer, so if I saw an injury to a person’s leg, in their astrology chart, I could pick up psychically the exact
nature of the injury, whether it was a sprain, or break, or whatever.

After I started sitting in the development circle, the astral-travelling paralysis never happened again. The first night I turned up for the circle, the medium said,

‘In the first half hour we practise performing healing on each other, before we sit for meditation practise.’ So I said, ‘How do you do that?’ And the medium said,

‘Stand behind the student,’ who was sitting on a chair, ‘And put your hands on their shoulders, and your healing guides will bring the energy through your body, down your arms through your hands, and into the student.

So I looked around the room, and saw four chairs with pairs of students practising, just like she said I was to, so I thought, I can do that.

When a student sat in a chair for me to have a go, I stood behind her, lifted my hands to above her shoulders, went to bring my hands down onto her shoulders, and as I lowered my hands, when I got to about four inches from her shoulders, I started feeling what I would feel if I had two powerful magnets, and was trying to push them together with the wrong polarity, you know, where they push apart. The lower I brought my hands the affect got stronger, and at approximately three inches from the shoulders I was completely stopped.

Well, I pulled my hands away, and without thinking brought my hands together, to see if the cause was in my hands, nope it wasn’t in my hands. So I tried to do it again, and I felt this kind of invisible force field get stronger, from about four inches down to three inches again. No one in the room saw this happen, as the medium was facing away from me and everyone else were practising healing mostly with their eyes closed, and we were under a blue light, so it was a bit dim in the room.

I waited until the medium had finished, and said to her, ‘I can’t put my hands on the students shoulders, a kind of force-field is pushing them back,’ she didn’t believe me, so I had to show her, now I have very strong upper body strength, as I used to be weight-lifter, and I used my muscles all the time at work, converting Sydney industry to natural gas, so I pushed down with all my strength, but I still couldn’t get any closer than three inches, by now the other students had opened their eyes and were
watching my attempt, then the medium tried putting her hands on the students shoulders, and had no problem, again she thought I was faking it.

So I said, ‘Watch this,’ I then brought my hands down again and as soon as I felt stopped, I left my hands over her shoulders, and stepped back as far as I could reach, and brought my body in line with my arms, so I was at nearly forty-five degrees to the students shoulders, and my body was still supported by the invisible pressure under my hands, and I said, ‘That just defies the law of gravity.’ And I asked her, ‘Why were only my hands being kept from touching the patient. She then said,

‘Do what you can.’ Then as I was standing behind the student, thinking, ‘This medium doesn’t have a clue,’ then, my hands and arms started to rise without me doing it, to a position about a foot from the student, where they stopped in that position and I knew that I hadn’t used my muscles to lift them there.

So I thought, ‘Okay someone on the other side knows what they are doing, so I will go along with this,’ and after a few minutes I would feel my arms floating back to my sides, and my whole body started to lean towards the side of the student, so to stop me from falling over I stepped to the side, and faced the student, where arms again floated up, so that my hands were positioned with one hand about six inches behind the head of the student, and the other about a foot from the front, with my hand facing down to the students body, about student head height. This happened again in front, and the other side of the student, before my hands stopped floating up.

So the guides must have finished, I can’t remember what the student said she felt, but over the years patients have experienced many different sensations in their bodies, from opening their eyes because they thought I was touching their stomachs, but when they opened their eyes they found my hand about a foot from their stomach, they then described a hand going into the stomach and felt the fingers doing something, I also felt my fingers moving, but my physical fingers were still.

When we sat for meditation practise I didn’t see anything, and when the medium came to me, she was speaking in trance, and her voice changed to more like a man’s, and she said,

‘We want you to do spiritual healing,’ and I said, ‘Are you sure,
because I don’t have any desire to be a spiritual healer.’ And the guide said,

‘That’s why we want you to be a spiritual healer.’ I didn’t understand why on that night, but after five years of developing, I learnt that if a healer has too strong a desire to heal a patient, then their own body may provide the energy to heal the patient, which may drain the healer of their own energy, which they may have needed to heal themselves, also if the patient’s higher-consciousness wanted the patient to experience a specific illness or disability for the purpose of spiritual growth, then healing the patient with your own energies, is really going against God’s and the patient’s higher-consciousness wishes.

I was to learn from my guides over the years, that a student who has a desire to become a spiritual healer usually has a reason that is fuelling that desire, whether it is emotional conditioning from having a sick close relative, or wanting to be famous if they heal an incurable illness, or they have been a spiritual healer in a past-life, and they are still fuelled by desires to repeat doing the same thing.

Also, if they received and experienced the feelings of love coming from the patients who they healed in that past life, then a subconscious desire to re-experience those feelings is like an addiction, and if they repeat being just a spiritual healer, then they are not learning anything new, and because on a subconscious level, they may feel that they don’t need to sit in a spiritual healing development class, then they are not likely to learn much more if they don’t.

My guides are saying that about ninety-five percent of spiritual healers just do spiritual healing in the churches, and there aren’t hardly any spiritual healing classes for them to progress further.

When I sat in the first circle, I noticed my head was moving on its own, from side to side, and up and down, so I thought this is great, if I’m not moving my head, spirit must be, so I can ask questions, you will never guess what my first question was, it was, ‘Are you there God?’ and my head nodded. I think most of my questions to spirit in the next five years, was asked of God, whether it was my guides answering my questions I will never know.

I learnt that when my head was moved in a specific way, I wasn’t
allowed to know a specific answer to a question, over the coming months I noticed that the answers to my questions were becoming more and more frequently answered with a ‘Yes’ answer, which I found was because they were feeding me with the questions to ask.

Meanwhile in my first development class, which was run by a medium to basically develop more mediums and psychics, not spiritual healers? I was finding that when everyone had to practise psychically tuning in to anonymous objects, like flowers, that we had put in paper bags as we arrived at the church, oh the mediums never said, ‘Ask your guides what message would they like to pass on for the owner of this object,’ the medium was saying things like,

‘Tune into the vibrations of the person who has put the object in the bag, and describe what you see or feel,’ this is what they call Psychometry. Well, I got nothing, so I asked God the thought that came in my head, ‘Do you want me to do this?’ and I got

‘No.’ I also learnt that when the medium took us on a described guided meditation, where they would describe the scenery, I would imagine what they were describing, up to the point of when they stopped describing anything, and then it was blank, and I know I have got a really good imagination, because I loved reading thousands of fiction books.

I found out years later that just like a blind man will find that his other senses become more developed, and will learn things from his other senses that a person who can see, will not learn.

My guides explained it like this, when we look at a scene or an object, our mind processes what we are looking at, from our memories in this life, to interpret what we understand of what we are seeing, and if you were to interview a cross section of age groups of humanity who all watched the same ten minutes scene of a drama on television, you would find that on average, the older viewers would describe more detail and understand more of what was happening in those ten minutes, than the younger viewers.

Now if my mind would fill up with my own interpretation of what I would see on my meditations, then my guides wouldn’t be able to get through, to explain to me concepts of viewing the scene from a totally different perspective.
My guides also didn’t want the medium either negatively reacting to what I could be shown on these meditations, or the opposite reaction where the medium would try to mould me into her perception of how she wanted me to develop. Besides there were other causes and reasons for not having psychic vision.

I’ll give you another example, our eyes can only see the clothes people are wearing, but we cannot see if they are wearing any concealed weapons under their clothes, but an airport scanner has a camera that can see through clothes to show on a screen a gun or a knife, and in the same way our guides have approximately thirty more perceptual senses in which they perceive things with, and also they have the photographic memory of every life-time that they have experienced, to recognise what they are looking at.

So they taught me that they are the experts to teach me things, and not my own minds memories, to understand what I see on a meditation, and that the focus of the direction of my developing psychic senses, would be to my higher-self, guides and God, to be taught correctly.

Also if I was allowed to see and describe what I was seeing to the circle, the medium would guide me more closely, and I would be moulded by the medium, instead of by my higher-self and Guides, and with what they were trying to teach me connected with the wisdom and ethics of Spiritual Healing and Mediumship, this would come in conflict with the Medium’s running the circles I was to sit in. And psychologically this would have been detrimental to my development, as I needed to strengthen my reliance on my higher-self and guides guidance, in these crucial early stages of my unique development.

But I wasn’t to learn this for half a decade, and I used to get very frustrated with the lack of seeing on meditations, and not being able to do Psychometry.

I found out later, that if I could do what the mediums wanted me to do, then I would accept the mediums as my teachers, instead of my guides, or higher-self, and they wanted my analytical mind to not be distracted at this stage by any psychic experiences, when my guides were trying to get me to analyse the way the circle was being run, in a human way, and I am sure my guides were popping into my head the wrongness
of many of the teachers ways of running the class, and also help my mind
to logically figure out what isn’t right, in the way the medium is running
the circle, and the motivations behind the students, and oh so much
more. And prevent me from being sucked in by the abilities of the circle
teacher, and became a teacher groupie, like most of the other students.

I was learning that a student’s development is only a fraction that is
perceived by the student, and much more is going on, connected with
their chakras, and other bodies, like their astral, mental, etheric, spirit,
and a few others, that I still haven’t got the names of, oh and a student’s
aura. A few weeks later, the medium came to me in the circle, and said to
me,

‘Your guides are telling me, that it’s going to take six years for
you to develop, and they also say, that if you knew what you are
going to become, you would run a mile from the spiritual church.’

I then asked the medium if she knew what they were talking about, but
she said, she didn’t know.

Well, I thought this will give me plenty of time to study all about this,
meaning I would be buying a lot of books, like I did with Astrology and
Numerology, and as for the last part of the message, I smiled, because I
knew the guides didn’t tell me this to frighten me away from attending
the circle every week for the next four years, which the Medium may
have subconsciously wanted, but my guides knew that saying to me what
they said, would make sure that I didn’t miss church services, circle
nights, or weekend seminars and workshops.

In fact I practically laughed at the second message, because I was
thinking the message was like a red rag to a bull, and I was the bull.

When I got home and started thinking about the second part of the
message, and what kept coming into my mind, which I found out was put
in my mind by my higher-consciousness, was my Astrology birth chart,
and the numerological chart of my birth names and birth number, which
made me feel a lot more reassured that I could handle it.

So while I was sitting in the circle experiencing and watching other
phenomena like channelling, transfiguration, and practicing spiritual
healing, I found myself going along to Sydney’s largest new age book
shop, where I had already purchased about two hundred Astrology and
Numerology books, and after I found out that there were no healing text books I still wanted to read about these famous spiritual healers, then I started to feel the presence of spirit with me, and my head started to move on its own, and I got the idea that they wanted to help me choose who I should read about, so I pulled a book off the shelf, and my head nodded.

So I started buying books and reading them, and I thought I’d better get some books on reincarnation, chakras, the aura, and the astral body, which I was to learn is only one of six bodies that are connected with our physical body, I will not use the word attached, as it implies a too close attachment, when the bodies can travel infinite distances and travel though time, and always they are connected, and you could say can reel themselves back to the physical, at any time.

I didn’t buy the books to believe everything that was written in them, I just wanted to learn the basics, like the language and alphabet of all of this, I would feel what was important to remember, and some of it I would skip, but I did learn one thing, there needed to be written a text book that could show the interconnectedness of all these different aspects of a human being, and how they are helping us in the development of a spiritual healer.

When I came to write my first book, and I wanted to describe what spiritual healing is, after five years of studying a couple more hundred books, and going on spiritual healing lecture courses, visiting many circles and weekend seminars and workshops, covering a wide range of new age subjects, I even went to a ‘WORLD FEDERATION OF HEALING,’ biennial conference, in Swansea, South Wales, for a week in 1985.

I decided I would take my small tape recorder, and clip the microphone close to my head, and go on a bush walk, and let my guides or higher-consciousness give me the words that I could use as a basis to write certain chapters in the first text book, so here is what I recorded and then wrote.

“Spiritual healing is the channelling of harmonious energies, directed by intelligences beyond the Earth plane. These intelligences assist in the correction of imbalances in the life-forms that house consciousness, i.e. humans, animals, or plants.
The spiritual healer is the assistant who receives the healing energies from the spirit dimension, which are then transformed through the healer’s body, which then flow through the air to the patient, or the removal of inharmonious energies from the patient, in a similar process in reverse.

The healer should only be a conduit with the patient, as the wise initiator of the energies in spirit, being either a guide or Angel, will only conduct the healing energies permitted by the patient's own higher consciousness (also known as the higher-self,) to be healed to a certain point of health, for whatever reason the higher-self chooses, if the healer is sufficiently developed to tolerate the required healing energies to affect a cure.

The degree of spiritual healing energy that can be conducted through the healing instrument, (healer) is dependent on the healers’ tolerance to the energy (healing rays) available to be conducted by the healing guide in spirit, and also to the tolerance of the patient, at the time of the healing.”

Before performing any spiritual healing, the healer should always ask God in prayer, which I will give you now. You will also find it listed in the contents pages, of the ‘EXERCISES AND MEDITATIONS’ chapter.

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

I know that the prayer is brief, but it covers all the bases, and is easy to remember, and the repeated saying or thinking the prayer should put a stop to any of a student’s subconscious desires to heal a patient, which may activate a student’s own energies to heal the patient, and you will be programming your own body to just be a conduit, and allow spirit to do the healing.

Also, if it is permitted by the patients higher-self or God, for the healing to occur. That prayer is to prevent any interference with the patient’s reason for being on Earth. Because if the healer wishes to heal, and has the gift of healing, he or she may heal the patient, and still go
against the patient's higher-self's purpose for being ill.

Spiritual healing is not always effective in curing a physical health problem permanently. In some cases, if the patient's consciousness is unbalanced, and as a result has created the physical health problem, spiritual healing may not be directed at the source of the problem, the unbalanced consciousness.

The patient may have to learn to overcome the imbalance with experience, and of his own free will. Your healing guide will probably not heal this imbalance, which may have been created by a lack of understanding. This can sometimes only be cured by the digestion of the required experience by the patient's.

For example, a man with a stomach ulcer, created by worry has taken on more than he could chew. The ulcer may receive spiritual healing, however, if the patient continues to worry, he may create the physical health problem again in the future. And if the patient's cause of worry is irrational, you may have to help the patient find its source, which may be in the patient's past.

This will be explained in the coming chapters, connected with past recall, from childhood, to maybe a previous life-time conditioning, which is still causing illness to manifest in this life-time.

After many years of healing and running classes, I was to learn from spirit and examples of cases, that if a human is born with an incurable mental or physical defect, either caused by birth defect, or hereditary, or genetic causes, like Down’s syndrome, Turette’s syndrome, or dwarfism.

A spirit who has chosen to experience this genetic disability, reincarnating into such a body, for personal spiritual growth, in some cases, to overcome a defect, or weakness in the spirits mental or emotional attitude towards himself or others, will go through the learning process as long as it takes to learn the required lessons to change the spirits attitude, and the process of the spirits healing, is the required length of time residing in the body of the defective human vehicle, until the lesson is learnt. But when the spirit has learnt the lessons and changed, then sometimes the spirit will leave the body, and another spirit will ‘Walk-in,’ as we say, to learn the same lessons, or similar reasons for being connected with the body.
And as a primary past-life therapist spiritual healer, I and other past-life therapist spiritual healers, will come across patients like this, who want to know why they have to suffer with a serious disability. All I can say is they may be shown the past life-times where their behaviour, which may have also been conditioned, has hurt others, and that they are shown that they have chosen to be born into this body to reprogram the spirits mind, by repeated experiences created by their brain or body in this life, like aversion therapy. I will not name the disability, but I will explain to you the behaviour of the past-lives that were shown to the patient, who didn’t want the therapy session recorded.

This patient saw herself in a past life-time getting great pleasure out of causing great emotional upset, which of a consequence caused repercussions from suicides and murders to more than just the victims of her lies and stories, which carried over into following life-times where she couldn’t help herself doing it again, and that her guides had explained to her, in-between life-times, various cures of the problem, taking different lengths of time, and the likely-hood of adding more conditioning if the long term choice was made.

But if she chose the shorter hard way to overcome the problem, there would be less chance of adding to her problems, so she chose the hard incarnation, in this body, I will let you figure out which disability would reprogram the spirits mind; it begins with ‘T.’

A spiritual healer is also a medium who communicates messages of guidance from the healing guides to the patient. You will only receive these messages if the patient will accept these message, which only your guides will know, but don’t be disheartened if they deny or reject what you have passed on from your healing guides, as sometimes the required guidance takes longer to sink in and be digested for some patients, but your guides would know this, and this is why they gave you the communication for the patient. This is also a part of spiritual healing. I will leave these examples, until after the next chapter in the second half of this chapter, which will be the healing practice.

Every life-form on earth is surrounded by an invisible energy field, called the aura, in human beings it is normally approximately the width of your body, if your arms were stretched out to the sides, from your
fingertips to fingertips, in width, but it does contract and vary in how close it is to your body.

Scientists, who have filmed this aura on Kirlian photography, say that it is connected to the physical body, and can show disease, and can be damaged. I don’t know enough about the aura, as I have very rarely seen glimpses of it, but some students do develop abilities to see the aura, and their guides teach them about the healing in connection with it.

After you have been healing for a certain amount of time, and I mean months or years. You may be shown by your guides how to perform healing on patients with damaged auras. When I first found out that I was healing a damaged aura, I was led by my guides and around and around the patient approximately fifty times, and I thought this was very strange at the time. I found out that they were repairing a damaged aura.

The patient was a nurse who worked in a drug addicts ward, and every time the nurse came for healing, I repeated this strange activity. Just as well I wasn't performing the healing in front of a church congregation.

I suddenly started performing healing in this way, on more and more patients. Then one day while I was performing healing on a clairvoyant medium, and while I was standing with my arms outstretched, the medium said that a whirlwind of light was spinning around her aura, and she said that her aura was being healed.

I asked my own guides, does that mean I don't have to walk around the patient fifty times anymore, and I was told, ‘Yes.’ I also asked if they were performing healing on a damaged aura, and they said, ‘Yes.’

A student or healer should make it a practice to confirm what communication you receive from another person, if they are saying it is coming from the spirit world, go by your gut feeling, and if you feel your guidance from your own guides is indicating that they want you to ask your own guides telepathically, ask them the question that has just popped into your mind, to find out the truth, or whatever. More about the reason for this last paragraph will be later on this disc, as this is a large subject to cover.

So when my guides have finished healing the patient. I stand with my arms in a certain way, and while healing is being performed. I receive the knowledge whether the aura is being healed, or just being cleaned.
A damaged aura is mostly caused by surgery, and I am usually told by my guides to tell the patient, about how a surgeon when he cuts the body, he cuts the aura at the same time. About ninety-nine percent of patients with damaged auras, say that they have had tests, or surgery done to their body by the medical profession.

Sometimes a lapse of many years has occurred since the operation, but the aura can still be damaged. Sometimes the patient forgets that they have had tests or operations, or they do not want to tell the healer.

There are other causes of damaged auras. And you will find cases and channelling about these further in the book. But here are a few of the other causes of damaged auras, grief, drugs, alcohol, certain types of electric shock, some past life traumatic conditionings can cause damage to your aura. There are more causes, but my guides don't want to go into them at this point.

Please do not copy other healer’s techniques, or conform to what everyone else is doing. You may feel security in this, but it is not spiritual healing when you are doing what others are doing, and not what your guides want you to do.

I have seen some healers in other spiritual churches, brushing or combing the aura, and shaking off their hands what they believe as sickness, dirt, or negativity, and every healer in the church was doing this. My guides have never moved my arms and these gestures, in all the decades I have felt my guides when we have been doing healing.

In my classes about ninety percent of first night student healers, feel the presence of their guides directing their arms around the patient. The ten percent, who do not feel their guides, are usually too frightened or are tensing up, but if they persist in coming to classes, they then feel their guides later. But they all do healing in their own way with their guides, and I know that they are genuine.

However, I wonder when I see a group of healers in a church service, all performing combing gestures with their hands, when they finish healing the patient. Well, my guides say that spirit didn’t teach them that technique, and they say that it is not necessary when you have a faith. But if you believe that you have to do it, then that's okay. But remember, it is hard to give up your beliefs, and replace them with new truths.
There are other things that need to be explained in healing, but they're connecting with chakras, but until you have read the chapter explaining about chakras, and chakra development in the class, I will then explain about chakras in connection with spiritual healing, because this text book is for students who don't know about chakras, so I will wait until later, to explain these extracts.

A student may find that they may be developing a strong ability to heal the physical illnesses of patients, remember this, those patients were most likely brought to you by their higher-selves, if it is your learning path, to experience the fame and all that goes with it, as part of your spiritual growth. And maybe the reason of why the patient is receive this healing, was chosen by their higher-self to re-establish a reaffirmation of faith, that the soul of the patient may have needed for their own spiritual growth, so their illness may have also have been a means to an end, from their higher-self.

Do not envy this kind of healer with all their fame and acclaim, they may not have their own strong faith in all this, and may need these miracle cures to strengthen their own faith. Do not assume that I am referring to Jesus in these paragraphs, as what Jesus did in every different demonstration of psychic phenomena, which was to teach, teach, teach.

Also, if you feel as a healer you don’t seem to be curing any patients physical illnesses, have patience for there is a lot more to spiritual healing than the physical body, we have found that the guides sometimes bring patients other non-physical bodies (Spirit, astral, etheric or emotional, mental, or bodies I am not aware of) into the circle to receive spiritual healing through the students.

A spiritual healer is also a medium to help lost earth-wandering spirits, which we call earth-bound spirits, to move on into the light, and leave the earth-plane, which we call a ‘Rescue.’

You also may develop to be a past-life therapist, guided by your guides, this is also spiritual healing. And the guides say that practically every spirit incarnated into a person in the world, is being influenced by their past-lives, from mild dislikes, to full blown hatreds, or fears and phobias, or karmic lessons, to the choice of a defective human body, or past-life vows that are life threatening, or illness creating.
The list of ways that your guides can help heal, teach, set free, give understanding and peace of mind to so many people suffering in this world, that’s why I have so many case histories of spiritual healing examples to get out to the world, over the next five or ten years.

After four years of studying healing and the reasons for illness, I learnt that there were very good reasons for illness, and if I wanted to help people, I didn’t have the wisdom to know if a lesson had been learnt or not, to know if they should be healed, or not, to continue their lesson if it hadn’t been learnt yet. At this stage I didn’t know if my body had any influence in the healing of a patient, with any healing energies coming from me. So I thought God should be the one organising any healing energies channelling through my body to a patient, and he would know when the healing is allowed, so I started thinking of a prayer that would stop me from interfering with any healing or no healing, or from any subconscious desires of my own to heal a patient, and this is where the prayer came from, which you read earlier.

Many spiritual churches have an absent healing book, and I find that if spiritual healing is performed in the middle of a service, and all the healers are with patients, and I am not needed, then I still say the healing prayer, because my body still can be used to channel healing energies to the patients your guides wish to direct it to, whether they are still in the congregation, or away from the church, listed in the absent healing book.

I would just like to say one more thing, a physical human body is analogous to an automobile, our spirits incarnate into a baby, and is connected for a period of time to learn what the human experiences, but unlike an automobile, a car is not programmed with a personality or route’s it will automatically drive on, but a human body and personality is programmed at birth, not by the same personality as the spirit, and sometimes not what the spirit wants to experience, but is wanted by their higher-self, which also are highly programmed experiences, either programmed by the compulsive desires of the astrological configuration of the planets at the birth time of the baby, but also the childhood conditioning from our home, culture, affluence, and of course parents, which can also trigger off past life conditioning, which will also influence a person in what they experience while they’re connected with the
physical body.

Many illnesses have reasons and causes not from the physical world, like genetic weaknesses, or an outside virus, like malaria causing illness, but are caused by either our conscious minds and emotions, or our spirits mind and emotions, like conditioning and trauma’s from previous life-times.

Also if wandering spirit’s gain access through our aura, then their past life trauma’s desires and conditioning can also cause illnesses in whom they are influencing. I have quite a few varieties of cases of this kind of cause; you will read about on this disc.

When I first got the idea of producing a text book for Spiritual healers’ development, I didn’t know that there was so much about all this, I was thinking of only one book, and thought that experts’ healers in spirit would help me to produce this book, but I was to learn so much more.

What I didn’t know was my higher-self was one of those healing experts, over a wide range, of mostly healing spirits who were in-between incarnations, as you will come to learn over the coming years, like I did running the classes and helping to heal patients.
Channelling is the term used by myself and many others who are involved in this work, to describe the process whereby knowledge or teachings are communicated from sources that are beyond this earth-plane. Even the subconscious and higher-self (higher consciousness) are included as a possible source of communication.

Some artists, poets, writers, and even scientists, are receiving this knowledge or communication from beyond the earth-plane. It is also possible to have access to knowledge that is communicated from the spirits who have a physical body alive on this earth at this time, but this is very rare, as well as spirits who do not have a body, like the deceased.

Channelling can manifest as automatic writing, whereby the spirit that helps the person to channel moves the hand to write the communication. I have experienced spirit move my hand but I was not destined to develop in this way because it is a slow way to teach what spirit wishes to communicate in a situation.

Now we come to the form of channelling that you have heard of called, “trance.” There are many degrees of the trance-state. In one form of trance, the conscious mind of the channel voluntarily abandons all physical control of the body and allows a spirit to come into the physical body and use the vocal cords to communicate.

This is the form of trance which the voice characteristics and the gestures of the hands in the body are different from the physical body’s usual owner occupier. In this form, foreign languages can be spoken through the mouth of the channeller. This is the one extreme end of the scale of trance.

At another level of trance, the visiting spirit shares occupancy of the physical body to communicate what it wishes. This phenomenon is called transfiguration, if the medium’s physical body is tuned into the spirit realm the medium may feel the physical body, or the clothes and jewellery, like wearing their clothes, and if the spirit has a moustache, then the medium will feel the moustache on their face, like as if they had one. In this case, the channel is aware of everything that is communicated as their conscious
mind does not abandon their physical body during the entire process.

Of course your own higher-self can use the above method to communicate, and it may decide to use a personality from one of its previous or future incarnations. As in the case of a person who is under hypnosis, during which a previous life comes to the surface, the voice, accent and characteristics may be very different to that of the present day personality.

Channelling can also occur, as in my case, by what we call Clairaudience, i.e., clear hearing. I still retain my personality and still occupy my physical body, but when I channel, I am relaying the words of thoughts that enter my consciousness from the spirits who wish to communicate, and my higher-self or Guide arrange the link.

Two psychics who can see spirit have independently observed the way in which spirits communicate with me, and both of them identically described the process as follows; The spirit standing beside me has one hand at the side of my head, with energy circulating around my head and the other hand is positioned above my head as if it is holding a tube coming down onto the top of my head. This tube is described as white light coming down from above, into my head.

They both described that the spirit spoke the words into my ear, which was identical to what I said to the students. I tend to speak slower when I'm channelling, as the words I receive come slowly. Very often I question the words that I received. I ask whether the spirits said that word and when I receive; “Yes” I say it out loud. I feel that they communicate slowly, so that I can double check in this way.

When I first started channelling, I wrote the thoughts that I received from a spirit source down on paper. Later I practiced just speaking the words; I found that it was quicker, this way.

If the channeller is biased in their mental beliefs, the communication which spirits are channelling may become distorted and emotionalised. Be very careful of emotional channellers if you wish to understand higher truths. I understand that it is also necessary to have kindergarten teachers, for some individuals in this world need to relate to spirit knowledge in this way, before accepting the next stage in their development.

So it is not wrong to channel in this way, but be aware of them.
Everyone has to grow at the pace that they can handle. Therefore students will be at all different levels of their development. This is why I advise all students to write down, word for word, any channelled communication, so that they can evaluate the biased way that we all may channel what spirits wish to communicate. This does not mean that some forms of channelling are not valid, it just depends on what the individual wishes to accept.

If you constantly strive for higher truths and wisdom, you will receive better communication, but if you wish to play games and want to be on an ego trip, you will receive communication of a similar level of vibration, and you, as well as your friends or students, will learn lessons by your experiences in this way. The vibration of this source of communication varies depending on the desire and vibration of the human channel.

In some cases the communication that is channelled through a channel is a lower truth which only the spirit who is communicating is aware of.

For example a recently deceased person when communicating from the other side of the veil, may state that he has no memories of previous life-times simply because his vibration is still too low, but when he goes into the white light and goes through to higher levels of vibration, then he will regain his past-life memories.

So if you read a book where a medium has written about rescuing attached spirits from institutionalised patients for many decades, you might think, her opinion about there being no such thing as previous past lives, which you or I may have experienced, is not true, but remember if you were to ask most people in the street if they have any memory of past lives, they also would say ‘No.’

So don’t fall into the trap of thinking because it is telepathic communication, that spirits can’t lie, or tell you something which is only true from their angle of perception, which the spirit is perceiving it.

Just because we can think up a lie, and that lie is recorded in the akashic records, and our guides may be able to read our mind, don’t think that channelled communication from spirit works the same way.

We receive communication from spirit, we do not read the spirits mind, like a mind reader, whatever that is, so how would we know if
they are telling the truth or not, just like a person can arrange what they say to you, but it can be a lie.

Your guides at times will lie to you, if it’s in your best interest, and approved by your higher-self. I’ll give you some examples, after about four years of spiritual healing, mediums kept telling me that I was going to write a book, and because of my childhood conditioning blocking me from pursuing a career in writing, my guides and higher-self may have thought I needed a boost of confidence, like they wanted me to be a spiritual healer, and they wanted me to write a book, so they got the mediums to say,

‘I see you writing a book.’ But I will give you a hypothetical, what if an emotionally immature newcomer in my development class, was drawn to my class after reading my first text book, and they have a burning desire to write a book connected with this work, and asked the question,

‘Will I write a book about all this?’ to the wrong spirit, who was channelling through the wrong student, and the immature self-righteous channelling spirit, believes that always telling the truth, is God’s way.

Then the immature spirit may have the power to look up the answer from the akashic records, and find the answer is ‘No.’ And if this immature spirit doesn’t consult the questioning students guides or higher-self, whether the answer should be given to the student, then they may channel the answer to the student,

‘No.’ (More about these immature spirits in another chapter)

But the higher-self and guides of this student, know that that answer would emotionally crush the student, and the student would drops out of class, and may develop bitter thoughts about all this kind of development, and this might set back the spiritual development of the student, then here is a prime example where the truth causes more harm, than a lie.

If a spirit who was channelling through the same student, is wise and not self-righteous, who was answering the same question, for the same student. They would consult the guides and higher-self of the questioning student, and the guides and higher-self, may telepathically tell the channelling wise spirit,

“Our student isn’t going to write any books, but if she keeps on
developing she will be a great healer and past life therapist, in which she will be learning something new for her soul growth, and she will be very happy doing it.

But if you say ‘No,’ to her question, we know her psychologically, and that at this time in her life she will be crushed and drop out of developing, and it will be that much harder attracting her back to developing, so tell her ‘Yes,’ and say that it will be many month or years before she will accumulate enough material to write a book.

And remind her, that Raymond sat for four years before he started running classes, to gather the material for a text book. And this will keep her developing, and she will mature emotionally, and may forget about writing a book.”

Now in the same class another student who keeps feeling that he should write a book, even his own higher-self and guides have been wanting him to write a book, but they know that he is lazy, and doesn’t follow his intuition, but his higher-self and guides bring into his mind the question,

‘Will I write a book?’ because they know that the spirit who is channelling is wise, and they tell the channelling spirit,

“If you tell him the truth, by saying ‘Yes,’ he will think, ‘That’s fine, I’ll write one when I feel like it.’ But we know that because of this answer he will eventually write his book too late, and another writer will steal his thunder with their own book, but we know that he has an ego and is a little prideful, and loves a challenge, so say this to him.

‘No, we don’t see you ever writing a book. In fact we don’t think you have anything worth writing about.’ And this will get his goat, as the saying goes, and he will try to prove spirit wrong, by knuckling down and studying and developing, and recording his meditation experiences, because his pride and ego is at stake, and while he is developing and studying, we will polish off the rough edges and this will tone down his ego, and we can release the condition of pride, when he does some past-life therapy releasing.

And we know he will write some really good books, at the time his higher-self will help him to.”
My guides know what I have just written is hypothetical, but they say they gave me what to type, because this is how they work, and this is why students shouldn’t go asking questions of spirit while anyone is channelling, and let spirit volunteer messages at the right time for the student.

This is why I am not very happy with mediums who tune into patients or people in church congregations, and throughout this book you will read of quite a few mediums who have used their psychic abilities, instead of focussing on spirit to receive a message, and what they have said has caused emotional fallout, that I and other healers have had to heal.

(2010 INSERT. But be very aware of when mediums become too powerful, their incarnation timing may also be timed for them to learn some hard lessons of their own. This next example will dove-tail nicely with the previous pages describing that Guides will lie for our benefit.

A few months before both world wars, when spiritualism and physical mediumship was a lot more common than now, many famous mediums Guides told their mediums and church audiences that there would be peace and no war, and this forecast or communication was so extensive all over Britain, that the famous mediums who had many books channelled by their guides in the book shops, had these channelled prophecies of peace printed in all the psychic newspapers.

Now a reader wrote in a letter to the Psychic News, and the editor printed this editorial comment.

“A reader takes us to task for admitting that spirit guides are not infallible. They declare that they are human, still, and are liable to error. At the same time, I am confident there is no possibility of error when the prophecy is so unanimous.

From every well-known Guide, and from home circles all over the world there has come the assurance that never again will England be involved in war.

When individual spirits are fallible when dealing with lesser issues, I refuse to believe in the possibility of a mistake in this particular instance.”

This editorial was in the paper on the 22 of July, just before World
War II was about to start. I put it to you, in the months prior to the war when the spiritual churches were packed with mostly parents who had already lived through the First World War, who had children who were grown up, all anxious to find out from spirit if there was going to be a war.

So the editor or the newspaper reader, was trying to say, without actually printing it, or you could say, if you read between the lines, he was saying that spirit knew exactly what they had told the world, that it was a white lie for the benefit of the population.

My guides say that when there is no leadership for people to be protected by, and lean on like a crutch, because they certainly won’t be feeling that their mediums who are usually the most powerful leaders of their spiritual churches, will be of any use, when they believe that their mediums got it wrong, as most of them will believe.

People very quickly forget that the medium would have no power if spirit didn’t communicate with them.

Then as a consequence the people will help each other cope, on a more personal basis, like turning to each other for succour in times of need, as that is better if neighbours friends and relatives have more unconscious channels of spirit guidance to help the emotionally distraught members of their congregation, or population, with the right words of reassurance channelled to them, to help them grow stronger from the experience.

If spirit had told them the truth, it wouldn’t have prevented the war, but it would have emotionally hurt the congregation, and would have caused more harm than telling them a lie, that there was going to be peace. And because the mediums would have appeared to be correct, then more people would be drawn to the movement, but spirit says that the more powerful a medium becomes, the congregation turn more to the medium and less to within, to their own guides.

But this is not how it is today, people have so much more information about personal development than in that time, but remember guides will lie to you, if you are likely to be adversely affected by the truth.

Guides are not motivated to tell the truth, to prove their existence, or to increase the following of the spiritual churches. My guides say that in
Sometimes a spirit that has been wandering close to the earth plane for many years may have never have gone to the white light, to be what we call rescued to the higher realms, and their wisdom is only the memories of their life on Earth, and very often the longer they are here at this level, the likelihood of them losing even those memories is very strong.

All of the channelled extracts in this book have distortions to some degree but some channellers’ distortions are greater than others. Spirit wanted them left in, and in some cases I have been instructed to point out the distortions that the channeller has included in their channelling. These extracts are in another chapter.

I first practiced writing down what I received from spirit when I practiced getting a message for the students in a psychic development class that I was attending, and the messages were in words that that did not have any symbology to try to work out. I had made a vow that if I can speak plain English; I would only pass on a message that was the same.

I had been told by many mediums that I would write a book, so when another student, Christine, had been told the same; I asked her if she would like to get together and help each other to develop our channels, to find out what we would be writing about. So Christine agreed, and because her abilities had not developed sufficiently to receive messages from spirit, Christine decide to write down what I received in our sessions.

My Guides who are helping me to recompile all my recorded communication from the other side, the classes and therapy sessions, want me to transcribe them in chronological order from my first attempts right through the ten years I was running classes so that the readers can understand how Guides give confidence to the beginner, even though I wasn’t channelling in a class with an experienced medium or healer watching over me.

Because in my first volume I gathered the class experiences and
channelling, to show theme chapters to explain the purposes of the different experiences, in separate chapters with the corresponding headings, I didn’t bother listing the dates of every different class experience in these theme chapters.

My guides say that my first students in my classes were as lacking in confidence to practice developing, as I didn’t have a curriculum of how to develop the students, so I couldn’t answer a lot of questions, and I couldn’t tell them what they were going to develop, or what meditations or exercises the students were going to practice, because I was mostly receiving the meditations on the afternoon of that nights class, and I still didn’t know what they would learn.

So most of them were too afraid of practicing channelling, and if they saw anything on the meditation, it wasn’t anything worth reading about, when I came to choose what is educational, or has any meaning for the student or the text book, many months later. So, most of the early classes in my first text book, are devoid of any students experiences.

And because eventually there were so many great examples for you to learn and read, which was explained by the students who were guided to my classes, when the time was right, we have decided to in many cases show you the students meditation experiences from these future classes where they went on the same meditations.

My guides liken my first few months of running the class, as like a person learning to act in front of strangers, and the strangers not being sufficiently motivated to practise acting with the novice actor, when he lacked confidence, and was going through the boring stages of learning to act, but as the actor got better, he impressed the others with his confidence, and was able to show the other actors a script of a great play. (Representing the students that came to classes after they had read the first 400 of these size pages text book)

Then they started to try harder, and bring out achievement in themselves, and as the actor became more proficient, he started to attract strongly motivated actors who wanted to act with the actor, because they saw that working together they could make a difference.

What this all means is that certain students and patients with advanced spirits (Souls) were guided to start arriving in my classes at the right time,
to help show examples and wisdom for the text books, and the world, when the time was right.

So while I was still learning from my Guides, they didn’t want me to be overwhelmed, or seduced by more psychically advanced students than me, into changing or running the classes in a different way.

Oh, that would happen a few months later, but too late, I would be locked in to my own strong ethical guidance from my higher-self and guides, and the trials I went through in the classes, only strengthened me.

My guides are saying that I was only caught in the crossfire, so to speak, and that I was like a mirror, and that the behaviour of a very few of the students, was meant to be seen and understood by those students, like as if they were seeing themselves in a mirror, and the idea was that they would have the opportunity to reflect on their actions and words, and glean many lessons and revelations about themselves.

In the next chapter I will be explaining more about students and the differences of the spirits who channel through them.

Also, I cannot access my out of date file discs, on a computer that has been at the repairers for two years now, and because I have lost a few of the original typed class experiences, of the first year, I can only compile what I have left, and what I used for examples in the first volume. So this is why about 100 pages experiences are not dated, but, that is only about 1% of all the classes recorded.

Each undated channelling session will be indicated by a line of *********** between the text, as the class night will be undated, and all channelled communication in these books will be written in bold Italics, also all my voice recorded in the classes or therapy sessions will be typed in these books in bold blue print, to save you reading my name announcing when I am speaking, every time I am asking a question or advising the students. So when I am channelling, like this, it is blue bold and italic.

When students have spoken up in the classes, either as questions, or describing what they are seeing of a group past life meditation, I have put their name in brackets and colourised the name so the reader can easily keep track of who is talking, like this

(Mary) “Do I...” (George) “When will...”
The colour is roughly pink for female students, and blue for male students, but if the class has three girls and three boys, then I will use other colours, but the colour that is used for a student in one class night, maybe a different colour for the same student on another class night, because there have been between a hundred and two hundred students.

“We are here tonight for your first lesson in spirit communication. It will be for the benefit of you both. We do not want you to be afraid of our presence when we come close to you from our world. We are together here tonight to start the work that you have requested of God. We are trying to get a little closer to you in the next few days. We will be extremely close to you, so don't panic when you feel us near. It is to harmonize our presence with your presence, so that we can communicate better to you.

We are mediums for the spirit people, which will come to give you knowledge for the work you wish to undertake. It is a little difficult for you at the moment, with your health problem. It is your body that is adjusting to our presence. We are from God so don't worry, we are not your regular guides. We are new ones for a special mission that you wish to undertake.

You are needed for this work Christine, it will be starting your apprenticeship, for you will develop as well, in time, but you are needed for the development of this one. He has trouble developing in a large circle, but we can develop him quite well like this. We are light-bearers from the spirit world”

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“We are here tonight for your education about spirit matters. You are questioning the source of your knowledge in the dream you had last night. It was shown to you so that you can use that technique when you heal that boy next time. It will work, I assure you. It was shown to you so that you can do it.

You are now starting on a new vibration, where you will learn healing in your dreams, to prepare you for the work ahead of you. It will be work that you will do in your sleep. You are to get more sleep. Go to bed early. You are to be instructed in a new technique of
healing. You must not let your ego get the better of you.

It is harder to know the future the further you look ahead. You are going to be a good healer of the mind. You will write also, but you will tire if you write all day, every day.”

(Christine) “What is this mind healing?”

“It is a form of de-programming of the brain which affects the body. Raymond suffers from this problem, he will grow out of it in time.”

**********

“We are here today to give thanks to our Lord Jesus. He is very close to you both, in your hearts and in your minds. He has come today to bless you both for the work that you are about to undertake. You are greatly needed in the world of man, for you will greatly influence a large number of incarnated souls at this time.

They are being prepared to receive the knowledge that you will write. It is so ordained that you will work for this purpose in the world. We are now ready to implement the necessary requirements that are to bring about your education in the work that you will undertake. You have been worked on recently, Raymond. It will help you to hear us more clearly, so that we can be more accurate in the communication.

You are not the best writer of the English language, so we need to be extremely accurate, so it will be entertaining and not boring. We will be the authors of the books, so we know that they will sell very well.”

**********

“We are here today to give thanks to our Lord God, for his blessings are upon you both in what you wish for. You are here today to learn more about our Lord Jesus.

He was chosen by God to teach mankind the ability to link back to the God within. He had a group of souls to develop, so that they could also develop a group, and then spread all over the world.

His teachings were from God so the individuals were developed their way, as every individual is different. It will be important, that you develop each individual their way. You learnt about this,
through your sitting at your first development class.

You will find that we will bring to you the souls for your own circle, Raymond. We will help you run the circle, and it will be different to your first development class. It will be run for a specific purpose, or theme, and the souls will be in harmony for the project that we will teach.

You are going to run a small circle in the New Year; it will be started at the end of January. You will find that it is not your subconscious mind, as we bring you the knowledge before meditations, sometimes. So trust your feelings, we will get stronger. You are not to worry you will get a surprise at Christmas, in this work.”

**********

“We are here tonight to show you more of the work that you will be doing in the future. It is very important that you know what you are letting yourself in for. It will be difficult to work for God and live your life in. You are just about ready to start the work that we will bring to you. You are to go forward into the past, and gather memories of your other lives, to aid you in the work that you will undertake.

You need to know more about your own relationship to God through your previous incarnations. It will assist you in recognising the truth that we bring to you, in the knowledge from the eyewitnesses. It will be shown to you in your dreams... you will also remember them. The reason that you are at this stage in life is due to your work and play in those previous incarnations. You will gather all the positive memories that are revealed to you, and it will give you more courage to persevere, and also dedicate you more to the work.

You will be extremely happy doing it. It will fulfil your lives on Earth, at this time. It will be for a long time. You will be loved by many souls on Earth and in spirit. As you work for God, you will not be alone in this work. You will have partners to live with, and you will also be happy with this. You are loved by God, for you are following your own inner guidance very accurately. It has started
you on the road to nirvana. Nirvana is blissful. You will be greatly sought after by people for guidance and healing, but you must always listen to God first before you act. As you know, some are here to suffer for their own good.

You are thinking of starting a Church, Raymond. We will be working towards this in time, but it is in the future.”

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“We are here tonight to answer your questions in relation to your development. You are to go forward into the past for your own research, for we are just not ready for you to received wisdom of the ages, until you are more competent in what you receive from spirit. We are trying to get you to go to sleep earlier by waking you in the early hours of the morning. You are to try and learn more about the use of the gifts that mediums develop. It is a two edged sword. When you wield a two edged sword, you raise it to strike, as you raise it you cut something before you strike. So you have to be very careful with the gifts of spirit. You have this one to thank for being able to warn you, and communicate to you what you would not learn at *****. Raymond has learnt about these things, as he learned the same things about astrology, that is also a two edged sword.”

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"You have the chance to help God in the world, by learning the right way. You will do a great service to God and mankind. You are still loved by us, and you are only going to develop the high standards of mediumship, only at our control. We control your development for higher work for God. You may develop communication, but with whom are you going to communicate?

You are to do some thinking about all of this. You will have to get your priorities right. You are to trust your own inner guidance more often. You will be tried and tested as you develop. It will be to assess your progress in the way you react to the tests.

We are now going to talk to Raymond about his work. You are trying too hard to hear us. We will be ready very soon now. As we said, you will hear when we are ready. Don't strain yourself trying to hear us. You are going to be called upon to be tried and put
through the mill, as you say, but you will be well prepared, and the power of God will be directed through you, and we will go forward.

All this will take place when you're ready in a capability sort of way. You will be chosen to be a pioneer in your chosen field, and will change a lot of wrong thinking. You will be attacked in a verbal sense, but we have the capability to affect your defence. It will be victorious in the end. We have been searching for a suitable vessel to do this work.”

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“We are here tonight to give thanks to our father, for his wishes and his blessings that come down on you both, for you are on the path to God, and he protects and cares for you both, and feeds you with what you both need, to help you for the future.

You are to go through the initiation ceremony that we bring to you in your dreams. It is necessary that you both go through these tests to see if you are ready for the next stage of your development. If you fail, you will not know, as you will forget that you have failed.

You are to go into the wilderness in your dreams, in the same way Jesus and Moses went into the wilderness. It is a time of testing, and you will be put through it... this is for your own soul’s good. It'll make you stronger in yourselves. It will be just right for each of you, as you both have different degrees of tests that you will go through.

It will be for the purpose of strengthening your determination and beliefs in the face of the adversity in the future. It will be for your benefit. We said you would be prepared to take on the slings and arrows of the adversity.

Raymond is needed for more work and he will go overseas with his writings and introduce them to other countries and nationalities. He will be travelling a lot in the future. You will be writing about subjects that have not been covered by writers already. There are many books on Jesus, and they are excellent. There are other works to do, to bring people to their stage of Christ consciousness.

They are all to uplift the soul, and break the conditioning that man has implanted on them. It pulls at the heartstrings, and we in spirit guide each soul to the book that works best for them. It is the
only way some people can grow when they hide from the world until they are stronger. To bear their chests as you say.

We are getting prepared for your circle, Raymond. It will be run by us. You will be in this state when you communicate. It will be for the purpose of teaching them how to individually tune into their own guide, so that they can harmonise and communicate in ways as strong as your own, as they want communication as good as this, so they feel right with the messages.

You are right in that if you wish for excellent communication from God, you can acquire it, but you have to wish for it. And you are right.... some Mediums are not bothered, and they haven't learnt that anyone can expect to acquire the highest form of communication.

You wish to model yourself on Jesus, and so do your people in the circle, they wish to. Sometimes, it is in the soul and subconscious, and they do not know in their conscious mind, but they will be very happy when they are developed like this. They and you will develop a higher and higher quality in communication. Then we can give you the words that you do not know, and you would have to look them up in the dictionary.

It is to answer questions from souls who are involved with other forms and paths to God, which you are not conversant with, but we are. And we can assist and guide these souls whom you will meet with for God. Just as you understand Astrology, so we can guide all forms of enlightenment.

The Mediums that are not bothered will help the people, but you will help the teachers who will teach the people in their chosen ways of enlightenment. They are doing very worthwhile teachings, but they are far from complete, and we can assist them, and will do. It's like stepping stones. We bring through the knowledge to the next level and they pass on the knowledge again to the next level on the teaching.

Just as a beginner has primitive lessons, the advance student has higher knowledge. They will grow in their freedom of the attachment to this world and desires, and will be able to set an
example for others to follow and strive for. As people grow they lose their penchant for creating their own illnesses, and consequently they can live longer, and learn and teach more.

“You have been told that you will go forward and learn techniques of healing for God. It will be in the future that you will be needed, for the world is heading for a time of tribulation, and you are being prepared for work in this time to come. You have been slowly getting stronger in your development as you grow, and we bring you work to do while you sleep, and that is why you have been sleeping erratically, it was this work that you had to do when you are being judged on your performance in the spirit realms.

When you are there, you are being put through these tests, and that is why you are sometimes tired after. You will be going through these tests for some time to come. You are going to be healed of all your allergies very soon and you will be well all the time.

You are being slowly developed, for that is what your soul wishes for. It wants you to grow spiritually first, to not misuse or get sidetracked with your psychic gifts. It is very easy to be psychic, but very hard to be spiritual, and you have the capacity to develop the spiritual in harmony with the psychic.

Not everyone has the capacity to grow spiritually using their psychic abilities, but they misuse the abilities until they learn to use them wisely, which is very difficult to do. You are being developed little by little so that you can see how harm can come from the misuse of psychic abilities.”

“We are here tonight to give thanks for all the souls that you have helped in your work on the Earth plane, for it is being prepared for more work to come. We will be working with you for some time in the future. It will be for your growth and development that we work with you, for it is necessary that you be slowly taught the work that is to come. We are being told that you, Christine, are getting stronger in your energy levels. As you are progressing, you will be able to take on more energy, to be used as a channel for
healing.”

Christine's boyfriend, Geoffrey, had come to the session, and this message was for them. As the centres that spirit guided them to attend are specifically for them, I have left out their names so I will not misguide anyone.

“We are here tonight to listen to the words of a great wise soul. He comes to you all from the high spiritual realm. He will speak to you all presently.

You will be developing soon at home. When you sit, protect yourselves before you begin, and always seek the highest in communication from God, and your guides will bring to you spirits they know, to communicate. For then you are in safe hands, because if you ask for specific spirits, you are never sure of it is they, and you will be stronger in yourselves if you tune into God, as he can tune into you easier to guide you and help you in everything you do, and bring you higher awareness better than anyone else. It is like becoming one with your father, and he interacts with you differently to other souls, as we are all different.

But God helps us grow at the right pace, in the right direction that fits in easier with each one of us individually. That is one of the great misrepresentations, as each one thinks that theirs is the only way, as God is with them in their way, but people don't realise that God is with everyone in their own way.

We are now going to leave you, and all of you can attain this form of communication with God. You only have to desire it, and you will reach it eventually.

You, Christine, will be in a development circle at *******, and will be confused at first by your feelings that you will experience. You will have to go through an exorcism of your negative emotions, so you can recognise them. They are amplified, so you will be aware of them, and you will be instructed in your development by your Guides at their own pace not yours.

You have your awareness widened, so you can comprehend a wider vision of outside and inside things. You will be growing
spiritually, and transforming yourself to use the gifts wisely. You will be used by spirit to teach spirit souls as you develop, and you will help many while you grow.

It must be that you assist others, to try to implant in your mind the connection with the psychic and service. As you will find that you will feel good when you help others, and this is part of your learning. And you will find that the souls in spirit are sometimes in a very distressed state, and they are very glad of any help that you can give them.

As Raymond has said, in spirit they are blind in the dark, but in the flesh they have eyes and ears to see where they are. You will be going to ******** for some considerable time, and you will experience a lot more than ********. Also the energies are there for your development.”

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My step-father’s Mother and her niece were visiting me for a couple of months, and her niece sat in on a few channelling sessions. I'll name her Yvonne, and this was a message for her.

“You will be brought forward in this work when you are ready, and you will be ready when you have studied a lot of books which will change you and bring you peace, and help prepare you so you will be ready to develop your gifts for God. It will be best if you study and grow before you join any development circle, as you are not balanced, and a development circle is sometimes a problem to people when they are unbalanced, as it can tip them out of balance, and you have to use your mind, not your emotions, to control your reactions.

The books will help you grow, and you can and will meditated at home very effectively, always pray to God and protect yourself, and God will be with you, and your guides will help you experience spirit little by little so you know they are there watching over you, and the more you trust your guides, the more they will help you choose books to suit your level of development, as your guides are from God, and want to help you grow in the light.”
I may repeat a little of what I have written in the chapter explaining what is spiritual healing, as this repeated material should be kept together in the same chapter, as it is related.

After I had been running my healing classes for a little time, whenever a new student came to class for the first time, I had the feeling that my guides wanted me to perform healing on them, before the class started.

I eventually found out that my guides were, what I would describe as, adjusting the new students psychic-perceiving-equipment, in their head, mostly, to increase their first night abilities, for their development.

What I would call, getting them over the hump, to keep them interested in coming back, while their guides would help make it more permanent while they slept in the coming week, before their next class night.

As soon as I found out that this was what they were doing, I made it a practise to explain to the new student that their guides would like to assist them with this healing technique, and I also explained that connected to our heads are chakras, that are like extra senses, that maybe helped to be tuned in to our physical mind, and I also explained about our other bodies, that also may be connected, if our higher-self and guides deemed it part of their development.

This would help them relax and accept the adjustments from the guides, I also explained before the guides did this, that they may feel strange sensations in their body or head, while I was performing the healing, so the student wouldn’t block the adjustments, if any fear of the unknown crept in.

At the end of the meditations and the last person had finished the last exercise, which is channelling practise, I would then show the students how to perform healing with the help of spirit. I would ask them to pair off with one students sitting on a chair, and the other standing behind the student.

I would explain to them the purpose of the healing prayer, and ask them to recite it either mentally or verbally, before they practised the
healing.

If a newcomer is in the class, I always perform the healing on them first, as my guides wish to adjust the newcomers vibrations so that their own healing guides can show the student what to do, meaning move their arms. So that when the newcomer practices healing, this will help the student to feel their healing guides, and thus help them to believe that their healing guides are working with them.

To explain it clearer, I will refer to the students sitting on the chair as the ‘patient,’ and the student performing the healing, as ‘You.’ And the healing guides, while working with you, I will just call ‘Your guide.’ Also you may feel that more than one healing guide is working with you, say one to move your body, and one to bring the energies through, but for these guidelines I will only refer to one healing guide working with you.

When you have said the healing prayer, if you stand behind the patient and relax your body, you will find that your guide will move your hands and arms away from your body, as if your arms were floating of their own volition. This is your guide showing you that they are working with you, and they will move your arms to the position they want to affect healing on the patient.

Sometimes your guide will move your arms only slightly away from your body, and sometimes your guide will move your arms further away from your body. When your guide returns your arms to their original position, they are indicating that they have finished performing healing in that area; it doesn't mean you have just finished healing.

At any stage when your guide is moving your arms, you can move them yourself in any direction that you want, the floating sensations in your arms are not that strong, and you still have your free will to move your body.

Sometimes your guide will want you to step backwards or forwards, if you are standing too far away from the patient, or your body may sway in the direction that your guide would like you to move it, so it is okay to step in these directions until you feel that it is correct.

When your guide has brought your arms back to the original passive position, and they want you to stand at the side of the patient, then you may feel like moving your body to stand at the front or the side of the

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patient, but if you cannot feel this, then your guide may sway your body in the direction they want you to move to, where your guide may repeat the procedure of moving your arms to a closer position with your patient.

This next extract was channelled from one of my advanced students, to one of the other students.

“You will not always feel the healing process, but nevertheless, it will be flowing through you. You do not always feel the physical sensations of healing energy, but there are occasions, even when you are just comforting someone, in which the healing energies is flowing for that person.

We wish you to be a healer in your personal life, rather than in public, because more work can be done personally, than this form of exhibitionism. It is merely a showcase, this public form, to introduce people to the idea of spiritual healing. You heal with your whole being; you do not heal with any particular part of your body.

The main benefit of using your hands is to reassure the patient. Quite often the sensation of touching or near touching, reassures the patient, but you can be a healer, nevertheless, without the touching. A word of comfort to someone is a method of healing. Just listening to someone's problems, is a method of healing. You should try to work harder on that part of the healing.”

It is very unlikely that your guide will move your hands or arms to come in contact with the patient, as the healing is just as effective through the air, for the energies flowing too or from the patient, as coming into contact with them.

But if your guide brings you into physical contact with the patient, go along with that, within reason. Remember, you have the final say in what you touch on the patient's body, so use discretion.

Usually in the beginning you will be channelling healing energies through the chakras in your hands and feet, energy that your guides will bring in or take out through your feet, through your body, and then through your hands too or from the patient.

In 2010 I still feel the energy heating up the fleshy part of the palm,
close to the wrist, so if your guides want to bring the healing through the hands, it is their choice not yours, just allow it to flow, maybe it was to impress the patient, for psychological reasons.

The more developed you become, then the clearer the chakras in the rest of your body become, your guide will use those chakras to channel through healing energies, but your guide may still move your arms or hands, for you to know where they are healing. Also the patient will feel that you are doing something, if the patient isn’t feeling the healing energies.

In your early development your guide may keep you longer performing healing on a patient than a more advanced healer. The more advanced you become, the less time is spent by your guide performing healing, but not in all cases. Many patients feel that the longer healing being performed on them the more effective it is, but this is not always so.

I advise you to ask the patient to keep their eyes open, in case the energies felt by the patient, are thought to be your hands, sometimes the patient will feel the spirit hands touching or manipulating their physical body, but they can see with their eyes that your hands are too far away from their body.

Sometimes you will feel that your fingers are moving with your hand, but you can see your fingers and hand is not moving, Your guide may want you to explain to the patient that the patient may feel fingers or a hand moving about in their body, fixing things up, and not to be alarmed by this, more about this will be explained in a few pages.

If you find when you are standing behind a patient, and you start to feel emotions of fear, the patient may be very nervous or frightened of healing. You will usually feel very uneasy while standing behind the patient, this is your guides showing you the patient's disposition, and you may have to start the healing standing in front of the patient, and reassure the patient that are not going to touch them, or whatever comes into your mind to say to them, before you start.

When a patient comes to you for healing, and you are more advanced, you can explain to them, that you may receive the information about whereabouts the healing will be going in their body from the healing
spirit, because the healing spirit is qualified to knows what needs healing. This is because the cause of the problem may not always be in the area of its effect.

You can explain as an analogy, that a pinched nerve causing the problems in a leg, is coming from the spine, so it would be pointless performing healing on the leg, when it is the spine which is causing the pain in the leg.

If the patient starts telling you about their problems, try to explain that you would rather allow spirit to send the healing to the right place. Most patients are only describing the effects of the illness, as you may be influenced to performing healing on those effects.

Maybe that is where your guide wishes to heal, but they also may wish to heal another area which is causing the problem, but you may not know, and you may be influenced by the thought in your mind of where in the patient, the patient is talking about, these thoughts may be in the way of your guides, either telling you where the healing is going, for your own growth and education, or in some way may block the healing energies flowing to the true cause of the illness, which may not be in the physical body, but coming from another of the patients invisible bodies.

Or if you are a beginner with any still active conditioned subconscious desires to heal their symptoms, the extra awareness of the patient being ill, and your awareness of the area in the body where the illness is, will help give focus and direction for any subconscious magnetic healing energies flowing from your body. This may interfere with the healing energy, that is being directed by your guides the correct area, which is permitted to be healed at this time.

In the beginning you may not know what area your guide is healing, this could be because your guide doesn’t think you have developed the communication link with your guide sufficiently, or you are still in the process of releasing conscious or subconscious conditioning connected with the strength of your desire to heal, this is what meditations and channelling will fix up in the class, amongst many other purposes.

If you have the desire to know what area your guides are healing, most of the time it will be permitted to tell you, but if you're knowledge of anatomy or lack of knowledge of chakras or other bodies, is deficient,
then it may be hard for them to describe what you don't understand.

So I advise you to learn more about chakras, our other bodies, and the physical body. You may find that you will be taught most of this when you go on the meditations, and once you know where to go with your guide, you will eventually go astrally or in your spirit, to these meditative places in the spirit worlds, when you practise at home, to be taught individually your own speciality, if that is your higher-self’s aim, this happens to most students.

I have found that if your higher-self wants you to only develop in this way, at this time in your life, then it's okay if you drop out of classes, but if your guide or higher-self want you to resume or seek out another class like mine, maybe your guides want you to build on your development, additional abilities techniques or another area of spiritual healing.

Meanwhile, back to healing a patient, if your reaction to your guide telling you the names of certain diseases, e.g., cancer, V.D, or A.I.D.S, causes you to block the healing energies directed through you by your guide, then you will not be told the names of the diseases.

You will be told just the area of the body that they either want you to tell the patient, or to prove to you that they are working with you and that you are correctly receiving their messages.

When you start asking questions about, what your guide is performing healing on, you may receive the answer as a sensation in your body, in the same area that your guide is healing your patient, or the thought of the organ may pop into your head, which you may confirm by asking your guide, ‘yes’ or ‘no.’ Some of you will receive what your guide is showing you, as a picture of the organ, or the letters of the word describing the organ that your guide is healing.

If your guide has finished moving your arms, and they are back by your side, he may want you to practice receiving the knowledge of where to place your hands, so that they can continue with the healing, for instance if you receive a message,

‘The heart.’ Then you can move your hands to a positioned about seven inches from the patient's chest and back, and if you relax your hands in this position, then your guide can move them for final adjustment, or you may feel movement in your hands, even though your
hand is not moving, your guide may in fact be using your spiritual hands
to perform healing inside the patient's physical body, in what I call spirit
surgery, and the corresponding movements are felt in your physical
hands.

When your guide has finished on the heart they will draw your hands
away from the body, to let you know that they are finished. You can then
move on to the next area that your guide has told you about.

Be very careful when you receive a message say, ‘The heart,’ because
your guide may be healing the emotions like a broken heart, or
stimulating or clearing the heart chakra, or lastly they may be healing the
physical heart.

Of course there could also be problems that we are not aware of, for
which there are no words in English language to describe at this time. So
ask further, to clarify what part of the heart your guide is healing, because
when you receive the knowledge of where your guide is performing the
healing, the majority of the time your guide wants you to tell the patient
where they were healing, and most of your patients are only aware of the
physical heart, and forget about the emotional heart.

Your guide wishes you to tell the patient where they are performing
healing, so that the patient will believe in you and your guide, which aids
considerably towards their healing process, and they will thus be more
attracted to coming again for healing, if your guide indicates that the
patient should do so.

If your guide has told you where the healing is going, for another
reason, but your guides do not want you to tell the patient, then don't,
even if the patient asks. Your guide knows the psychological mind-set of
the patient and if the patients’ thoughts about the problem will affect the
healing process negatively, then it is better not to tell them.

Another reason for not telling the patient what the problem is, is
because the patient may run off to the doctors or hospitals, which may
not be necessary from their guide’s point of view, but the doctors may
persuade the patient to have surgery or drugs, when it may not be
necessary. I will give you an example of when this occurred with me.

Just before Christmas one year, I was directed to visit another spiritual
church, just before this church closed down for six weeks, over the
Christmas summer holiday period.

I didn't normally go to this church, as I was a regular healer at another church, but I felt the urge to visit this church. After the service there were no healers at the church, and the medium was busy talking to some of the congregation after the service. This young woman came for healing, and while I was performing the healing, my guide told me the words,

‘Cancer of the womb.’ I then asked them why they had told me this, and they said,

‘Because we want her to come back for more healing, and then she will be healed.’

My guide didn't want me to tell her about the cancer, but I was told to tell her that she would be eventually healed of the problem, and that I had been directed to come here tonight.

I then explained that I usually only perform healing at another spiritual church, and then explained that my church was open over the holiday period, I then explained that this church, that we were in now, will very soon be closed for about six weeks.

So I gave her the address of my church, and the times of the services, and she said that it was closer to where she lived than this church.

A couple of weeks later, after the third time I had been performing healing on her, I was told by my guides that they wished to speak to her.

So I explained to her about channelling, and she wanted to hear what they had to say. She never told me why she had come for healing. I can't remember word for word what spirits said, as I didn't have the tape-recorded, but I will try and tell you what I remember.

“We are very happy that you are here receiving healing. There are many souls who cannot survive life very long in this world, as they are not sufficiently developed to keep the physical body alive. They are like everyone, to do something they have to learn and practice.

We know the circumstances of your life, and these souls were permitted to experience the life in the womb, with all the emotions of love from you. They would have eventually miscarried and returned
to spirit, to live there, so you see nothing is wasted, and you have performed a great service by becoming pregnant.

God does not judge you for your actions concerning those souls, and the souls love you, for you are their mother while they grow up in spirit. Do not feel guilty, as your society is wrong in calling this a sin.

God loves you, your guides love you, and your children in spirit love you. Raymond also loves you, for he is also a Virgo and understands.”

While this communication was channelled she started crying, and released a lot of emotions, and felt a lot better after that. She then explained to me that she had had two abortions, and years later had started experiencing pains in the womb area of her body about six months ago. She also said she had had V.D. but when these pains started, she had been too afraid to go to the doctors.

My guides now tell me that she was in the very early stages of starting to develop Cancer of the womb, but my guides didn't want her to go to doctors, who cut and operate, as the cancer may have re-occurred in the future, because the cause was in her own mind, and emotions of guilt, as she was punishing herself, in a way.

My guides still didn't want me to tell her what her problem was, even after she had finished the spirit-guided specified number of healing sessions. But some months later, when she came back for healing, my guides told me that I could tell her about the Cancer of the womb, if she so wished. And she said,

‘Yes,” After telling her that I had been told she had been starting to develop Cancer of the womb, and that her guides needed her to release her emotions of guilt, so that spirit could heal her. She then said that she had feared it was something like that.

She came back a few weeks later, and said that she had been to a doctor for a check-up, and was found to be perfectly well.

So there are times when your guides don't want you to tell the patient what is wrong, for specific reasons. Sometimes, when you are doing healing on many patients, you may be told by a guide, that they are
performing healing on the same area of the patients, one after another.

This is not your own mind imagining the same area as the last one, and it is not coincidence that your guides are healing the same area, again and again, your guide and higher authorities are arranging these patients to come to you at this point in time. Maybe your vibrations have advanced sufficiently for you to receive a temporary specialist healing guide, who is a specialist in healing certain types of ailments.

You have also not to be embarrassed if you are performing healing on the reproductive area of your patients, if you are told to tell the patient, where the healing is going. I would use the terminology, reproductive area, unless the patient asks for specific details.

If your guide can explain to you what the specific details are, you can tell the patient, but if you do not have the awareness of the organs in the body, your guides will not be able to tell you. So it is advisable again, that every healer learns the anatomy of both the male or female body, this would make your guides work of communicating to you much easier, when you have this knowledge in your memory banks.

Any kind of negative reaction by the healer to your patient can interfere with spirit communication, or healing energies, this is why all spiritual healers should sit in a spiritual healing development circle, to go on meditations, for the healers to become aware of their own conditionings, and release them, students examples will be shown as they occur in the classes.

Most of our blocks and conditionings are unknown to the students conscious mind, so the teacher will most likely not be told of any students specific conditionings, because denial by the disbelief of the student is so much harder to get the student to believe, If the teacher or spirit channelling through the teacher was to tell a student that they are suffering from a specific past life conditioning, say to Asian appearing patients, or obese patients.

Because then the student will think that being told in advance what the conditioning was, has given them the idea to imagine the conditioning, and the student will think they have created the meditative visions to fit the conditioning, and if the student doesn’t accept or believe in the cause of the conditioning, then the process of releasing them, is negated.
But if their guides show them on a meditation the source of the conditioning, most likely a forgotten childhood or past life trauma or incident, this will be accepted more by your students, as the student didn’t imagine what has not been told by the teacher or guides.

There are many examples in coming chapters of students becoming aware of conditioning in connection with colour, races, and many other things, which they became aware of in a meditation, which they release so that they are not influenced by past conditioning when they are healing or teaching.

One of the reasons your guide tells you what you are performing healing on, is to help the patient believe in you as a healer, but if the patient tells you their illness, and then you say you have been performing healing on it, the patient does not have any proof that you are a healer, but if you tell them where you were told the healing is going, and they didn’t tell you their illness, then they have more faith in that you are genuine.

But remember, always to ask your guides, or God, for what you need to know, never tune psychically into the patient, to find out what is wrong with them. There are many reasons for not psychically tuning in to the patient, for example, the patient may have three or more things wrong with them, the first problem may not be allowed to be healed, because the higher-self of the patient, needs the experience of a certain illness or disability, to help the soul grow, and if the growth hasn’t been achieved yet, the illness or disability may have to stay.

The second problem may be allowed to be healed, but only after the third problem is healed, just as sometimes doctors will not perform an operation until another health problem has been healed, so that the patient will be able to withstand the operation.

Some of you may find that your guides moving of your arms and hands to the position where they begin healing, is starting to fade, it doesn't mean you're not going to be a healer anymore, it may just mean that they wish to use other forms of communication, prior to the healing occurring, like if they want you to ask more questions, to develop a strong telepathic link with your healing guide.

Say for instance, if they want you to position your hands for them to
bring healing through you to a woman's breasts, or a man's reproductive organs, and if you are performing healing in the middle of a church service, in the healing segment.

Then stand in front of the patient and place your hands in front of you, as if you are pushing a baby's pram. (Stroller) Then the patient will not be embarrassed or the congregation will not be aware of where the healing is going. Your guides may still adjust your hands while they do healing, but they will not likely bring your hands close to the area that they are healing.

My guides have just told me that, depending on which country you are a healer in, you may find that your healing guide is sending healing to quite a few older women’s breasts, the reason for this is because many western women grow up with taboos of western society, in connection with the breasts.

My guides say that most of them in the older age group did not exercise their breasts sufficiently to flush out the toxins or the harmful fats from the breasts, and this is how little lumps grow into bigger lumps, and if women were to massage their breasts once a week, to get the blood flowing, it would contribute to their own health.

I would now like to explain briefly about chakras, in connection with the performance of spiritual healing. For the reader who knows nothing about chakras, I will explain where they are, and only a little of the purposes of the chakras, as they are pertaining to healing practice.

The base chakra is situated at the bottom of the spine. All chakras are like gateways for energies to flow in or out of the body, and are utilised by your healing guide, to bring healing energies through the correct chakra to affect a specific type of healing for the patient.

A little higher up on the spine another chakra is connected, which we call the spleen chakra, just to identify where it is, because the esoteric name of this chakra would not indicate where it is connected to the body.

The functions of these chakras are many, and each chakra is different in its composition and vibration, your healing guide knows which of your chakras are clear of any blockages, if they wish to use one for healing purposes.

Above the spleen is what we call the solar plexus chakra. These
chakras are like the head of a flower with its stalk plugged into your spine. My guides say that they have a vibration of colour, which is supposed to stay a specific colour for each of your chakras.

We will not go into at this point the variations, or reasons for the chakras changing colour or blockages, or any movement a chakra may perform, this will be dealt with in coming chapters later on the disc.

But basically, the base chakra is red, and if you were to describe the attributes, it is like a red flower that is divided into four, you could call them petals, but they are not a flower with petals.

The spleen chakra is orange, with approximately double the attributes of the base chakra, divided into eight petals, and the solar plexus chakra is a yellow and has double the previous chakras attributes, you get the idea.

The next chakra is the heart chakra. I will not repeat all the details, other than to say that this one is green.

The next chakra is the throat chakra, and this one is blue. The next chakra comes off the top of the spine and is situated in the forehead, sometimes called the third-eye chakra, and is either lilac or Amethyst, approximately those colours.

And the last chakra comes off the top of the spine, and is situated at the very top of your head, with the largest amount of divisions, and it is called the Crown chakra, and it is purple.

Depending on how advanced, or how clear these chakras are, your healing guide will utilise these chakras with the permission of your higher-self.

I will now explain the reason I have had to explain about these chakras, before the chapter where the students learn a lot more about these chakras in a class meditation exercise, and the students will continue to learn as their guides deem it necessary for their own personal development, and you the reader will learn more about them in this way later in the book.

Students are still learning more and more about our chakras, and it is better to leave these discoveries in the chapters which are interconnected with the student’s experiences.

You will find that in the beginning of this book I can only scratch the surface about certain truths, which need to be laid out with all the details,
and support structure for you to not only understand a truth, but to help you believe it.

Sorry, my guides keep shoving things into my head, in the middle of one subject they bring in something else to say.

On the weekend in which I first started to write this chapter for my first textbook, I had the urge to visit a certain spiritual church, where I had met a week previously, another professional teacher of this kind of development, she was also not connected with this church.

Before the service we were comparing notes about our classes, so we sat next to each other in the service.

At the end of the service, the mediums on the platform proceeded to read the flowers that the congregation had put in paper bags. The medium is supposed to receive messages from spirit, to pass on to the person whom the flower belongs to, without the medium knowing who put the flower in the paper bag. I don't bother putting flowers in paper bags anymore, throughout this book you will understand many reasons why I don’t.

In this church, the mediums always give a reading (advice) to everyone who has put a flower in a bag, and not just a few. In the course of the readings, I heard the mediums tell quite a few of the congregation that their chakras were open, and that certain different problems were caused by them being open.

Some were told that they had forgotten to close them down from after they had meditated, and for ones who had never meditated, but their chakras were open, were told that if they came to the medium after the service the medium would tell them how to close them down. Most of the readings went like this,

“I am feeling a sensation around your third eye. (Brow chakra) You are developing clairvoyance, are you sitting for development? Can I come to this person please?”

(Meaning the person they are doing the reading for)

This type of reading was in-between the readings about chakras being left open. I know that many other types of messages are also given, to
prove that the mediums are psychic, like correctly diagnosing the congregation's physical ailments.

Also, earlier in the service, the spokesperson had announced the curriculum of medium development classes, the spiritual church hold every week, which are not free. Now, I don't have to draw you any clearer picture about this.

1/ We are working for God, (Correct diagnosis and proof of psychic ability.)
2/ You need help. (Chakras being left open causing health problems.)
3/ We can save you. (Development classes are available if you are developing.)

It sounds very familiar to other religions to me. After the service, I asked this teacher sitting next to me if she did any chakra development in her classes, and she said

‘Yes.’ I then asked her if she ever tells the students to close down their chakras, and she said,

‘No.’ When I returned home, I contacted my guides to find out what this was all about, and they channelled this.

“The higher-self of every human controls the opening and closing of the chakras, which are clear of blockages. When a person overcomes the blocked chakra, then the higher-self will open or close the unblocked chakra, when it is required, just like the other chakras.

When a person is developing, the higher-self will open the chakras at different times, to help the student get used to the development, this may sometimes cause side-effects when a person is off guard, as the body adjusts to the energies involved, or to newly acquired sensitivity to psychic phenomenon.”

(clairvoyant visions, clairaudient voices or sounds, sensations in the body, practising trancing while the person is asleep, or premonitions, and many more experiences too numerous to list.)
“Because very often the person’s fears will prevent his or her development in a class situation, so we have to develop the student in other ways. The higher-self looks after the closing of the chakras, for each individual.

A medium may become aware that a person's chakras are open, and they may also become aware of the side-effects felt by the person. But if the medium believes that the conscious mind has to close down the chakras, then that is what they may tell the person.

We do not interfere with the free will of the medium, in what they do or say, and besides, everyone learns the correct lessons at the correct time. That is why we guided you to come to the church at the same time that you were writing this final chapter. Remember the saying, ‘Different strokes for different folks.’”

My guides are telling me that certain of the mediums were tuning into the person who put the flower in the bag, and that if the person in the audience was ready to sit in a development class, then a guide may have said to the medium this person has been experiencing side-effects when their chakras have been opened, preparing them for development, and their guides would like them to sit in a development circle.

But the way a medium couches their words, is sometimes manipulative, consciously or subconsciously, but I don’t think they would react positively if after the service I went and told them what I understand.

This is the difference between psychically tuning in to someone, and interpreting what they pick up, and distorting what the medium believes. Mediums should be saying,

‘No, I will not tune in to the physical world, but I will allow my guides to give me the correct things to say.’ Meanwhile back to performing healing.

When you are sufficiently developed, you may start to channel what your guide or guides want to tell the patient. This is where channelling is of more practical use to the patient. Here are a couple more examples of channelling while performing healing on each other, which were recorded at the end of the healing class 5/1/88.
“At present, we are sending energy into Raymond's chakras. We are now clearing congestion through the lungs. We feel that the being is too cerebral. He has good verbal expression. He is aware of being in the body, but he tends to deny the emotional expression, and we suggest that he should work on development of his heart chakra. We suggest in meditation, to visualise the heart filled with a loving green light, expanding, and beyond this rosy red light spreading around the body.

We also suggest that you should try some form of therapy involving touch. We suggest this also includes aromatherapy. Certain scents help to release certain emotions.”

“We are sending energy into Nathan's etheric body. Here is also a feeling blockage involving the heart chakra in the chest area. We suggest that Nathan should try to find some body-work, which will develop the chest and the lungs.

We will not tell him exactly what kind, we suggest that he looks, waits, and listens, until he finds the type of body-work which feels right for him. We are energising his third-eye, so that he will be more aware of the choices available to him.

We suggest that Nathan should find a good reflexologist, and for him also to learn more about his own feet, learn to massage them correctly, and he should do this regularly. He should pay particular attention to the areas that correspond to the lungs, and to the spine.

We are now sending energy into the spinal channel. We have now cleansed the energies around Nathan spine, but we do suggest that he should have a simple spinal manipulation by a qualified person. Eat lots of garlic.”

(1) “That was really good, because I should have done a thing with my spine, two weeks ago. I know this girl, who does massage healing, I
got her to come over a couple of times, and she came over and did the massage on my back.

She found out in my lower back, that I had a thing out of place, and it's got to be clicked. She told me the name of a good osteopath to go to, and I never rang, and Betty got exactly the same thing. That's really good.” "Betty didn't get anything, Betty was just the channel for your guides, reminding you to get this thing fixed up.”

NATHAN AS THE CHANNEL, FOR HELGA THE PATIENT

“We are sending energy upon the etheric body, which needs healing at the back of the neck.”

(Nathan) “Something related with the throat chakra, they suggest for you to be more outspoken. They are reminding you always to channel the energy, it's important.

They are showing me a place around the shin area at the back of the leg, they said, just to use it; they say the chakras are fine, except the sacral, which needs a bit of balancing.”

(As you can see he stopped channelling, and relayed what they were trying to get him to channel.)

BETTY AS THE CHANNEL FOR JOAN THE PATIENT, 15/2/88.

“We feel that the entity needs a spinal manipulation, and we advise her to find a reliable chiropractor. Strange sensations in the body are common when an individual begins to meditate. We feel that there is an energy blockage in the arms. We think that the entity has healing energy in the hands, and she might be advised to learn some form of therapy, which involves laying the hands on to those in need of healing.

We also feel that she should write. Whether she writes poetry or letters, she will find that this will be beneficial. There is a metabolic imbalance, and if this were attended to, it will be very helpful.”
Joan must have known what the metabolic imbalance was all about, but if she didn’t, her guides may have been assessing her response to this advice, everyone’s guides are always testing us to assess our responses to what we learn and accept, it’s like we are living mental and emotional lie detectors, that our guides can read in our responses to what we learn.

For instance if a student only accepts advice from a channelling student, who is a very good actor, but in fact may greatly distort the channelling, but discounts advice from the channelling of a beginner student, who may relay half of what he is channelling, but there could be a lot less distortion in the message, then the students guides would know this.

When you are going to perform healing on a patient, after you have said the healing prayer, which I will repeat.

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

But you feel that the patient is nervous, you can ask your guides if they want you to perform this exercise before your healing guides come in to channel the healing energies.

CHAKRA HEALING EXERCISE, FOR NERVOUS PATIENTS

Imagine a pink light of love coming in through the top of your head, filling up your body, from your head down to your toes. As the pink light goes down your body, open all the chakras, starting at the head down to the base of the spine, all seven of them. When the pink light reaches your hands, imagine a flower opening in the palms of your hands, for these are also chakras.

When the pink light reaches your feet, you can open two more chakras there. When you have done this, expand a pink light so that it surrounds both you and the patient, and now you are ready for your healing guides.
Up till now I had always said “The Lord’s prayer,” before our sessions began. So when I was asked by my guides to run my first spiritual development class at home, I asked if they could show me a way of removing any earth-bound spirits that the students may have unknowingly attracted to them in-between the class nights, so that they do not interfere with the students’ meditation, or contact with their own guides.

Or interfere with my own communication from my guides, as they would be giving me instructions on the running of the class, and also I will be channelling later on. And remember I don’t hear voices, it’s all thought communication. I didn't receive my answer when I asked it, but one morning just before I woke up, I received a vision from my Guides of what to do.

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

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

In my first volume, it used to be called, “HEALING CLASS PURIFICATION EXERCISE.” But for the new disc book we have renamed it for all the other reasons for developing.

DEVELOPMENT CLASS PROTECTION EXERCISE

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

(Five to ten second pause)

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

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

(Five to ten second pause)

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

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

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

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

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

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

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

“You are now under the protection of higher guides and teachers for the duration of the class.”
I strongly advise that you don't allow anyone to enter the protected area of this white sphere, until the time you start practising spiritual healing later on in the class. I used to tell them to arrive at 7.30, and start at eight o'clock, but if anyone came later than 8.00, they couldn't come in until the healing practice, at the end of the channelling practise.

This next channelling session was the first night I started to use the exercise.

“We have been watching over you tonight, helping to remove those lost souls that have attached themselves to you in the circle. You will be used again whenever souls are attracted to you. We will always be ready to move them on to the higher spheres whenever you do this exercise. You will be cleansed whenever you sit in the chair, for you are being prepared to be greater channels of higher souls, to help with the education and evolvement of mankind.

You will be much appreciated by your own people, if you strive to be a servant of God. For you have to release any personal desires in your messenger work to humanity. You have to wish for a hundred percent communication with God, to help mankind.

When you are questioned by souls in need, listen to God, and when there is no answer, then there is no answer for the lost soul, not your advice, as your advice may be wrong, and God’s advice may not be at that time, but maybe later, God knows best. You have to be working for God, not souls in distress. You will help more souls grow than a healer who wants to help everyone.

You will be learning to tune in to God and be more accurate. It does not mean that you ask God for every little detail of your life. You have to learn that you can’t have the answers when you want them as they may be at the wrong time, and the more you desire for yourself, the more you lower your vibrations, and communication may not come from God. When you wish to help others, you are protected and guided by God. This is the way it is.”

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(This next advice was channelled to Susan.)
“Your kundalini is active for a special reason, and you have earned this privilege from past lives. It will be very useful in the future, when we help you to develop this form of energy, and you will be able to help people with it.

We have been trying to bring your children in spirit to you; they will be with you closer in the future. As you develop, you will perceive their presence stronger. We are told that they love you very much, and miss you. They want to know, ‘When are you going to see us?’

We will now speak to Christine. You are being guided by a wise old soul. He has been with you for a long time, and he is very pleased with your progress along the spiritual pathway. You are growing along the right lines to affect your psychic development easier, as you are in tune with your soul, and when we tune in to our souls direction, we grow faster.

We sometimes get sidetracked by other paths that are offered to us, and we find we don't develop along those paths, so we go back to the path our soul wanted us to develop on, and you are going along just right. You were told that a message would come in a sign from heaven. It was a message that you received on Friday night.”

(From a Medium at a spiritual Church)

“All meditations and exercises will be in the “Meditations Chapters,” and their page number will be listed on the contents pages in those chapters.

But this Development Class Protection Exercise will not be typed anywhere else in the body of the book, accept in the Meditations and Exercises chapter, as it is performed at every class. All the meditations will be modified for the Meditations and Exercises
chapter, so that if the students are using the meditations manual, and are not starting off in Australia, but live in other countries around the world, they can then use the meditations in their own circles.

We use meditations for many reasons, some I will describe, but there are other reasons that I find too hard to describe. I will explain what I first tell beginners.

Paranormal researchers have found that when some people on the operating table have died, they have found that they have left their body and were floating above the lights of the operating table, and they have read what the writing was printed on the top of the casing of lights, and when they were brought back to life, they have remembered what the writing said, but not only that, they have picked up the thoughts and feelings of a nurse who had recently become aware that she was pregnant.

I explain to the students that we have other bodies that are invisible, and that it is possible to see through the eyes of these bodies, and that they are not fixed to the physical body, like our body is in our skin, and that when you go on a meditation, depending on the meditation, a person’s conscious mind can be using the sensory organs of one of these bodies, whichever you higher-self wants you to be using.

These other bodies, you each have, are for different functions, and these also go on meditations, and the only body that doesn’t go on the meditations is the physical. But sometimes you will not be travelling to a place in the spirit dimensions, or to a hospital in one of your cities, or travelling through time, to visit an event in the past, or travelling to a parallel earth-plane.

But your conscious mind may be shown the akashic records of past life scenes, so that you become aware of the thoughts or emotions of the other people in your past life, and this allows your guides and higher-self to show you a translated record, so that you will understand the conversations or thoughts of the past life characters.

Other reasons are so you can develop a seeing ability to interact with your guides and higher-self. Also there are energies that are more visual in the spirit dimension, which are invisible on the earth-plane, where you can be taught more about their uses in healing or whatever.

This use of viewing the akashic records can help a patient or student to
access blank memories of a student’s childhood, or in some cases to see the emotions and thoughts that have affected the baby in the womb.

For the more advanced student there are schools, class-rooms and universities to visit in the spirit planes, for personal lessons.

The students’ teachers are in the spirit world, where the students can see them on their meditations. We have decided to describe mostly where I get each meditation from, on the night the students went on it, because if I was to describe where all the meditations purposes and source’s came from in one chapter, you would forget the interconnection with the student’s experiences.

Earlier on I explained that if you can balance the circle of student’s in male female spacing, but you will be guided by your guides in where you sit your students, sometimes your guides will allow two students to sit next to each other, because they may have been drawn to sit next to each other, because they both may have the same fears, and this will help amplify these fears, so the students become aware of them, because this is part of the process of releasing these fears, and then on class nights after that you can separate them, by putting another student in-between them.

You see what you don’t know about your students, is why you should be guided by your spirit guides in where they sit in the circle.

Just because two students are lovers, or mother and son, don’t let your mind decide where they should sit, because you know of this relationship. It is better if you know nothing about your students, either from a health point of view, or their motives for why they are in the class, because if you are running a circle for your reasons, and they tell you that they want to develop for different reasons, then subconsciously you may have conflict, which could subconsciously colour how you interact with that student, and besides their higher-selves may have a different reason for them developing, anyway, and will train them in that direction.

Just because I have been an Astrologer and Numerologist, my guides told me not to bother finding out these details from the students, for the same reason.

But eventually because of meditation experiences, and struggling students, my guides may indicate to me what sign of the zodiac the student is corresponding to, if it in a nutshell is describing the cause of the
problem the student is having. But in all the ten years of running classes, only one zodiac sign has been the most prevalent sign ever flashed to me, with quite a few different students, and that was Scorpio, and I was guided in very different ways to help these students.

If I had control over why I was to develop, and became a psychic-astrologer, then I would have missed out on everything else I was to learn, which is about ten times more areas of reality.

This was the last night of my first attempts at channelling spirit communication. They had the effect of instilling confidence in me to be able to run a larger group, and know that I will not be lost for something to say. From my first attempts that took thirty minutes, I now had the makings of a two-hour class session, including healing practice. I hope these first chapters weren't too boring, but I wanted you to understand that you can start like I did, with only one person, and practice and progress to a few more.

But remember, once you are sufficiently developed yourself, you may have to open another beginners class, as your first class will now be your advanced class, oh, make sure you don't become an oracle, and remember, you will receive as good as you give out.

(2009 UPDATE: My guides must have thought I needed back up protection, because of my mission in this life, because I found out years later that I have five full grown male lion bodyguards in spirit, with me, 24 / 7 would be the terminology.

I first met them in a past-life I saw twenty three years ago, I was shown it in great length and detail, set in the middle east, and even then it took me three years before I accepted it as one of my past lives, when two witnesses from that life-time came as students to my class, which is all recorded in one of the chapters of the third volume on this disc.

One of these bodyguards appeared in full size in my bedroom in Auckland, in 1974, a long time before I started developing.

This full size lion was glowing so brightly as it slowly walked out of my chest of drawers, about ten feet away, it then turned its head towards me, gazed into my eyes for about 4 seconds, then turned
around and walked through my bedroom door, swishing its tail as it walked. I was so shocked I didn’t think to get up and see if it was still on the other side of the door.

I met him again in the year 2009, when I went on a meditation to Shangri-la, where he greeted me under the cherry-blossom trees like a pet dog greets their owner, when you come home from work. He then came with me into the temple and sat on the floor in the isle next to my seat.)

(2011 UPDATE. While compiling lists of spiritual churches to send this first disc volume too, I saw that many of the spiritual churches offered past life regression as part of their classes or healing activities, and I thought, or the thought came from my guides, that some of the healers won’t bother to read this and following text books, because they may feel they are already helping students or patients with their past lives either telling their students or patients, or their students and patients are being shown scenes from their past lives in the presence of the healer.

Also in this first volume, heavy or complex past life therapy has wisely been left for further volumes. So reading these first few chapters may give you the impression that my qualification as a past life therapist is exaggerated, even though my name number 44 is the same number as Edgar Cayce life lesson number.

My guides wish to explain that there is a big difference from students and patients being shown past life scenes of simple reasons for being shown them, and recognising multiple primary and secondary trauma’s and their conditionings, and the process of gradually preparing a student or patient psychologically in advance over a few sessions, classes, or weeks, before they are then shown usually an akashic record of a past life. In which the conditioning has been mostly triggered off in this life-time, where the medium/healer displays confidence and ability in his work with either his higher-self or his guides, who are the experts in knowing how to convince the patient or student in their process of releasing the effects which have been plaguing their mind emotions or physical body.)
“You will find, that when you tune into God, you will not have as much interference with the communication. But if you tune into an object, or person, we have a hard job getting the message through, and you will pick up other things that we do not wish for you to perceive. This is where you decide, whether you want to use your half-formed psychic senses, to perceive what you do not know, and describe what you do not understand.

If you tune into God, you will receive exactly the message, or be shown the affected part that is wanting to be healed, and if you tune into objects that are in paper bags, that have been used again and again, you'll be misled with little bits of information, that have left an imprint on the paper bag, which may interfere with the new object in the bag. When the mediums progress, they do not need objects.”

(Susan) “Would it be useful for us to do ‘over-heads,’ tonight?”

(Overheads, is the term used to describe when a medium either chooses, or is guided to a person, say in a church hall, to give them a psychic reading, or spiritual message from say a loved one in spirit.)

“You will find that your messages will not be is believed, as if you used a method in which you do not know who you are reading for. As you, especially like to please other people, and God's messages are not always pleasing, you cannot distinguish yet between your thoughts, and God's thoughts.

You are all emotional people, and you have feelings about each other, and it is wrong to give messages to each other, at your stage of development, in cases where you know who you are giving the message for.
Even in other circles, they do not tell who the object belongs to, until everyone has practised getting a message, you have to use common sense.”

(Susan) “Who are you?”

“I am not important, the wisdom is meant for you all. I am not anyone's guide, I am here to help you develop your spiritual and psychic knowledge, and for you to increase your intelligence, so you will not ask these questions, you will have to start thinking.

Raymond is trying his hardest to help you grow, and you have to listen to us, for your development. If you want to grow, you have to have a stern teacher, and we are behind him one hundred percent.

You will all be very highly developed souls on this Earth-plane, and you will go out and teach others in your own way, in your own time, and the teachings will raise and uplift your spiritual movements in Australia, and will spread around the world.

As when you focus on God, you will grow and learn far higher, than if you focus on the World, and we arranged for you to meet Raymond, to sit in this circle. You have the capacity to go to those far heights of mediumship, that you are very capable of attaining.

You can sit in other circles, but you will always come back to this one, for this one is focusing on God more than the other circles do, and remember, learn by listening, questioning, and analysing. And if you do not understand, ask. And if the medium gets upset and angry, ask them why are they upset and angry.”

I will have to admit most of what was channelled, I already knew about from my four years sitting in circles, and observing mediums at work in the church services, but my guides tell me that they were guiding me psychically, to recognise the flaw’s and misrepresentation of the process of mediumship, so that I would accept what the guides wished to channel about, and if I hadn’t accepted what my guides were teaching me in those four years, I doubt if I would be running a development class.

But my guides know me that well, from my previous life-times developed way I am, that helping me to perceive the misguidance and suffering of the people at the hands, or should I say tongues, of psychic’s, and some so called mediums, would fuel my desire to help change things.
“We wish you all the very best in your circle tonight. We have been waiting to speak to you all, for we are trying to help you understand, what you have just been doing. You were brought to a peaceful setting, which we have been able to prepare beforehand. It was to help you relax, so that you can harmonise with your higher consciousness.

You will be going through spheres of energy, which will help you develop your spiritual gifts. You will be able to strengthen your auras with the energies that you will be able to tolerate. These energies are for your protection, as you grow in your communication with God.

You will be special emissaries; you will be taught the law of God, and you will be able to teach others what you receive from God. You are being prepared, for we are the guides that you have earned through your previous incarnations.

We are being told that you will achieve the highest level that you can attain in this life. You will be brought through many levels of learning, and will be able to help mankind and spirit-kind, as you widen your vision and become aware of other things.

You will be developing every time you sit in a circle like this, as the energies will open your spiritual centres slowly, one at a time, and you will start to perceive spirit and energies. As you develop, you will be learning as you are receiving practical development in the circle.

This communication will not be as long in forthcoming classes, and you will perceive spirit yourselves. In this way, you will develop your link with the spirit worlds. You will go through the lower worlds at first, and if you wish for the highest, you will pass through, and will be guided and taught by higher evolved souls and beings, that will help you see and understand what is happening around you, and to you in the world.

They can help you to help others, either through the spoken
word, or in healing. You will be taught the proper way, as long as this one strives for the highest. Thank you for sitting tonight.

FIRST CIRCLE 4/2/86
RAYMOND AS THE CHANNEL

“Greetings, we have been listening to your arguments tonight. You are only being tested, for you have to work with your spirit guides, and they can only teach you if you listen to their guidance. Do you want to believe what other people say, or do you want to listen to your own guides, who know where on your path of development you are, and what you can do.

You have been taken on a journey to exercise your imagination and seeing ability, so that you will eventually start seeing clairvoyantly. It was also for you to meet and get used to your guides.

If you do not see them, you may have felt their presence. The bridge is symbolic of the bridge that you will harmonise with your guides, so that you can perceive them in your own way. If you receive a gift, it has meaning, so think on the gift and try to work out the meaning. We want you to open your minds, so that your guides can tell you the meaning. This will also help develop the mental link with your guide.

If you did not see anything, you may have felt spirit touch you in the circle; you may have felt energy-like pressure on different parts, or you may have felt the energy on your head, like a cap. The raising of the tolerance to the energy is part of your development, so that you can commune with higher spirit guides and teachers, for the higher guides are more evolved in the area of wisdom and truth, and you will eventually be very good channels for God.

Does anyone have a question?”

(Glen) “Which is the best method of raising the consciousness, to be conscious of God?”

“The best method is for you to feel right with your beliefs at the time, and you will grow at the pace that you understand what you
learn. We develop you at the pace that you can comprehend, if you try other methods that are taught you by people, they will force-feed you knowledge and exercises at their own pace, but you need to digest and understand, and it will do more harm, as if you cannot cope with that way, you may say that way is no good.

It is good, when it comes through at the right pace, for the right individual, if that is the right way for you.

You are learning about other people, as well as yourself, and what happens to others as well. You have to decide whether you set your pace of development, or a teacher sets your pace, the same as everyone else in the class. Think about all this.

We are telling you that we wish you all to be aware of your emotional reactions at different times tonight, when different answers and communications were given. You will grow in time.”

Because I don’t have many meditation experiences by students at the time when I first received and used the first meditations in these early classes, my guides and I have decided to insert examples of what beginners from future classes experienced of these meditations.

I will try to show you examples using the same students, so you can see any themes connected more with the students, than with the meditations they are going on, but occasionally I will give you examples where the student only appears once.

All these classes will be in other volumes on following discs, where they will also appear at the right date and in chronological order, so you can follow individual student’s progress, of the weeks or months they attended class, but they will be lightly shaded like this, so you will know that they have been used in earlier volumes.

It will be very rare if I do this after the second disc volume, as once the beginners become advanced, advanced meditations are used, which should stay with their experiences on those discs, for continuity reasons.

The next chapter is the first chapter where one of these examples is used.
Throughout this disc my guides have guided me to insert class experiences from later classes, if they are highly evidentially informative in the area of a new concept meditation, or exercise which are just being introduced to the class, in which the experiences of the exercise or meditation, is a bit bare on the ground, so to speak, either because the students are beginners, or because they haven’t read my first printed text book. But these students had all read the first text book.

Also to give you a break in these early chapters, from my channelling, and give you some class experiences from other students.

I might have explained in an early chapter, that over the years I was to find out that I had been a past life therapist in Atlantis, and you will see more and more examples of how this works as you read deeper into this disc, but being a past life therapist includes being able to help patients and students to understand why they have had to have shitty childhoods, as very often they are connected with past lives.

But there comes a time when a student’s higher-self and guides want the student to release their childhood resentments to what they went through, irrespective of whether the student is developing for personal reasons, or if their higher-self has other plans.

This type of meditation is all part of the process of removing any potential biased emotional reaction a student may have to a patient with similar childhood experience, as well as healing the student of any obsessive thoughts, emotions or behaviour patterns, that may be locking the student into conditioning that is limiting, or restricting the students’ expansion of consciousness.

On this night of 25/5/93 half of the students had been to eight classes and the other half had been to four classes, and the students were aged from ten years younger than me to fifteen years older. Their names were Jeremy, Nadia, Calvin, Angelo and Janet.

The first meditation I took them on was another group healing mission, which you will learn what I mean in coming chapters, but the next meditation I want to show you I have used now and then for years,
whenever my guides let me know to give it to the students, so here it is.

The students had to allow their higher-self or guides to bring to the surface of their minds any childhood unresolved resentments that was still affecting them negatively, and I and my guides would help them firstly understand why they suffered the experiences, and that in turn would help them to release any resentment.

I had no idea that the majority of the students on this night had anything to release, when I was told to use this meditation, but I had learnt over nearly a decade of giving students meditations, that the answers would come into my mind at the appropriate time to help the students, and very often more information would arrive in my mind while I used to type up the recorded class night. So they could learn more about their experiences when they read the transcripts the following week. So these additions will be high-lighted in green.

The students took turns at relaying their experiences, as they weren’t seeing a group past life meditation where everyone is seeing what was happening to each other, where the dialogue is very different. Jeremy didn’t mention any childhood experiences, so I went to Nadia.

HEALING CLASS 25/5/93

JEREMY, NADIA, CALVIN, ANGELO, JANET.
BACK TO THE WOMB MEDITATION

“Tonight you are going to go back in time, in an altered state of consciousness, and your higher-self is going to show you your past, for reasons of your growth and development. You're going to go back, back to your teens, then through your teens to your childhood, and back to being a baby in the crib, or the cot. You are going to go back in time even further, into your mother's womb, and we are coming back to your conception. We are going to stop at conception and start moving forward in time.

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

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

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

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

NADIA’S MEDITATION EXPERIENCE

(Nadia) “Well, I've always had a problem with food, my mother was a good cook, and she didn't like waste. So, as I was growing up, I always had to sit at the table until all my food was gone. Even if I sat there for two hours, she'd get a bowl of hot water, and put it underneath the plate, to keep it hot, but I didn't want it. She just didn't understand I just didn't want to eat it.

Then I got another flash of after Christmas dinner, and I was made to eat this big dinner, and I was given one of those chocolate laxatives, to make me go to the toilet, straight after Christmas dinner, and I couldn't see the point of this.

Then I got another flash of going to school, and all I ever got was cheese sandwiches, and I hated cheese, I never used to eat my dinner, I used to bring it home and hide it in my father's work room, and save them up, and after a while there was a terrible smell in my father's work room. So mum went cleaning it up, and found all these lunches that I had
hidden, that was another hiding.

Then I got another flash of going up the backyard and eating these grapes, and because my mother said they weren’t ripe. I got a dose of castor oil and a hiding, because I threw up after the castor oil. So I've had all these problems, all this trauma about food. So I've got to the stage where I bolt my food down, just to get rid of it quickly, I can, you know.

When I was growing up I was very rotund, and I hated that, and I said to my mother, 'I don't want to eat so much food, because I want to lose weight.' And she would say,

‘You look lovely, just as you are, you're just nice.’ So, as I became a teenager and when I went to work, I didn't eat when I was out, when I went to work I didn't have anything to eat, so that by the time I got home, I was hungry. It was really a big trauma all my life.”

“Now, you've got to find out why you chose that parent to really regiment your eating habits, because I feel that it was meant to be, to fix an eating disorder from a past life-time, to have to go through that.

It worked, but the traumatic affects are affecting you still, but at least now you're eating normally, and you are still alive, where maybe in a past life-time you might have been anorexic, or something connected with either obesity, or whatever, got into your head from a past life-time, may have been unhealthy, and if your parents had been normal parents, you might have died.

But maybe you had to have parents, to actually strictly make you do things, when it comes to eating, for a reason, to straighten you out in that way, from the past conditioning.

Don't blame the person that's saving your life, but in the process of saving your life they hurt you. Accepting your mother's regimentation, even though she might also have been conditioned to do it in the first place, but your higher-self just chose her as a good tool to get your act together, but don't let the conditioning from the childhood bother you so much, because you can let go of it now, because it's corrected you.

Once the experience has corrected the disorder, then they
can let go of the counter-conditioning of the correcting process. This is only what I feel; you can all ask if I'm roughly hitting the nail on the head.” (Nadia) “He says, ‘Yes you're right.’” “So, knowing that, will help you release a lot of what you are still clinging to, in the way that you are reacting to... It’s what bugged you that you cling to, isn’t it? So you can let go of it now, knowing that it was correcting a problem.

I don't know what type of problem, because they didn't go into that, you have to find out yourself, if your higher-self wants you to become aware of it, and let go of that conditioning, so that you can relax more, and eat correctly, and not be bothered so much about your body, or whatever.”

(Your guides are telling me that you needed to release the resentment-attachment to your food regimented childhood, before they will show you the past lives conditioning, connected to the anorexia.

Say the first life food trauma created the conditioning or fear, and the effects were triggered in the next life, where you died young, because of the anorexia.

Then you, your higher-self and guides chose your mum to correct it. They say that you still need to see and release the original cause, because both the conditionings are like two tug-of-war teams.

Your first conditioning is one team, and the second team was created by your mother's regimentation, but you control, and watch over both teams to keep both teams from winning, and this tension in connection with eating isn't a cure, but a finger in the dike type solution, where Nadia is so busy consciously or subconsciously focusing on eating, that it interferes with your life and happiness too much.)

(Nadia) “I think it was anger really, angry, because I didn't want it.” “There are also other emotions, like you thinking so strongly that your mother was wrong in what she did. Now learning why it was done, is helping you to correct that kind of thinking. I tried to explain that she was right for your disorder that you had from a past life-time. But it’s is a pity that it has to
be done that way, to correct the disorder, where you chose to go through that, to have it fixed up.

So you've got to release the attitude towards your mother, that in some way she is wrong, but in some ways she is right for you. You can wring out the rest of this from your higher-self and guides.”

CALVIN’S MEDITATION EXPERIENCE

(Calvin) “Well, I went back to the womb, I didn't really want to come out, because my mum had a really bad time having me, and while I was in the womb I could hear all this yelling, screaming and fighting, and basically I didn't want to come out, and then when I was a little boy I got lost in a crowd, and I was scared that I wouldn't see my mum again, and it's funny, I hate crowds now, I hate being in crowds.

Just little bits along the way, which I haven't really looked at before. I've remembered them, but I haven't had any attachment with. But now they're showing me, and I'm looking back at them, realising what it was for, and learnt a lot from it. It's no big deal anymore, I let go when I was doing... when I was going through, I was asking them what it was for, and I was saying, ‘Yeah, that's fine,’ and let it go.” “Good, good, good.”

ANGELO’S MEDITATION EXPERIENCE

(Angelo) “The first scene was something that used to really make me jealous, and it was my brother James, because there were nine children, you see, and he would always get lots of really good hugs, we’d all get hugs, but he’d get the special hugs, like lots of activity with the hugs, and talking.” “He was the favourite, in other words?”

(Angelo) “Yeah, very much the favourite and he used to make me very jealous at the time, and I used to hold it inside, and spirit told me tonight this, “Hey, it was just a numbers game, there's nine of you, there's only one mum, and one dad, so just chill out about the whole thing.” Yeah, I can cope with that.” “There wasn't anything else that was generating that jealousy, like the way your parents punished you, and didn't punish James?”
“Yes, because I was the one that always got into trouble with James, but when I used to fight, or have an argument with Matthew, mum would come in and say,

‘Andrew, you're the oldest one, and you should know better,’ which I could cope with, because I should have, yet whenever it was me and James, he was older than me, it was like,

‘What are you doing, Andrew? It's your fault,’ but I'd say, ‘He’s older, it's his fault, he should know better, that's the rules.’ But it never worked out that way, so that alienating me from my mum for many years.”

“It fuelled...

It did, very much. Then I got a flash of this,

‘Okay, you're the smallest, so get in the back of the car, amongst the luggage, you are a piece of luggage,’ and that with the combination of I’m always wrong, and he gets the hugs.

So, that was a couple of years, I was a little bastard, I'm sure. But I had a good time in the back of the car with luggage; I was off in my own little head-space.”

“What were your higher-self and guides explaining to you, while they showed you these scenes?”

“They were basically showing it to me, and now being an adult, as opposed to being of that time, it just all made sense, anyway.”

“So long as you let go of it. Well, spirit is telling me something else to tell you, to help you let go easier, and that is this.

As a child develops, even when they are so small that they are one year of age, the parents quickly find out who’s got the strongest will, that needs breaking, and who hasn't got the strongest will, whose the sensitive one, and they know a long time before you can recognise it at that age, who in the family needs those hugs, and who needs knocking into place because they're rat-bags.”

“Ha, ha, ha, yeah, right, because that actually makes sense.”

“Not because they're rat-bags, just because they're strong willed individuals, and they need an even stronger will to keep them from getting out of control.”

“Yeah, this makes sense, because I used to have huge arguments,
like Beethoven and was a drug addict, because any music I listened to, was called devil's music, and drug music, and I’d say, ‘Beethoven was off his face when he wrote the fifth movement.”

“So now you know why parents have to treat them differently, in different cases. It's not fair on the kid, because the kid can't see that, because they don't know what they are like. None of us knows what we are like, we just see they are getting better hugs than we did, that's not the reason in every case, but in a lot of cases it is this way.”

(Angelo) “Because I was very independent.”

“But in some cases these reasons aren't the case, either. In some cases, there are a past life connection, and the parent may hate the kid, and it comes through. It's not all unjust; there are some reasons for it, which spirit is trying to explain. In your case you may have been very strong willed.”

(Angelo) “Very, very, still am.”

“And they had to come down hard on you.”

(Angelo) “Yeah, they did.”

“So don't resent it, because it disciplined you, and kept you from getting out of control, when you became an adult.”

(Angelo) “Yeah, well, that's true, because now I'm more discipline than most adults that I come in contact with, and I think it’s because of all this stuff.”

“Maybe, the one with all the hugs is having trouble today.”

(Angelo) “Actually, the one with all the hugs is really lazy today, and even his body, because we've all got good bodies, because we all look after our bodies in our family.

And I went back at Christmas, and it was the first time we’ve all been together in years, and he had a big gut, and was just a big moon face, and we’re all looking back at him, going, ‘Hey man you were sixth in line, you should still be healthy, and you look like a bucket of shit, what's wrong?’ And he said,

‘I’m just lazy.”

“In a way he was spoilt.”

(Angelo) “Yeah, he was, and he was very much, and I could actually see that as I was growing up, older, and I used to tell him forthrightly, too.
So, then they showed me choking, I choked on meat a lot when I was a kid. I don't eat meat now. You know, a little bit of gristle, I choked all the time on this meat. So now I don't eat meat.

I never made a conscious decision not to eat meat. That's right, the last time I ate meat I got really ill, a year ago. I recognise the smell at home, of home cooked spaghetti, blog type thing, yeah, great, hooked into it, and then the next three days I was on my deathbed.

So now I eat meat, a little bit every now and again, and I think they were just showing me that, to show me how I got to this stage of the meat business, because I'd forgotten about choking on meat, like you did it at least seven times, really bad ones. It was always gristle, like it was a piece of meat halfway down my throat, and in my mouth. Then spirits said,

‘Now we’re going to talk about money,’ and there was nothing there. Then it was like...

‘Notice how when you were a child, your parents never spoke about money,’ and they never did, ever.”

“So, you never had any training for what money’s for, but it doesn’t set up any bribery.”

(Angelo) “That's right. I think it was very healthy, in retrospect, because I've got a really healthy attitude to money now.”

“But it was good training to do things without the need to do it for money, and to do things for others as well. So what do you need to release about it?”

(Angelo) “I think it's just to reaffirm what I'm doing today, because today I really felt like chucking it.”

(Angelo is not Italian, and I thought I was young at heart until I met Angelo, he is very like Peter Pan, he had been an actor, but now he is a film producer, and was near the end of producing a movie for children, with gnomes in it.)

“Well, maybe in a past life-time you were too caught up in money, and the acquisition of money, or it was your God, and you needed to be retrained, so you chose the parents who would help to retrain you. Ask your higher-self and guides about that, I don't know.”
“That was it, and then we came back.”

(I did ask about this money, and they said they had told me the reason for the retraining. But when you see something like that, with money or Nadia’s eating discipline, analyse what the positive outcome would be, then figure out what it might be correcting. Then ask if what you have analysed is true.

Allow theories or concepts to breeze into your mind, because they are most likely coming from spirit. Remember, this life is just a continuation of yesterdays, meaning past-life existences, and the more reasons, causes, conditionings, or affects you learn about.

Then, your guides or your higher-self can bring into your mind, so much easier, the reason or concept that you have already learnt about, and is in your own memory banks, and eventually variations of concepts, or reasons, will come into your minds, like both Angelo and Nadia’s childhood training, was to change unhealthy beliefs or seemingly uncontrollable attitudes or obsessions.

Sometimes an obsession or addiction isn't caused by a traumatic incident, but just develops from desire, greed, or fear, then past-life releasing therapy doesn’t work, and aversion therapy is used in the next life.

Even I have gone through my own aversion therapy, in my own childhood. In previous life-times I have nearly always been strong, muscular, and at times the bully. So I chose parents with the genetic make-up, illnesses, and childhood conditioning, which would affect my growth and make me weak.

[I continued to grow another two inches after I was twenty-one.]

So when I went to school, I got picked on and bullied, but after the lesson was learnt, I got my muscles back.

Ask your higher-self if there is any past life as a vegetarian that caused you any problems with eating meat. Maybe the food poisoning of the meat triggered off a past-life aversion to meat eating.

I suppose, when a conscious desire, obsession or addiction is too strong, then showing the past-life, where the addiction was developed, might awaken the addiction, more than release it. So that's maybe why your higher-selves aren’t showing you those lives. But if you find out that
you had them, this will help you release any bad feelings towards your parents, because you chose them because they were what you wanted.

**JANET’S MEDITATION EXPERIENCE**

(Janet) “Well, I went back to the womb, I believe that I was born a year late, I was meant to be born before, but my mother didn't want me. I was the eighth child for her, and the second child for my father, and he wanted me. But my life just flashed past. But I remember in the cot with iron splints on, and bandages. I remember the pain of that, for my knees and feet.”

“**You were born out of shape, and had to be straightened?**”

(Janet) “Yeah, and then I had perforated eardrums when I was six months old, and had lots of pain and abscesses everywhere, coming up and bursting, until I was thirteen, and then they found an operation to fix it. My sister and I were at home, and we were there, and that was it.

They (parents) lived their own life, they did their own thing, and they fought every day of their life. My mother had her own boyfriends, and my father did his work. It was just complete confusion, and they were both very, very strong people, and they were both greedy and selfish people, of their own time, and what they wanted.”

They should never have had children, but from their strength, and their greed they've done a lot of damage, but in another way they've made me very strong. I can stand up to anyone, if they put me in a corner, I'd find a way out, because I would make a way out. Basically, they taught me that.

I had a lot of respect for my father, he was the one that did want me, but my mother is just a greedy old lady, and I don’t talk to her. She threw my father out of his own home when he was dying of cancer. She contested his will after he died, because she said she didn't have enough, she wanted two thirds not a third. I haven't got any time for her.

She didn't have a very good childhood herself, but I think through her life she should have realised, she had all the opportunities, we always had money, but they always had things for themselves. I just feel that in a lot of ways they've confused me deeply, probably to make me strong in my
adult life.” “What did your guides and higher-self tell you?”

(Janet) “They just said total confusion.”

“No, I meant, what was the benefit of seeing...?”

(Janet) “The benefit was they've put me in a lot of situations, and they have been learning projects, and I've brought my son up a different way than what they've brought me up. What I didn't have, I've given him, and I just learned as I've gone along.

Up to the time I was thirty-five I had no direction, and then after that maybe I started to mature and find a bit of direction for myself, I think that's what it was all about. You know, there's no one here to help you, you’ve got to do it yourself. So that's what it was all about, I think.

“You choose the parents for the best growth for you, and I'm afraid most of the time parents are not very good, when the growth is meant to be that way, you know what's best for you.

(What I meant was, to start you thinking and making your own decisions earlier, and then you had to learn that your parents aren't going to help you get what you want, so you had better get it yourself.

Your higher-self is telling me that in your past lives you have let others have too much influence in your life, so that you stopped thinking and working things out, but asked others and became too dependent on others to help you get what you want or need, which weakens your belief in yourself, and this makes you weak.

So even if you were taught by nice parents how to use your mind to figure things out, you would still be overpowered by all the beliefs and opinions, and would concede to others. So, you were put in a psychological setup, which we call being thrown in the deep end.

Which fighting to survive strengthened you, metaphorically speaking, while you were using your mind to figure out how to swim. And then swimming to the edge of the pool developed your muscles, and gave you confidence that you could do it without any help. So that when others tried to dominate you, you knew you didn't need them, because of these muscles you've developed, and could give back as good as you got.

And your parents had to be selfish, so you wouldn't like them, and psychologically that assisted you in rebelling against becoming like them,
and this has a great subconscious effect, thinking that if you do what they want, you might become like them. So you don't, and this has set you free to think, ‘What do I want to do?’

“But if your parents are lovely and nice, and figure things out for you, and give you all that love, it’s going to set you up to believe that the world is just like that, and it isn't, and it stops you thinking for yourself.

Let's face it, the amount of time we spend living with our parents, compared with the amount of time we spend living away from our parents, in the world, is only a small percentage of time. So you've got to release any resentment or anger towards your parents, because they were like that, which helped us to be what we are today.

We should release these strong negative emotions towards our parents, because we are older now, and it’s affecting us negatively, obviously this is why your guides have shown you this, but all the positive things from the experiences have sort of set you freer.

I don't believe that bad parents make bad children, I think it's more the other way around, bad parents make good children, more often than not, but the odd one slips through, and then the psychiatrist say,

‘The reason you're like you are like you are, is because you had bad parents.” What a load of crap, the bad parents were to correct the behaviour in spirit, who reincarnated to be their child, and it didn't take, and the overwhelming negative reaction towards the parents, made the person more bitter and twisted and maybe more wanting to get revenge on everyone.

It is so easy to blame the parents for making them bad, when there might have been a little karma coming into play, and the opportunity was there to learn the difference between their parents, and good parents.”

(Janet) “Yeah, I think it's motivated a lot by greed and selfishness, as well on their part, and that's why they don't change.”
“Well, that's what we're talking about, the mother's previous life-times, where she might have been a very greedy person, or developed through more than one life-time, becoming a greedy person. She could have chosen parents to try to correct that, and there might have been bad parents, to show her the bad side of the greed, to try to change her, bringing work, but it might not have taken, and she maybe became more greedy, or the cure didn't fix it. Then professional people will say

‘Aha, you became like your parents, it's hereditary, or they made you like that.’ Garbage, it’s just that they incarnated to those parents because they were already like that, to try to overcome the problem.

Then, because the cure didn't work, the parent becomes a vehicle for the learning of the next spirit, which will reincarnate as their daughter, to correct something different, from the past.

Sometimes we can choose parents to have a different effect, so that it sets us free to stand on our own two feet and start thinking.”

(Here, I feel my guides brought this reason into my mind, because you may have thought that you were greedy in a past life-time. And they didn't want you thinking that, and your higher-self told me the reason earlier on in the last bracketed section.

Your mother's lessons were connected more with greed and selfishness, but if your mother had overcome or changed herself, you wouldn't have chosen her as your mother, you would have found a different mother, someone else just as greedy and strong willed, to set you free.)

(Janet) “Too late now, she’ll have to wait for the next life-time.”

(2010 INSERT. Very often higher-selves choose life-times where there is childhood conditioning, as a way of either correcting unwanted past life conditioning, like in Nadia’s case, or the childhood conditioning is used as a tool for spiritual growth, as in the case of Angelo’s childhood.
Childhood and young adulthood is the best time to affect change or create conditioning, rather than later in life, where a person is more set in their ways, and reluctant to go through experiences to create correcting conditioning, as the older a person is, they receive less influence by others that can affect them. And a child has the least freedom to avoid parental conditioning.

Now there are many types of therapists out there, in not only the medical profession, but hypnotic past life therapists. First I will give you a hypothetical scenario with the medical profession.

If a person is going through counter-conditioning chosen by their higher-self, but because they are suffering through this process, they most likely have the desire to remove the suffering, and because they saw an advert in the paper, or on T.V. where the medical profession can release your phobias, either through primal scream, re-birthing, or hypnotic aversion therapy, and the person goes against their inner-voice, and goes ahead and seeks this type of therapy, and in the process removes this life’s conditioning, before it has run its correcting amount of time, and purpose.

Then the conditioning from the past life may have lost its preventative or correcting conditioning, and the persons past life conditioning may start affecting them, because most of the medical profession don’t, or aren’t allowed to believe in past lives, never mind conditioning from any past lives affecting this one.

So because the medical profession is working for the patient, and seeking out the cause of this life’s phobia, then in some cases the healing profession is counter-productive to a person’s spiritual growth, as all they are interested in, is healing the body and the mind, which in this way they are like car mechanics.

When a person brings in their V.8, because it is now only running on four cylinders, and has only half the power and speed, but the doctor/mechanic doesn’t know that this customer is a lead-foot, and has crashed and totalled four cars before this one.

It’s like the medical profession are fixing up the car, and not the driver. Meaning, they are not diagnosing the person’s spirit, but just catering to the conscious mind and body, which is just a vehicle for
spiritual growth.

My guides have taught me that when a patient comes to me because they are suffering, usually they have been guided to me by their higher-self, because their higher-selves know that I don’t interfere, by diagnosing, either psychically, or digging in to their past or childhood, but allow the patients higher-self or guides to bring to the surface at the right time, the right thing that needs releasing or healing, whether it be conditioning in childhood, or when they were in the womb, or past life conditioning, vows or beliefs.

And sometimes their problems, phobias, or illnesses are being caused by attached spirits, which includes past life spirits of lovers and enemies.

But again I was taught to not interfere until their higher-self or guides brought them to the surface to be helped, and also treated like patients.

The most important thing to learn for especially all students of past life therapy, is, you’re not the healer, your primary responsibility is to the patients higher-self and guides, not the conscious mind and emotions of your patient, so don’t be swayed.

Literally insulate your psychic senses from your patient and students, and only focus your questing psychic senses to your guides and higher-self, who are receiving instructions and guidance from the patient or students higher-self or guides, and don’t trust or consult spirit relatives as guides.

In the Christmas of 90/91 I helped a student who had been a student of hypnotic past life regression, one of the first past lives his higher-self showed him in my class, where I don’t use Hypnosis, was a past life where he died, and after he said he had died, I said, if you are continuing to see what your spirit is doing, continue to describe the scenes.

He then saw that his spirit caused a fire which killed the man he was married to in that life, and his lover. And over the coming weeks, he saw more murders by his spirit after dying in other past lives, even with other students who had past lives with him.

Then one night he said, I’m so glad I came to your classes, because in my other hypnotic past life regression classes, the teacher always bring the students out of hypnosis after they have died in a past life, because it was the policy of the centre, where they are held.
There are so many areas of past life therapy, which need a Medium, I don’t like that word in connection with spiritual healing, but my guides say that the best mediums or the ones who are working for spirit, and not using their psychic senses for themselves or their congregation.

Ninety percent of this disc is connected with students and patients expanding their awareness of the rest of their being, this includes their past, reaching through their past lives, to learn more about themselves.

And the students learn that each life-time they are shown, is the right life-time to see for that individual, and they even learn that the attendance of the other students has been orchestrated by their higher-selves and guides, so that they help each other, and harmonise the rightness of seeing their right past lives together, even though I am the one who is shown the place or scene, before they come for the class-night.

In my first two volumes my attune-meant to this getting of the right past life meditations, isn’t as synchronised, as with the students who arrived for volumes three, four, and five. But they are the group of souls/spirits who have worked with me as a team in many past life-times.

(2011 INSERT. While compiling mailing lists for my announcement letters, I became aware of a few colleges of past life hypnotic regression, and most of the therapists who graduate only work helping individuals to become aware of their past lives causing a conditioning into this one. If the patients past life is very hard for the patient to believe, and they have not been psychologically prepared to accept their past life, then the non-acceptance of this past life will cause problems in the releasing of the conditioning.

This is one of the many reasons why spirit should be training mediums, or medium spiritual healers, to be past life therapists, so that spirit can arrange for support of other students or patients to also see their past lives with the patient in a group past life circle or therapy session.

These text books are to show the world that the experts in arranging past life therapy are in the spirit world, not some hypnotic regression college in this world)

And now back to my first classes in 1986.
“We wish to bring you our greetings tonight, for we are celebrating your progress in your chosen fields. You are being brought more work to do, as we will show you more evidence of your mediumship, which is growing. You will find that we are just now starting to bring you your psychic gifts to the forefront.

You will need to practice more and more, so that you will have the confidence in what you receive from spirit, and will be able to instil more confidence in your patients, which helps them to accept the healing.

You will find that you will be more accurate with your diagnosis, if you don't know what is wrong with the patient. You will then know where to heal, but you will sometimes find that you will not always know what the problem is, but where to send the healing, and if you explain to the patient, that you are healing the cause, and not the affect where the pain may be, the patient will understand.

But if you do not communicate to the patient, they will think that you are no good, because to them you may be healing the wrong area, but you know better. So talk to the patient before the healing, if you can, and explaining why you would rather not know the patient's problem, so that you can get more accurate diagnosis and direction from spirit.

When you get a message from spirit, telling you in medical terms, the problem, like for example the word ‘cancer.’ Find out why you were told, don't blurt it out to the patient. Free yourself from the desire is to please the patient, as you can be charming, but if this distracts you from the actual problem, it does not heal.

So let the patient know that you work for God, not for every whim of the patient. We will be watching your progress, and you will
progress, if you follow the guidelines, where you can get feedback from your patient.

FIRST CIRCLE 18/2/86
RAYMOND AS THE CHANNEL

“Freedom is what we are trying to reach tonight, freedom to let your mind wander and roam, so that we can bring you into a state of tranquillity and peace, to leave behind your worries and cares of the world, and lose yourself in a world of fantasy.

Which will be easier to bring you your visions and wisdom, and for you to break your minds conditioning, that is being reinforced every day, by the material world in which you live in, to exercise your imagination, to be able to visualise scenes and images, that you don't normally imagine, so that you are more receptive to very odd scenes, that you may see in your meditations. To help you learn abstractly, the teachings that they portray.

When you see the happenings in this world, you are conditioned to believe what you see, as having a meaning that is understood by everyone. But it is superficial, and you are seeing it through a very narrow vision. That is there, because the world wants you to see it that way, but we wish you to understand, by seeing events in your meditation, where you cannot jump to conclusions, by what you think you know from this world, so that we can show you what it all means.

Which then you will see more clearly the events in the world that were camouflaged by the ways of the world.

We are having some difficulty explaining this, as there are not many words in the language that you speak, to explain things that are of the spirit, and this is why we find that we can teach better by visions of scenes and events, to get you to grow and understand, and learn about your world and our world.

Throughout the running of all the different classes, spirit has often mentioned blockages in our bodies. What spirit is referring to most often
are blockages in our main chakras, of which there are seven. These chakras are channels for energies that can flow into or out of our bodies, sometimes to help heal the self, or to flow through the body and then out to a patient in a modified form.

The two minor chakras in the hands are most often used in beginners by spirit for healing, if the main chakras are blocked or closed down. But when a healer has unblocked or opened some of the main chakras, the healing guides will use them as well. The two chakras in the feet are most often used as entrances for the healing energies to be applied to the patient, but all of this is taken care of by your healing guides, because sometimes energy is removed from the patient to affect healing.

When a student sits in the development classes, spirit goes to work on the students seven bodies, aura, and chakras. Sometimes a student feels side-effects in his or her physical body, but everything is controlled by spirit. This next extract from spirit will explain some more, it was channelled to the students in my home class:

**FIRST CIRCLE 25/2/86**
RAYMOND AS THE CHANNEL

“Greetings, we are here tonight to practice your clairvoyant vision. In tonight’s demonstration it is for you to experience the presence of visiting spirits, who have been allowed access into the circle tonight.

They will transfigure over the face and head of each of you tonight, so that you can see the spirit, and feel the presence of spirit. We wish you to look at individual, and relax your eyes, try not to stare, and we will build the energy for you to see the face of the spirit.

They will change as new spirits come in and show themselves; let your imagination take over. You may not see anything on the first night, only a slight change in the hair.

Are any of you feeling hot? It is the energies that are working with you. As your mediumship grows you will experience these energies, to step up your development. Even though you don't feel
you are developing, you are.

Some of you will find that you know what the person will do next, before they do it. This is your psychic development, you sometimes feel that you will never be developed, but you will develop slowly and safely.

As you progress, you will become very aware of, the presence of spirits, and sensations and energies that will affect you from time to time. These energies are for your development, and don’t panic, they sometimes make you thick-headed, as if you are the underwater, like pressure. Is it energy for your growth, as your chakras have to awaken slowly, and these chakras that are your connecting link with the higher realms, just as your eyes are connected to your brain.

Will you be very careful that you don’t ask spirit to come to you, when you sit at home, as you cannot distinguish who they are, and you are inviting trouble at this stage of your development if you want these spirits to come to you.

Bless you all for you are seeking communion with God, and he will help you to understand God. When you develop your gifts, each individually you will be able to perceive God in your own way, and you will feel at one with God, and you will know that you are his children.

Christ is here tonight for you are seeking to become one with Christ, and we hear your plea. He will be in your hearts to help you understand and love your fellow brothers and sisters, and your hearts will blossom. Christ has entered your heart, and we rejoice at your progress, and love you very much. You will be more peaceful, from now on, and you will feel that pain and sorrows of humanity, and you will give your love to them in need.

(I feel that some of these paragraphs were personal messages or answers to unspoken questions or desires from the students, and as the students may have felt embarrassed to ask them, and maybe even more embarrassed to be told they were for them, spirit may have answered their prayer in this way.)
Glen, we are being told that you have been practising communication with spirit at home. It is being stopped at the moment, for you need to grow in other areas before you are ready to communicate with spirit. You are still on a vibration that will contact the lower spirits. Your vibration has to rise higher and higher, to leave behind those souls on the lower vibrations, so that you will not be deceived, or attach those entities to you by your wanting information.

This will only be for a little while, and you'll be safe while you grow, you are greatly loved. Also, we wish to guide you in the right direction to help you understand more about health and sickness, for you will be a great teacher in the coming years.

We are trying to raise the consciousness of mankind at this time in the world, and you will teach many as your faith grows stronger. You will be more vociferous and more determined, as you will be very happy and want other people to be happy also.

Mary, you have been prepared to belong to your beliefs, and you should not belong to a belief, but a belief should belong to you. We want you to be careful, that you practice with protection around you. It is only necessary at this stage in your development, as you are not plugged in, as they say, one hundred percent yet with the higher guides, and can be misled by a lower entities; spirits that want to have mischief, and lead you on.

Remember, any strong desires will get you into trouble, so if you want to grow and learn, it is safer to read books at this stage, and you will grow psychically as your guides help you. You need more assurance of the purpose of developing, you will find it in books, as they described what others went through and did, in biographies.

You will find that there are many ways to develop, and you will be guided to one that is suitable for you. In this we mean the practice of your psychic gifts, as they are developing.

You are being watched by highly evolved souls, and will be tested to see if you are suitable for higher development and more responsible work for God. This work may not necessarily be on the
Earth-plane, but is still necessary, as the Earth is in need of freeing from the negative influences of spirit, and we hope that you will pass the tests that we bring you.

Most of these tests will be why you are asleep, and you will not remember in your conscious mind the tests, as you will be taking them with another part of your mind, it has to be this way.

You are needed, as you are on a lower vibration than the Guardian Angels, and can reach where others cannot. It will be satisfying work, and you will become aware as you progress and develop, if you undertake this work.

You are all being tested in your own ways, and you will progress, sometimes slowly, and sometimes fast. You will be spoken to by a different soul, in the coming weeks, as a new teacher will be brought for your class.”

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“We wish tonight to speak on the subject of reincarnation. You have all heard of this, and it means, ‘Born of the flesh,’ and we wish you to understand that when you are born here, you forget your previous existence, and it is necessary that you live this life without prior knowledge of before, and it is for you to grow by experience in this life. So that you can overcome your weaknesses and desires, so that you can be more balanced and free from conditioning.

If you were to know before you were to experience, you would avoid the experience, so you do not remember.

Follow your conscience in whatever you do, and you'll be on the right road to your growth and happiness. Bless you all for you are learning about yourselves and others, and we wish you all our love in your progress.

This room has a beautiful vibration, which will help you tune in to your guides and helpers in the spirit world. You will find that we bring peace and happiness to you here, and you will develop in your own way, in your own time, and do not fret if you think you are not developing. As you accept the development, as you are convinced of the reason you want to develop.
You are in a mixing bowl, and you need stirring up, this will help you find out what you want, what you want to do or not do. Raymond does not force you to do anything, so you can learn how you want to learn in this room.”

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“Tonight, we want you to be very still, how we will bring to you your healing that you all need. This healing is of the soul, and it is a remission of karma that you need to progress as mediums and healers. This will help you to break conditioned responses to people and situations that are karmic in their setup. They are taken away by the love of Christ, and it is necessary for you to forgive the souls in your past, and that you have had animosity with, and forgive yourself. For you can see that they only did what they thought was best for themselves. This karma is very destructive to you, and you are now on the path our Lord Jesus took, and you will also be able to cancel other soul’s karma, in your contact with, and healing people.

You are going to be needed in the future, as the world is coming to a crisis point, and you will heal and bring peace and calm to many in need. For when you focus your life on the spiritual law and values, things of the world will have less affect on you, and you can tune into God, and spirit guides for your guidance.

You are being prepared to be ambassadors of God, and you will be brought into the presence, at the right time to guide the souls that are ready to be shown the way. Follow your instincts in your lives, and they will lead you in the right direction.

You have been coming to this circle for only a short time, and you are now sensing and feeling the presence of your guides in spirit. They are with you, and help you to exercise your new psychic senses, and you will find that you need to practice.

Just as a baby climbs to its feet, and takes a few steps and falls down, but if he had never climbed to his feet he would not walk, and we wish you all to walk. You need to practice as much as you can, while you are here, as you cannot find guinea-pigs as
easy outside, and also the energies are strong for you to learn and perceive, as in this circle, where the energies are very strong.

The peace that we bring you, is to help suppress the thinking analytical mind, so that you can feel and sense thoughts and visions outside of your mind, and not have to break through your own thoughts and thinking.

Believe in your free will, you can follow your lower mind and material desires, or you can follow your higher-mind, with spiritual desires, which are of God. You still have your free will, to leave the road that your higher-self put you on, before you were born.”

Some of these channelling’s helped me formulate the meeting your guides’ meditation which you will read in the next chapter.

(2011 INSERT. In Raymond’s early channelling’s, spirit had chosen to use the word ‘Gift’ in connection with developing psychic abilities, at the time of Raymond channelling the use of this word was more attractive to new students, as Raymond hadn’t produced his first text book yet, and really had no idea of the process, exercises and meditations involved in the development of these so called gifts.

My guides and I are not happy about this word, ‘Gift,’ and want to set something straight, a person’s psychic ability is not known as a gift to guides and higher-selves, a person’s psychic ability is practised and sometimes learnt how to use, in classes like this, but many unseen requirements are sometimes needed depending on the ability, and sometimes an ability is suppressed, so that a new ability is exercised, practised or used, to in most cases teach wisdom, not perceptions.

It can take many years for a higher-self and guides to slowly affect the human body to connect a psychic sense, which may have been learnt before, or the spirit may have developed, and already know how to use.

There are just too many variables to describe a psychic sense as a gift, and a gift implies that it is given to you, when in most cases the spirit has developed or learnt the sense, through effort and time, before it reincarnated into a human body.
My guides also got me to change other words like ‘earned,’ to ‘learnt,’ as when 99% of us earn something, we are receiving something different, as payment. A fisherman or small farmer can earn something connected to his efforts or skill, like fish or vegetables.

Also because many students and spiritualists believe that the term ‘earned’ is associated with helping or healing others, they may believe they are not allowed a psychic sense, especially if they also believe that these psychic abilities are a gift, if they have not earned them in the right perceived way, so to speak.

But if the student is meant to practise a psychic ability and learn the wisdom connected with the ability, before they can use it to help others, also what a student believes or understands in the way he can help others, may not be the same way that his higher-self may want to teach the student, it is best all round to not associate the connection between earning and psychic development.

Also the connections of the human body and the astral body need to match up, and then there are the chakras, they are connected, as well.

The term Gift is a human term abused in connection with psychic development, and the term implies or negates the need to develop, practise and be guided in the psychic sense.

When we think of a gift, we open it and it is complete, it doesn’t have to be improved, exercised, learnt how or when to be used, or the morality of how it’s used.

After I had printed volume one I started getting an uncomfortable feeling about the use this word ‘gift’ in connection with psychic abilities. The same uncomfortable feeling I would feel if I used the word ‘must,’ in connection with the word ‘you,’ in front of it, and eventually once students had read volume one, the use of the term ‘Gift,’ in connection with psychic senses or abilities was dropped from Raymond’s channelling.

But he still hears this word used by old and young Mediums, who are talking about their development, or in a reading for an audience member. Sometimes the choice of the word is ego driven, or bad mediumship training, or just lazy tongues as the word ‘Gift’ is only one syllable, but ‘Ability’ is four syllables, and ‘Senses’ or ‘Perceptions’ don’t have the same stroking of desire, as the word ‘Gift.’)
(2010 INSERT. The contents of these channelling’s made me ask my guides for a better guided meditation for my students to develop a link with their guides. Which resulted in one of the first meditations I received from my guides, for the beginner students?

As I don’t have the original recording of that meditation, I know that the meditation is nearly identical to a meditation that my guides wanted to introduce to another group of students a year and a half later, and that was to meet their over-soul, or higher-consciousness, otherwise termed mostly on these discs, as the ‘higher-self.’

The main reason it took so long to receive from my guides the go ahead to give my students ‘THE MEETING HIGHER-SELF MEDITATION,’ to my classes, was because I wasn’t sufficiently developed to deal with the complexities of the teachers’ interaction with any students’ higher-self. Also my guides want me to put this ‘MEETING YOUR HIGHER-SELF MEDITATION’ in the advanced teacher’s meditation section.

The reason is, Guide’s go to Guide school, and if they get sick, not physically, but mentally or emotionally, other guides can help them, but because a person’s higher-self is closer attached to the person, when they become sick or imbalanced, it is usually connected with a lowering of the higher-self’s vibration.

And if their guides cannot be seen or contact the higher-self, then they have to wait until the higher-self becomes aware of the situation, or if a spiritual healer becomes aware, and can help the higher-self to accept, and then go to a spirit temple of healing for balancing, this is why not all students should be guided by their higher-self, and why at first students should be guided by their Guides.

And besides if the student’s spirit is a young inexperienced spirit, with a similar higher-self, the student shouldn’t be guided by their higher-self to learn new abilities, which have not been learnt by their higher-self, so there could be a few reasons students should first link up with their Guides.
But for advanced student’s spirits their higher-selves may have been guides at other times, because they have had so many past life experiences and attended guide school, that they are qualified to guide their own spirit.

As all guides are watched over by higher guides or their higher-selves, or not at all, if they are of a sufficiently high vibration, all beginners can go on this meditation to meet their guides.

As I didn’t see spirit in the four years of sitting for development at my local Spiritualist church, because of a combination of reasons, already explained earlier on this disc, I perceived my guides presence clairsentiently.

You see my guides and higher-self had linked my astral body to my physical body, atom for atom, for multiple purposes, of which the examples of those purposes will be explained in the chapters as you come to read them.

So when the medium who ran my class told me in the first few weeks, that I had three guides, a Nun, a Red Indian, and an Egyptian, who were going to transfigure over me in turn, for me to feel their physical bodies, and the clothes and jewellery that they were wearing, I felt their physical presence, but the medium didn’t give us a meditation exercise to clairvoyantly see our guides.

In fact in all the four years of sitting in their development circles, the number and type of guided meditations the mediums took us on were the same ones over and over again, and they were only about five or six different meditations. So when my guides and I wanted to give the students a visual as well as tactile meditation, for the students to experience their guides, this is what I described.

**MEETING YOUR GUIDES MEDITATION**

“Your guides can appear in the form of one of the many thousands of past life-times, that they have had before. They will choose the most appropriate appearance, which is psychologically attuned for your present state of development.
I want you to imagine in front of each of you, a full-length mirror, but it is blank, and in this mirror sitting opposite you in the dark, is one of your guides, and you are going to reveal slowly, little by little, what they look like. Now I want you to look in the mirror, where your hands would be, the fingertips of your guide will start to appear, and then more and more of the fingers and hands will appear. Notice the fingernails, are they coloured? Are they a woman's? Or are they a man's hands? Are there rings on the fingers? What colour is the skin?

As you see up the wrists to the forearms, see what clothing are on the arms, or bracelets, if the arms are bare, see if they are smooth or hairy, slight or muscular.

As you see more of your guide, you now start seeing the middle of your guide, the midriff. Is the person fat or thin, large or small; is the person old or young? What kind of clothes are they wearing?

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

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

Say hello to your guide, you can talk to them mentally, and ask questions if you like. Any question you feel pops into your head, is most likely coming from them, so ask it, and you will get an answer.

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

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

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

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

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

Your guide usually appears in a form that is very different from you, so you can feel the difference, if they want to contact you, if they want to tell you something, like they may be the opposite sex to you, or a different race or nationality, it’s just for identification purposes, to help you identify them.

You have many guides, this is the first one. If you are very aware of your guides, this is maybe a new guide. You should feel an affinity with your guides, shake hands with them if you like. You may have the urge to stand in a certain
way, or put your hands or arms in a certain way. This is your guide showing you that they are there with personal body gestures.

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

(Approximately ten to fifteen minutes silence)

“Now wanted to thank your guide, And I want you to come back now, your guides are still with you. Come back to this reality, take three deep breaths, and stretch out if you want.

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

I was told the Nun’s name, who the medium was told was my guide, and I was told her name was Teresa. When I first felt her transfigure over me, I first felt tight bindings on my forearms, like tightly wrapped bandages, I don’t know what they were, but I would always recognise her presence in that way.

I then felt the head gear that they wear on their heads, I felt the cloth hood covering my head and ears, and felt the cloth surrounding my face, even up to my chin, so if you could see my face, you wouldn’t see my forehead, ears or neck, all would have been wrapped in I suppose white cloth, you know, what we used to call the penguin look.

Over the next five to ten years I was to learn that her spirit was my other half, like my twin-soul, because the Nun was her last incarnation, she preferred to be female, but in actual fact her spirit was the male half, as my spirit is the female half.

My higher-self is explaining that when Teresa was approached by her guides, she was shown what my potential future was going to achieve, and was shown how important it was that I needed a watcher guide, like a guardian angel, as over the years I was going to need protection, and they asked her specifically to be close to me, especially when other people are
around or close to me.

This was all true, but I was to learn over the next ten years, from my higher-self, and not from Teresa, that the primary reason for why she had to stay close to me, was because I was to help heal her, and was more like her guide, but if she had known about this, she would have either denied that she needed healing, or because she might not have believed I could help her heal in the area that she doesn’t want to deal with, because her fear was so high in connection with her trauma.

So with a combination of her fears of reincarnating again, and her belief that she didn’t have to reincarnate again, as she had been canonized by the church, she wouldn’t have become one of my spirit patients.

On the third volume disc, you will find out what seven years of spending close proximity to me was healing her of, will slowly be unfolded and explained, and on the fourth disc she started to channel through a student, as you will find out. Oh, Teresa also wrote a few books.

Her vibration was higher than mine but was comfortable, the reason I am explaining how I felt when these guides transfigured over me I will explain when I have told you about the other two guides.

The second Guide’s name was ‘The eagle,” and when this Red Indian transfigured over me I felt larger in the chest area, and taller and more muscular, and I wanted to fold my arms across my chest. I felt his arms were bare, and had armbands on my upper arms, I also felt a large feathered ceremonial headdress on my head, because I could feel the hard shafts of the base of the feathers pressing against the side of my head.

I also felt strength and confidence from him, his vibration was slightly stronger than Teresa, but it was fine.

The third guide who transfigured over me was ‘Satpur,’ the Egyptian, you know how I felt Teresa’s Nuns habit in detail, around the head, well, Satpur was wearing something on his head, and I felt the cloth hanging down the back of my head behind my ears, and ending at the shoulder.

I suppose it was to protect the neck from the heat of the Sun, because the neck supplies the brain and head with cooling blood, that circulates back through the body, because when I have had jobs in Australia, where I have been Welding in temperatures over thirty five degree Centigrade, I
have wrapped a wet cloth around my neck and kept cool, so I understand the head-gear of the Egyptian.

On the outside of this cloth, around the top of the head I felt a heavy band with something heavier at the front of the band, I got the impression that it was a little cobra, or an asp, and because in my many jobs, I have handled a lot of different metals, like steel, copper, lead, but this band felt so heavy for its size that I knew it was solid Gold, I also felt he was naked from the waist up. I also felt a large heavy necklace around my neck, like a ceremonial necklace with Egyptian writing on the little blocks of gold. But this guide’s vibration was so strong that it was becoming very uncomfortable, and I was starting to heat up, so he stepped out a lot sooner than the other two guides.

On this night and over the years of development the other students in the circle were asked to look at and see if they could see the spirit or guide who was transfiguring over me, but because the physical feel of the guides details was so recognisable, the other students described what I was feeling anyway. You may say how do you know that the students were only repeating what I had described, well I don’t, but on other nights I have felt a moustache on my face, before a student has said that a spirit who is transfigured over me is wearing a moustache.

Also one night in the circle I felt something large, shoulder past my right arm and shoulder, and I thought, wow if that had been something physical I would have been knocked off my chair. Then a student on the other side of the circle, said I horse has just brushed past me and stepped into the centre of the circle, so I feel that was arranged from the other side to give me more proof in the reality of what I couldn’t see.

Now, getting back to the guide transfiguring night, when I got home I had all these questions in my mind about why I felt different comfortableness with the different guides, after asking many questions, and receiving lots of answers, I will tell you.

Everyone’s spirit vibrates to a frequency or level, there are many types of frequencies, but we won’t go into them for the moment. I cannot describe the vibrational frequency in scientific nuts and bolts; I can only describe how the vibration, which I will call it, is increased to become higher. My guides say that the vibration of a physical person, is the sum...
total of three main components, Morality, and wisdom learnt from previous experiences, meaning all our past experiences from before this life, and intelligence.

When a spirit incarnates into a human baby, he attaches like a spiritual umbilical cord to the baby, and the level of vibration the spirit has attained, say for example is at the level of 200. All baby’s are you could say are at the level of 0, at birth, and as the child grows up, the spirit will watch as the child develops his intelligence, ego, and will power, and slowly the vibration of the child and his physical body will slowly rise.

I have named this vibration level, as our S.Q. (Spiritual Quotient.) as different to an I.Q. which is an Intelligent Quotient. The spirit will influence the child’s mind and morality, and this can also raise the frequency of this vibration, depending on what the mind, ego, and the childhood experiences contribute or hinder in raising this vibration, depends on what reason the higher-self has a say in the choice of the baby the spirit has incarnated to.

If the spirit isn’t too wise, or if the spirit is suffering from strong conditionings or desires, then he might go against his guides or higher-self, and choose a baby to incarnate into for personal reasons, like choosing wealthy parents. But as the spirit learns through many life-time experiences, and becomes wiser, he then allows his guides or his higher-self to choose the baby it incarnates into, which may be astrologically more suited to the incarnating spirit’s learnt past life strengths and abilities.

Or having parents who abuse the child, so he learns to rely on his own mind and judgment, which is also being guided by his guides or higher-self, which unconsciously may be his best Parents, especially if his mission in life needs a vastly expanded perception and understanding of the way the world ticks, and I don’t mean from books or television, but just observations of cause and effect, and the unseen higher growth effects on people’s minds and spirits.

Then the opportunity to raise this vibration of the spirit is greatly increased, that doesn’t mean that it automatically increases the health of the physical body, but the lessons learnt, or the adversity overcome in this life is increasing the morality, wisdom and intelligence of the spirit.
Also depending on the primary purpose of incarnating back into the physical world, and the vibrational level of the spirit that is attached to the baby, the reawakening of the conscious mind of the physical person can be assisted by the choice of childhood and the degree that the spirit has influence over his reawakening.

If the purpose of the reincarnation cannot be learnt from the world, then his vibration needs to be increased to be able to perceive and be influenced by higher levels of wisdom, morality and intelligence, but the vibration of the spirit and body can only rise to the level that the spirit has attained up to this point in time, from previous experience.

I will explain the level of vibrations of my guides, and what increased my vibrations over the years, in coming chapters.

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**HEALING CLASS 8/5/86**

**RAYMOND AS THE CHANNEL**

"Peace be with you tonight, for you are all being prepared to the healers and ambassadors for our heavenly Father. You will go through many experiences to become disciples, for you are to go forward and release your fears and weaknesses. By becoming aware of them, you will become stronger and more confident in your life, and this will help you in your healing work. Freeing your restrictions, so that you can heal everything and everyone, who come to you for healing.

As you become mediums and healers, you will heal people by giving a message that they need at the time, and sowing seeds for them to be healed in the future.

Many people today do not believe in this or that, when you are a channel, knowledge that you pass on is like a dormant seed, which may be activated at a future time, for them to learn and grow.

There is a lot more to healing than the laying on of hands, which is the usual practice of spiritual healers, and over the years, your development as a medium will assist all the patients you come in contact with.

We do not ask you to do fortune-telling or platform work, but you
will help who you want to help, and you will grow at the pace that you want to, and at the pace that you free yourself from desires.

Thank you for coming tonight, you are all very loved by your guardians, and they are very happy that you are here developing. God bless you all, we will watch over you, goodbye.”

In my original volume one when I typed this chapter on meeting guides I received a channelling while I typed, and this is it.

We wish to say also, that what you call Guides can also be your previous personalities, that you had when you were incarnated at another time in the past, which your higher-self uses to communicate knowledge that your higher-self has access to.

The reason that your higher-self chooses to disguise the communication through you with a different personality, is to convince you that what is being said is from a source of knowledge coming through an entity that knows more about healing than your own conscious mind.

Sometimes if you were to think that this healing knowledge was coming from yourself you would be more hesitant to speak out what you received to channel. In your society you tend to accept the word of experts more than you would accept that the knowledge comes via yourself.

Very often we have to work within the limitations and conditions that your own mind sets for your own development. Until your mind accepts modified conditions, we will continue to dramatise your channelling in the form of guides, e.g. Red Indians, Egyptians and the like, to help you believe what is being said, as you already accept these guides as sources of knowledge. Much more of this will be explained in detail in the second volume.

After I had been healing for a couple of years, I met two mediums separately and both of them said that they saw Harry Edwards * with me when I was performing healing. A few months later I was led to believe that Edgar Cayce * was also one of my guides.
At that time this knowledge helped me build confidence in myself, and boosted my self-esteem which was low due to my lack of psychic development.

Since I have been teaching I have found out that my guide’s may have posed as these two individuals for this very purpose, but of course they had to convince these psychics around me at the time, to help me believe that they were with me.

Maybe our thoughts of who we look up to are picked up by our guides and used by them to portray those individuals for us to believe that they are with us. But I know that I wasn't consciously thinking about those individuals at the time that I was told they were with me, and helping me.

So I don't think the mediums telepathically read my thoughts, as some psychic mediums do, and misunderstand what they psychically sense.

(2010 INSERT. When I printed my first volume this was what I typed about my take or belief about why I was told that these two famous healers were with me, but after finding that my greatest strength over the nine years of running my classes, is in past life therapy, my higher-self has told me that the spirits of both these individuals have attended my classes and therapy sessions to help learn new things connected with teaching, spiritual healing and past life therapy.)

( * Harry Edwards was a well-known English spiritual healer, who took on the churches and medical profession, but most doctors and clergy would not accept his proof of spiritual healing, but the hospitals did and allow spiritual healers to perform in hospitals after that.)

( * Edgar Cayce was an American channeller of guidance and wisdom, while he was in an unconscious trance state. The recordings of which have been made into many books on different topics. Both these men have had many books written about what they did in connection with healing and life beyond this present reality.)

Many people say they have guides who are their deceased relatives, I hope their relatives have first gone to the higher levels to access their
wisdom and experience from their past lives if they are coming back to
guide their living relative on Earth, because if the relative has stayed on
the Earth-plane then their guidance will most likely only be the wisdom
they have gleaned from living their last life before they passed over.

If they say they were relatives to them in a previous life-time the
likelihood is that they have access to their previous memories and hence
wisdom and abilities gleaned from many many past life-times that they
remember.

But if in doubt I would consult either your higher self or guides who
are not a deceased relative, for confirmation of whether they are
qualified, or the relative has just told the student that they are guiding
them. But when we outgrow certain guides, or need guidance when we
are healing or teaching different subjects, we acquire more guides.

I have been guided to show you an extract of how this chapter guide
meditation works, and it’s achievement for the student’s development.

Shelly had been a past life therapy patient and class student for 22
nights, and when a new student, Jacqueline, arrived in the class, these
two were the only students to turn up, for some unknown reason the
other students hadn’t turned up on this night.

This class night is from my files of approximately five years later, after
I started my first class. My guides had instructed me to give the students
the Meeting higher-self meditation, with the addition for the regular
students, who had already become familiar with their higher-selves, could
become acquainted with one or more of their guides, instead, as it is a
multi-purpose meditation. I received this before I knew that there would
only be two students.

I will start out of sequence extracts on a new page like this, in case any
student wants to print off copies for study, for when I eventually
transcribe the rest of Shelly’s or other students class night sessions, on
maybe the fifth or sixth disc.
Meeting Higher-Self and Guide Meditation
Jacqueline’s Meditation Experience

(Jacqueline) “After a while, I saw a bit of a white light, and I was saying to myself, to relax and not try too hard to see things. Then I asked a question whether I should continue with my studies at the welfare course next year, if it was beneficial. But I'm not sure if I got an answer for that, or not. I felt a sensation, as an answer, but what that meant, I don't know.”

(All the quotes of what guides said, I will put in *Italics*, as there were quite a few.)

Shelly’s Meditation Experience

(Shelly) “The main guide I have is called Jacob, and he's sort of a guide of reassurance, because I was really lacking confidence, and he's an older man with a beard, and Caftan, and he clowns around and makes jokes. So that all this stuff that might seem heavy, he just chuckles at it, and make you feel that it's not so heavy. I could feel his presence around, and I started to visualise this new guide in the mirror, and I could hear this little chuckle from Jacob in the background, he's a happy little fellow, it's good to know that it's not all serious and heavy.

So, I saw these brown skinned sandaled feet, and I soon realised that it was going to be a Buddhist monk, because I saw saffron robes. And I got up to his face, and there was no jewellery, and he had a really beautiful face, like a half of male, half female, ageless face, an incredibly serene face.

He had that smile that a lot of Greek statues have, are really wise smile. Buddha has it, and he had these wise eyes, and as I was looking at him, he was just looking back at me with these serene eyes.

And then Jacob came in doing a little dance. He always does these little dances, I don't know why, and he said, “This is Yuki.” And then Yuki said,
“That's short for Yukia.” Then Jacob said,

“Ah, come on Yuki.” and Yuki was sort of grinning a little bit, at Jacobs carrying on’s. Then Jacob was saying,

“That's good; he's come to teach you.” Then Jacob went off, so I said to Yuki, ‘What are you going to be a guide of?’ And he said,

“Well, you’ve reached the stage now where you've got enough confidence, and have had enough experience with spirit, to know that we are a reality, separate from the one you know, which is your Earth-plane. You’ve learnt through many life-times, so now you know this.

It's time for you to start to get some discipline, and become a little more detached.” Because I've been very emotional.

“Discipline and detachment are what you need to develop now. You know when you are not doing what is right for you, and I'll be with you, and whenever you contemplate doing something which is not good for you, you will feel my presence around you.”

“In what way?”

(Shelly) “Well, he came and sat in my chair, and I felt a strong presence of peace, but hard edged peace. He’s not going to let me get away with... he gave me a taste of the peace that he'd achieved, but he said that he had to go through hardships to attain that peace. Serenity, return to the God-head, all that sort of thing, he was saying.

“I've returned to the source, and I want to teach you how joyful it is to apply self-discipline, in order to become emotionally detached, and become one again with the true father, God, whatever you want to call it, and become more in harmony with God, or the spirit, and everything. But it must be achieved with discipline and detachment.

Detachment from emotion, detachment from situations and fears, and all that sort of thing. So whenever a fear comes up, or a streak of rebelliousness comes up, you will feel my presence.” Jacob gets along with him.”

Jacqueline didn’t want to channel, so I have included Shelly’s channelling, because a spirit came through to talk to Jacqueline.
SHELLY AS THE CHANNEL

Shelly channelled a 30-year-old woman, who didn't want to give her name at this time.

“I came with Jacqueline. I'm looking after Jacqueline. I'm not a guide, I'm a helper. I'm trying to help her to keep on track, to help her to make life a bit easier, in decisions. I just look after her, and I'm always around her, and I tried to send out love to her.

What she did or didn't see, is not important. Her higher-self, is there, I know her higher-self, and you will come to know your higher-self too, when the time is right.

Timing is very important, and you weren't yet ready to meet your higher-self this evening, but your higher-self is still with you, and guiding you, just because you didn't see or meet your higher-self, makes no difference. It's basically intuition, so just... I could give you some advice, if you wouldn't mind me presuming.

Intuition, if you'd like to come closer to your higher-self, you will notice that there is always a little voice in your head, that will... you know, that you should follow what the voice is saying, and practice that. That's your higher-self trying to guide you. Just follow what it says, that's intuition, and in doing that you will come a lot closer to knowing your higher-self.

Because the effort you make will be noted by spirit and your higher-self, and any effort you make is credited to us, by spirit. They don't mind if we don't achieve what we want to achieve, as long as we make the effort. So if you were to do that, then I consider it would be beneficial.

I know you quite well, and I've been around you for a fair few years, and I'm glad you came this evening. I've been trying to prompt you to develop, because you have some important skills to help others, and you can help others without any organisation, in just being yourself, and tuning into yourself more.

That's all I've got to say, because I don't want to sound overbearing, and forgive me if I have sounded like that, but know that I'm around you, and I'm trying to help you. Guides surround
you, too, and loved ones. You are not alone; you never are, so you can take comfort in that.”

“Is there anyone else that wants to channel through Shelly, waiting? Greetings my friend.”

“Greetings.” “Who am I speaking to?”

“This is Jacob. I feel quite happy that Shelly’s met her new guide, Yuki, tonight. He's a nice fellow.”

“It just shows Shelly that even though she's done this meditation quite a few times. She can still get something new, from the same meditation.”

“Oh yes. Yes, she's finding it a lot more fun now.””

“It was a timely appearance by Yuki, at this stage in her development.”

“Oh, yes, yes, yes, yes. She was confident enough now. She's knows that I'm not going to desert her, either. So now she's got both of us, and she's got me to turn to if she feels a little down, and she's got Yukia to turn to if she's feeling puzzled, and she's got both of us to turn to, if she's feeling puzzled and down.” “What about me?”

“Yes, well, yes. She’s always got you to turn to. So your flesh and bone, but she didn't know that Yuki or I existed. So now it's reassuring, it's reassuring just to know that. There are more guides around, and eventually they'll all turn up, they're all good blokes. Shelly hasn't practised channelling for a while.”

“That’s why spirit wanted us to do more channelling than meditations, sometimes I do two or three meditations, but tonight, they kept insisting on just this one meditation, and go straight into channelling.”

“Yeah.” “Didn't they?”

“Yes, they did.”

The rest of the channelling was about Shelly’s development, but as you haven’t read her previous class and therapy sessions, it would be too long to explain, and we will leave the rest for another disc.
In this chapter I will explain some of what my first class experienced, in connection with healing beyond the Earth-plane. But first, I must explain that as you develop as mediums and healers, your aura, which surrounds you, undergoes changes that are perceived by souls in spirit.

Because your aura becomes different from that of most of the people, the souls in spirit are curious, and come closer to you. Some will follow you, as they're lost and frightened. If they are receptive to reasoning and guidance, your guide may contact you, and you may be asked to help them.

The next quote from the healing class of the 15/5/86 will show you how to do this:

**HEALING CLASS 15/5/86**
**RAYMOND AS THE CHANNEL**

"Tonight we will be going through many levels of learning. There are some here tonight that are in need of healing and help. They are in spirit, and have been brought here to be healed and taught. Are we bring these souls as the circumstances of this class are most suitable to help those lost souls, and they will be lifted and raised up to the heavenly planes, where they belong.

We are helping these souls, because it is part of your healing development. You will be able to help lost souls when you know how to. When your guide tells you, 'It's a rescue,' you will know that you are helping a soul that is earthbound, (Not bound by anyone but themselves) and no one in spirit can get through to them.

But you as a medium can communicate with them. They see you, they see your glow, and if you tell the lost soul to look behind you, explain there is white light, and in the white light, if it is a mother, tell the lost soul that it is their mother.

Whenever pops into your head, (Relative or person) repeat in thought or word to the lost soul, then it will see the person that they are supposed to see, then they will be attracted to the white light
and the relative, Saint, or Jesus, whoever you were told to tell the lost soul.

You are developing mediums, which are like lighthouses, which attract lost souls, who don’t know the way to heaven, or God, and we bring them in our own way to you, for you to help.

It is difficult to heal these lost souls. That's why we need you to do this. You can attract these lost souls, and that is why you sit in the chair, so that we can take them on.

They are in the main ignorant of spirit and spiritual planes, and all they see is the Earth and people. Freeing these souls is going to be very important in the future, especially in the mental hospitals.

(Throughout my life in England most people called psychiatric hospitals, mental hospitals, and when spirit is channelling, to keep the channeller from interrupting the flow of communication, and thus blocking any more communication, spirit will very often use the terminology that is familiar with the channeller, because let’s face it most people know what a mental hospital is.)

We want to prepare as many mediums as possible to assist in this work. The souls that were here tonight are learning about spirit, through meditation, and your love and harmony.

We are very pleased with you all, and you will be guided in the teachings that you will need, even though you may not like the teachings. There are many unpleasant experiences that we sometimes have to face, to overcome fears and weaknesses, to make us strong where we were weak.

This happens in the world as well, but here it is more immediate and more concentrated, and you will also learn from each other. This is because you are all advanced souls, and you will learn very quickly.

Thank you, we will go now. God bless you all.

This next experience in the next weeks healing class can best be explained from the beginning. Before I teach a weekly class, on the afternoon prior
to the night class, I meditate, and ask God if he wants to show me the meditation to take my students on, in the class for that night. Mostly I receive a meditation for the classes in this way. This night's meditation was so detailed that I decided to tape it for the text book.

This is the meditation, following on from the last healing class:

**HEALING CLASS 22/5/86**
RAYMOND AS THE CHANNEL

“On the table are seven clear bottles of medicine. The medicine is blue, and there are measuring cups for every one of the students in the circle. Also on this table is a white coat for every one of you, with a Red Cross symbol on the front and back of each coat.

I want you to all put on one of these white coats, and put one of the medicine bottles and measuring cups in your coat pocket.

We are all going on a journey together, we are going down a country lane, and on both sides of this country lane is a forest. As you walk down this lane you can see these forests, and I want you to listen to what's being said, and still be walking down the lane.

Tonight you are going to do some healing on people, old people, young people and children, they have died, but they don't know they have died, and they are in spirit.

We want you to explain to these people and children that the medicine will take away their pain, and you can pour a cup and offer it.

Ask who wants to take the medicine, to take the pain away? Once it starts happening, they will all want to take some of the medicine, they are in a lot of pain.

Heavenly father-mother God, please protect us from feeling any of the pain from the patients, and protect the patients from us.

After you have given them the medicine, explain to them individually, that there is a white light behind you, and in the white light, you will tell the patient, the first thought that pops into your head, like seeing or feeling a mother, or father, or grandmother, or Jesus.
Whoever your guides are giving you to tell the patient. Tell the patient to look at the person in the white light, who has come to help them, and show them the way to a better place.

Now we come to the end of the lane, and it's opening out into the fields, farmers fields. Across the fields in the distance there is a farm, quite a large farm, and there are other farms in the distance, which you can see.

This farm has a large hall like barn, like a community gathering hall, where they gather together for celebrations. Now, these souls have been gathered together, and are in this hall.

So, we will walk across the fields, and we are now getting closer to the hall. I'll lead the way, I'll go in first and you can follow; then we can all start explain to the lost souls, and I will leave you in the silence now, to do the work.”

After approximately fifteen minutes of silence, I perceived clairvoyantly all the lost souls hugging and greeting friends or relatives, outside in the fields, with the sun's rays shining down on them all, and my guides wanted me to bring the class back, so I said.

“Now that the hall is empty, and everybody has left, I want you to come back across the fields, along the country lane, and back to this room. Taking three deep breaths and stretch out if you like.”

I then asked them to remember what they saw, or felt, or heard on their meditation, as spirit would like to talk to them now. Normally, I asked each student to describe what he or she has experienced, before spirit relays a message to the class, through a channel.

However, this night, they had to wait and remember what they experienced. Now this is what spirit had to say.

“We have been with you tonight in your work. This was no dream tonight; you were doing what Jesus used to do. You were needed to help those lost souls, and we gathered them together in this hall, for you to help them. Some of them were in great pain, and they were all reunited with their loved ones in spirit.

You were the healers and the medicine was not necessary, but they had to believe it was. They were in pain, because they remembered the pain at their deaths, and that kept the pain alive.
for them.

If you used your normal healing techniques on them, they would have not accepted it, so that is why you had to use medicine.

We thank you for your help tonight; we will do this again in the future with another healing.”

When I first received a vision of the meditation, I also saw checkpoints, troops, and dead farm animals in the fields, and I knew that the people in the hall, whether physically dead, but were alive in spirit. My guides didn't want me to tell the class this knowledge, as it would hinder the healing trip, but I told them after the students described their meditation experiences.

As the students were beginners and mostly young souls, my guides and I agree that it would be more beneficial for the student reader of this disc to read the class experiences of more advanced students, where their experiences are a lot more detailed, because throughout these discs we will go on many of these kind of, not just rescue missions, but adventures, but this was the first.

(2010 INSERT. Over the years I have asked many times how does a spirit who spoke another language, understand our thoughts, for us to explain to them where to go. My guides say, that, just like when a spirit transfigures over our physical body, and it becomes easier to be seen, because the vibration of the spirit is temporarily lowered.

When the student is on a rescue mission, a translator guide, or our higher-self, if it has spoken the language, transfigures over the students spirit, and as a consequence because we have a physical body, our spirit or astral body is able to be seen by deceased spirits, but it hears the instructions from the guide who is transfigured over us.

In some cases of this kind of rescue work, which you will read about, further in this volume, the students have been transfigured so that the souls being rescued do not see the students spirit, but only see the transfiguring guide, like when we went back in time to Hiroshima, so the souls were guided to the white light by a Japanese spirit who is transfigured over the student.
I don't know what caused the deaths of the farm animals and people of the village, and I don't know what year this occurred, it could be in the future, the present, or the past. As when you travel in spirit, your guides can take you to different time periods, just as Ebenezer Scrooge was taken back to his childhood, and also taken forward to his Wake.

The students’ spirit can also travel inter-dimensionally, to a parallel Earth, where the history may be slightly different.

I think the deaths may have occurred from nerve gas, either by accident or deliberate action. Remember, Saddam Hussein bombed the Kurds with nerve gas and killed whole towns of people, their pets and livestock.

Over the course of ten years of running the classes, and right up to the present day, I on my own and in the classes have gone on many rescue missions. These experiences you will read about later in this volume and more experiences on the following discs.

In 1991, after five years of running classes I was guided by my class guides to give my morning housewives development class, a rescue mission a different kind, in that my guides mentioned that a couple of the students had past life-times, connected with the events. I was guided to not mention to the students that some of them would be having a past life on the rescue mission, because of the nature of the mission, as you will come to understand.

I will list the number of attendances of the students to give you a picture of how long they had been sitting in the class, Julia 8, Faye 7, Vera 5, and Shelly 2. Shelly was about twelve years younger than me, and had also been sitting in my private past life therapy sessions, before she was guided to join the class, and the other three were all about the same age, about eight years older than me.

When I guide students on rescue missions of this kind, before we arrive at the location, we put on angel wings to help convince the recently deceased that we are here to help.

I was impressed to use this meditation again in 1993, where again some of the students found that they had a past life on the rescue mission, but this time they were executed. So my guides want this meditation added to the meditations chapter.
HEALING CLASS 26/3/91 A.M.

JULIA, FAYE, VERA, SHELLY

NAZI GENOCIDE IN BLACK FOREST RESCUE MEDITATION

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

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

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

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

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

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

I will leave you now to send love to these victims as you help them to the light.”
“I want you to now finish helping or talking to the spirits on your meditation, and leave when you think you can. Fly back across the world, forward in time, back to this room. My guides want you to now ask your higher-selves if they want you to keep your angel wings, or not. Then I want you to come back now, take three deep breaths, stretch out if you want.”

**FAYE’S MEDITATION EXPERIENCE**

(Faye) “I said, ‘I really want to help today.’ So when I got there. I went to the corner, and there was a little tiny old lady, she was just huddled up in the corner all by herself, and she was cold, and I said, ‘Come with me and I'll help you now, and I'll make you nice and warm.’ But she said, ‘But I can't walk.’ So I went down and lifted her up, and flew up to the light, and as she was talking, you know, nodding her head and smiling, she was very happy. So I said, ‘I will leave you here.’ And they said, ‘Now, there's quite a few children down here, all by themselves, we really want you to do a lot for them today.’ For they were crying and scared, so I said, ‘You all stand together, and I'll put the light right around you, and lift you, and take you to safety.’ And they said, ‘Yes, we'll go with you, we feel safe.’ So I flew them over to the light, and I said, ‘Are you happy now? And they said, ‘Yes, we are happy, we'll go.’ And it happened again with some men, I did the same thing, there was about ten of them, and then there was another older lady, but they were all really cold, very very cold.

So I thought, ‘If I put the light through you, will you feel the warmth? You come with me.’ and they were all happy, and they left. Then when you said come back, I said, ‘Shall I take my wings off now? And they said, ‘No, you've earned those, you've done a lot of hard work, and you’ve really earned those. We want you to keep them, and you stay with them.’”
SHELLY’S MEDITATION EXPERIENCE

(Shelly) “I got to the Forest, and I helped one, and he went into the light, and then my attention was drawn to this young Nazi, who was blonde. And I tried to go back and help others, but I kept being drawn to him. And I asked my higher-self, why? And he said, ‘That was you,’ and he said, ‘What you’ve got to learn from his, is this person, who was you, was swept away with the hysteria of Nazism, and before he got involved in it, he had a lack of identity, and was a rather weak-willed person. And when Nazism came around, it provided him with an identity, and a sense of power.’

“And he thought he was doing the right thing, because Hitler and everyone else thought they were doing the right thing.”

(Shelly) “Yes, and besides that he actually enjoyed the power of being able to kill the Jews. It gave him a real buzz, and a sense of superiority, the pure race, or whatever.’ I said, ‘What do I have to learn from this? And my higher-self said, ‘You're still lacking in a sense of identity, and can very easily be swayed by anything that comes along. You have to develop a strong sense of who you are, and what you believe in, and also release a sense of superiority, that seems to have lingered on from that life-time.

Actually, he shot himself in the end, when the war ended, and it wasn't because he felt he'd done wrong, it was just because he had nothing left to live for, you know, his power and sense of superiority was gone.”

(Faye) “She must have reincarnated reasonably quickly, then?”

“No, never judge by that, because she could have had many life-times at different time zones, between that life-time and this one.”

(Faye) “That's right.”

“This was for your benefit, mostly, Shelly. But I didn't know it was for you, but I did know that some of you would be
having past lives, either as a Jew, or a Nazi, but I wasn't meant to mention that before you had done the meditation.

Because you will believe it more, without any suggestion from me, and it’s only to awaken more understanding about yourself.

You can ask your higher-self, Shelly, if you have to release anything from that life-time, that we can do another time?”

(Shelly) “Yes, I did, and I remember this came up in another past life session, this sense of arrogant superiority.”

“The little boy life, remember?”

(Shelly) “Yes, that's right.”

“So, later on, we can release that in the private therapy session, if your higher-self wants you to go back and release the list of things that needs to be released.

But it was just an introduction, to help you understand that no one suggested to you, that it was going to be a past life type meditation, and you weren't looking for one of your past lives.

So this is more proof that even without suggestion, you were told by your higher-self that it was one of your past lives.”

(Shelly) “Yes, I actually tried to go back and help the others, but I just kept on being drawn to this Nazi.”

“Yes, because your higher-self wanted you to learn that important thing, for you to accept...”

(Shelly) “Yes, so I eventually accepted, and said okay, and learned more about it.”

“That's right, when a person has conditioning from the past, like that superiority, it's still there, because the subconscious doesn't understand that it isn’t superiority, and when you saw who you were, then your conscious mind can deprogram that subconscious belief in superiority, because you know it isn't superior..

But if you hadn't known who you were, your
subconscious mind couldn't deprogram its beliefs about that superiority, because our present life attitudes of what the Nazis did, are very different, and can cancel out the subconscious memory of the belief of superiority.

And thus releases the subconscious feeling of superiority that had been affecting you.

You see the memory in the subconscious mind, of the reasons for the superiority, believes it was right. But the conscious mind now, communicating with the subconscious mind, is literally saying, ‘It wasn't right, you weren't superior,’ and that diffuses that belief.”

(Shelly) “Yes, that sense of superiority was completely irrational, still lingers on. I obviously have to diffuse that.”

“Well, we do a bit at a time; you know there’s a lot to work on.”

(Shelly) “It's weird; I’ve got a really weird sense of superiority, and really warped sense of inferiority, a strange combination.”

VERA’S MEDITATION EXPERIENCE

(Vera) “I was in the Black Forest, and then I saw the big pit, and the people in there. I helped, an old looking lady to her relatives, and a little boy with a really golden hair, and then a middle-aged man.

And then they said, not to help any more people, just to get up on the hill and pray for their souls. I went up on the hill and it was like a big crystal, sitting up there, glowing, and then it started to spin like a top, and it went down over the pit, and hovered there for quite a long time, and was flowing the energies, and healing their souls. Then after a while I said, ‘Could I go? And they said,

‘Yes, you can go now, because you’ve healed a lot of people here, today, and you’re very tired.’ And then I floated up in the crystal, and then I came back, and they said,

‘Take your wings off, for the time being, but you'll need them again.’”
"When I got there, I sort of had to imagine it all, and then nothing was happening. So I said to my higher-self, ‘can you give me some answers? I got the thought, ‘I am in the pit.’ Well, that was all right, it didn't frighten me, or anything, and I was waiting for some more, and I said, ‘Is there anything more to learn? Is there anything more to tell me?’ And I couldn't get anything else. That was it.”

“Yes, well, the actual description of the experience, then you finding out that you were one of the people who were killed, is helping to release stuff from the subconscious mind.

It just so happens that what you are experiencing consciously, like my description of the meditation, and the other students descriptions, is having a far greater affect on your subconscious memories of that life, in the process of releasing any unresolved feelings or conditioning.

If your higher-self thinks that you can’t handle the memories consciously, because it may cause one or more negative reactions to you, or your emotional body, then you will only be told a few details.

You see, when we do past life therapy, if the higher-self feels it's necessary before the session, then we do certain exercises with the chakras, and body swapping of your emotional or mental body with mine.

Then if you are shown the past life scenes, your emotional body’s memory isn't shown the scenes, to have any emotional reaction, which can affect your physical body, because your emotional body would be in mine, and I'm not seeing the memory, so you can’t trigger off any emotional reaction in your emotional body.

But your conscious mind can see the scenes, and then defuse, the emotional body’s trauma or conditioning, as it downloads the scenes into your emotional body, which is
temporarily residing in mine, where my other bodies can soothe and dampen down, any emotional reaction, which may flare up until it is released.

Spirit have many ways around a student or patient, from experiencing any shocks, when it comes to past life therapy. For example, if you put your hand under the cold tap in the summer, the shock makes you pull away, then if you put your hand under the tap when it is warm water. And then turning slowly to cold, you will not experience the shock and can accept the cold water, and leave your hand there.

But some of the students past life memories are like the cold water, and they cannot be made warmer, but what spirit are doing is in a way anaesthetising you, so that there'll be no shock felt by you.

By allowing the cold past life memory to be warmed up, as it comes across to me, and thus into your emotional body, where very often it is most needed, for the releasing process. Fay and Shelly know what I'm talking about.”

(Faye) “Your heart started to race when Raymond said what we were going to do today, so there still must be a fear there.

(Julia) “Yes, I got a jolt in my heart; you know a fear thing, just a quick one. So, that was just telling me that I was in that situation, and I did have a Jewish past life. So if I wanted to go into it further, I'd have to do past life therapy?”

“It depends on what trauma's need to be released, because I don't say you’ve got to do this, or you’ve got to do that, because sometimes a person's higher-self doesn't want you to, because as you know, this came up for mostly Shelly's benefit, and you've only incidentally found out about one of your past life-times.

You work with your higher-self, but it has to be gone into in more detail, like I do in past life therapy. It's a bit more involved. I am being told that you are to channel first, so you might get some answers.”
The first spirit, who Julia channelled, was Frederick, who was 11 years old, and was rescued by Elizabeth in the white light. The next spirit was Elijah, Julia's guide.

“Why is it you want Julia to do more rescues, is it to keep raising her vibrations?”

“Yes.” “Because her vibrations are low?”

“Yes.”

“The communication with guides and her higher-self will increase as her vibrations rise, won't they?”

“Yes.”

“The life-time where she died in the Forest, is that one of Julia's past life-times?”

“Yes.”

“Is there anything to be released, any traumas from that life, affecting this one?”

“Yes and no.”

“Can you explain firstly, ‘Yes,’ and then the ‘No?’”

“No.”

“Will today's experience help defuse that life-time?”

“Yes.” “Is there anything else you want to say?”

“Love yourself, don't worry, and put it behind you.”

“These messages are for Julia, aren't they?”

“Yes.”

“This meditation was told to me to do for lots of reasons, wasn't it?”

“Yes.” “Julia’s was one of the reasons, wasn't it?”

“Yes.” “And Shelly's was another reason?”

“Yes.” “Everyone has learned things from it?”

“Yes.”

“Is this to help the students understand that doing meditations like this is also helping them grow in their own individual way?”

“It is.”
“And following the guidance of spirit is very important?”
  “It is.”
“And that individuals sometimes can only understand and cope with a little, and some students can cope with a lot, isn't this true?”
  “This is true.”
“So, I noticed with Julia, that you only seem to be giving her small experiences every week. Is this because she can only cope with, and handle a little, at this stage?”
  “Yes.”
“That's okay. Some people it takes longer for them to digest all this, don't they?”
  “Yes. She's growing.”
“And the effects of the digestion, is to expand consciousness, and release fears, and stuff like this, isn't it?”
  “Yes.”
“And individuals do that at different speeds, don't they?”
  “Yes.”
“I'm just letting Julia know that she's not failing, she's not slow.”
  “She's not worried.”
“I just thought she might not have thought she was getting enough, consciously, you know?”
  “She has faith in the future.”

**SHELLY AS THE CHANNEL**

The first spirit Shelly channelled was a rescue, but the next spirit, whose name was Tristan, was very interesting. “**How old are you?**”
  “I have no age.” “Are you a guide?”
  “I think so.” “How long have you been with Shelly?”
  “The last few weeks. I think I am a guide, but I'm confused, I seem to be young.”
“Did someone come and ask you to help Shelly, before you came to Shelly?”
“I was directed to Shelly.”

“No, I haven't. I was directed to her, because to give her some faith.”

“In herself?”

“Yes, and her capacity and strength should grow.”

“To help her grow?”

“Yes.”

“Have you a lot of faith and strength, Tristan?”

“Yes, I do.”

“From past life-times, I suppose?”

“Yes, I have only recently graduated to become a guide. So, I did overcome some burdens, which gave me strength.”

“And faith?”

“Yes.”

“Have you experienced similar past life-times to Shelly?”

“Yes, I have.”

“So you can help her understand, and accept Shelly easier?”

“Yes, I understand her quite well.”

“So, you are motivated to help Shelly very strongly, because of your similar past life-times?”

“Yes, I want her to know that I'm with her, because she feels very alone.”

“You will be with her for the period of time she needs you, to get stronger with faith?”

“Yes.”

“What faith is this, do you want to tell her?”

“Yes, I'd like to tell her. It's faith in yourself, it's very low, and the notice of that faith is mirrored in the world. Once you have more faith in yourself, it will be reflected in the world.”

“You were talking about Shelly's world, aren't you?”

“Yes.”

“What she looks at?”

“The way she perceives the world.”

“The world she looks at, mirrors herself?”

“That's right, but she sees it as a horrible dangerous place. She doesn't want to be here at all, and I want to help her concerns with being here. I don't think she's accepted the fact that she's here, she rebels against it.”

“She's a very well loved spirit, though, isn't she?”
“Yes, she is.”

“And she's got capacities and strengths that she's not aware of, hasn't she?”

“Yes. She has, although she knows it, but she will deny it. She's loath to admit it.”

“That's part of her problem, though, isn't it?”

“Yes, that's the crux of her problem, stubbornness.”

“She's a very highly evolves soul, just gone through a few bad experiences that's crushed her spirit.”

“Yes.” “And needs to be healed in the right way?”

“That's right.”

“But then again, it's like when a highly evolved spirit gets out of control, and the power goes to the head, and the ego comes in, and the stubbornness comes in, and this is where…”

“The strength has gone haywire, gone in the wrong direction, and it's hurting her, and it's becoming dangerous, actually. That strength is on a level that it could become dangerous, either to her, or people around her. It has to be re-channelled.”

“Yes, it's like she's had the power, but she’s not known right or wrong, she's done the wrong things in past life-times, and all that conditioning is affecting her, isn't it?”

“Yes.”

“And she needs to be channelled back to doing the right thing, and having more control over her power and energies?”

“Yes.” “Because I’m high on ethics, in my classes.”

“Yes.”

“Ethical details, as well. Where a lot of teachers are not following the details too well, are they?”

“No, Shelly's got faith in you.”

“Which will help her accept and grow more with what she experiences?”

“Yes. I just want to let Shelly know that she is not alone, in what she’s been feeling, and that there are others around looking
after her, and she'll get there.”

“Jesus is helping her as well, isn't he?

Yes, he is. Well, that's all for now.

My guides and I have decided to leave Vera’s channelling for the second disc volume, as Vera channelled the spirit of a person who is still alive, and because the spirit gave it’s age as 18, but the person she incarnated into at birth, is now 40 years old, you will have to wait until you have read about the phenomenon called ‘Walk-ins.’

Which will all be explained on the next disc, in volume two, where you will understand what the channelling spirits, my students and I are talking about. As all these students are quite familiar with these concepts, as they all have the volume two text book.

Fay channelled next, but my questions and answers about Vera’s channelling spirit, will also be left for the second volume, where all of it will be added to a chapter on the subject, just like this class night from five years after I printed volume one, has been inserted in this chapter.

FAYE AS THE CHANNEL

Faye first channelled an old man called Charlie, who had been with Faye for a long time.

“What attracted you to Faye?”

“She needed help.”

“How have you been helping Faye?”

“Talking to her, making her realise that she has to listen to me, listen to herself, to know I'm here. I'm her guide.”

“Is there anything you want to say to Faye, or anyone else?”

“Just to tell Shelly to keep with what she's doing, she's going to come on fine. She has to start listening to herself, and realise that the voices that she's hearing, are her guides who are here to help her, and to listen very carefully.”

“Any message for Julia?”

“She's doing fine, and what happened today, was just showing her fear, and not be afraid of it. To show you that you can overcome it, and she is overcoming it.

There is still a little bit of fear there, but as the classes
develop, that will go, anyhow, and she knows that. She can start to feel that now in herself.

She's begun this week to really start to believe in herself. She's starting to listen now to what she's been told, too. They're very happy with her.”

“Anything about past-life therapy?”

“It would help. Just something about fears, they're trying to say something, why not to fear, that it's going to be covered. Raymond will cover it and it will come out in the next meditation.

Something about that you have nothing to fear, there is absolutely nothing to fear, but it will be covered anyhow, so it's not worth doing it, because it's going to be covered, anyhow.”

“I sort of prepare you all, in a way to stop the fear. So it defuses the fears before they get started."

“That's right.”

“I don't shock you, I don't do things for a shock affects.”

“No, no.”

“I forewarn you when I know there's going to be an affect that could be shocking.”

“What Raymond is told to do, will have an effect on all of us, but it is what has to happen, anyhow, so, you are not to worry.”

“It helps, it works, and it releases the fears subconsciously.”

“That's right, it all works, anyhow.”

“And the other students describing their experiences, they all contribute to removing the fears as well, don't they?”

“That's all in your learning.”

“It's the fear of the unknown, is stronger, but when the unknown is revealed in great detail, in the right way, and it removes the fears.”

“That's right.”

“That's the way it works with certain fears.”

“That's what they are just saying, listen to everything Raymond tells you.”

“Any message for Vera?”

“Your guides are saying, Vera, you have to start doing something with your life, you're stagnating, and you have to get on with your life. What you are doing now, is not getting you
anywhere. You have to start putting things into gear. You have to start proceedings, what you are doing isn't helping you with your growth.

You need to start to be out on your own, so that you can show a growth within yourself. And until you can get the growth within yourself, that is when your powers will start to come.

You are doing very well, but when you're on your own two feet, you will do much better.”

I have found that because these advanced students had read approximately 700 pages of the first two volume text books, and they were all practising channelling to help each other, they understand that I have no need to channel, unless I am told by spirit that they want me to, and besides they know of my reluctance for the teacher, per say, channelling like a Guru, from the big example you will come to read later in this volume.

And besides when the students are experiencing so much on their meditations and with their channelling practise, we would rather the students take up the time of the class-night with their own practise, than me channelling, which I had been doing for five years already.

My guides say the biggest problem they have with teachers of this kind of thing, is that many of the teachers set up their classes, consciously or subconsciously, for the students to be dependent on the teacher, so that the students keep attending the classes, to either boost the teachers ego, or the teacher desires the fees of the students, which also interferes with the numbers of students in each class.

But my past life conditioning is in a way very suited to keep my number of students low in each class, and my very strong aversion to lecture channelling, because I am afraid of my own mind channelling my beliefs, which not only tend to set the belief in concrete, and students are less likely to question or expand on a belief if it came supposedly from spirit in the course of a lecture channelling source, as many students, as I have observed, can be taken in by a smooth talker, or channeller.
My guides and I have decided to show you two class-nights from 1993, close to the chapter which showed you how to meet your guides.

This was Jeremy and Nadia’s third class night, and on the first two class nights Jeremy hadn’t channelled, and now that I look back, I feel it was very significant that Nadia only channelled three Guides, and no rescues of earth-bound spirits, this I was to find was connected with why Jeremy hadn’t channelled, as you will come to learn.

By now I had realised that they were both old souls, and they were experiencing lots in their meditations, but because I don’t tune into my students, after the students had described what they experienced on the meditation, I asked if Jeremy wanted to have a go at channelling.

But I think his higher-self wanted him to channel what was on his mind, because this is what he said, and the way he said it, I can tell he had a reluctance from saying what he said, because of all the stops and starts, as he was blocking saying what his higher-self wanted Jeremy to get off his chest, so to speak.

HEALING CLASS 9/3/93
JEREMY, NADIA
PYRAMID MEDITATION
JEREMY AS THE CHANNEL

(Jeremy) “It appears to me… It feels similar to… One of the things we’ve learnt to do, is medically detect on what medical problems they've got. That's always felt to me like an invasion of privacy.

I can see the reasons why you would need to know, because you can't necessarily fix things, if you don't know what the problem is, but that doesn't make me feel a lot better.”

“What's that got to do with channelling?
(Jeremy) “Well, it's a similar thing, it feels like an invasion, or…”

“From the other side, an invasion of you?”
(Jeremy) “No.”

“Or you are invading someone else?”
(Jeremy) “Yeah.”
“How do you do that with channelling? If their spirits are brought to you...”

(Jeremy) “Well, I can't tell you, in actual words. It feels like... I want to help people, but this feels like... In a lot of ways, people... You can help people, if they ask, but then some of the things that you try to...

Well, if you take it verbally, which you try to find out, you can't always get... They don't always tell you.

I'm not talking about the things that they don't remember, but the things that they don't want to tell you. I feel it's a guilty sort of thing, for whatever reason.

I still can't help this feeling that perhaps you shouldn't know, if they don't... forget spirit. If they don't want to voluntarily tell you, should, you know.

I don't feel comfortable with it. If you feel comfortable with it, easy was something, it works easily, and I can do this other system, and I have done it, in helping to teach others how to do it, but I never feel comfortable in it, at all.

It still feels like an invasion of somebody. I don't know, finding out things about people that perhaps I shouldn’t know. I just can't put it any better than that. I just don't feel it’s right, for whatever reason.

I’ve sat down, and I’ve talked to other people about it, and of course they don't see it that way. And they try to explain how they feel about it, and why they do it, and I can see that there are plenty of good valid reasons why you should sit, but I still can't help that feeling.”

“Well, just imagine, it's like me having a conversation with spirit, they’re answering my questions, knowing that a translator is sitting over in the corner, next to you, and is passing on the message to me, through you.

(I mention translator, as it is one of your guides who is the one translating the earth-bounds spirits language, or if their vibration is detrimental to your vibration. Because these are more often than not brought from all over the world to be rescued, and they don’t normally get within your aura.)
But students sometimes have attached spirit’s inside their aura, or inside the body, as you will read about in Nadia’s experience in a few pages, But the guides still use a translator guide, even when a student channels and their accent changes.)

“Because they know that their answers are not getting through on a verbal level, directly from them, and you are just being used as a relay, just as loud-speaker, and most of the spirits haven’t been spoken to by anyone, because anyone in the physical, couldn't talk to them, because they don't know they're there. Most of these attached or earth-bound spirits have been wandering around for ages.”

(Jeremy) “Oh, look, I understand, and I appreciate the opportunity to have helped some of those, but I don't know. There's something that's uneasy. I still feel that it's an invasion of privacy.”

(Jeremy must have helped some of those in someone else's class, because he hadn't channelled yet in my classes.)

“If guides come through and channel, they don't always answer the questions I ask, they don't answer some questions. It's not like as if I have a power over them, for them to give me answers.”

(Jeremy) “Oh no, I can see all of that.” “So the guides that choose to telepathically send the answers to you, to speak them out, they are communicating of their own accord.

If in all what I've said hasn't changed your feeling, then obviously the feeling is coming from, either past life, or past conditioning, that's giving you this uneasy feeling.”

(Jeremy) “Well, that could very well be the fact.” “Because there is no logical reason for it, if it's all been explained like that. They don't occupy your body, only the ones that have got in through a damaged aura’s. You have to find out what's causing this feeling.”
“Yeah, well, it's been there, it's a long while now. It's eased, but it's a little bit like you've got the wheel on the axle, but you just haven't got the right grease to put on it, and it doesn't run properly.”

“Well, there's only one thing that comes into my mind, as the cause of this, and it's from the past, you (Nadia) can ask your higher-self to confirm this, or not, because I’ve already asked, and this is what I asked.

Has Jeremy, in a past life-time, while in spirit earth-bound, you were very secure, very happy, attached to someone, through ignorance or whatever, and someone like me, but not like me, started having a conversation, like channelling, and kicked you out, or got rid of you.

And you might, in that time, have felt as if you had your privacy being invaded, something like that. And spirit said, ‘That's it.’ But you can ask your higher-self.

Because we have all been earth-bound, at some stage, in previous life-times, and if it hadn't been released. This resentment, when you left that person, and went to the spirit worlds, if you hadn't released the resentment towards the person who evicted you, from the person, who was channelling you...

But what does your (Nadia) higher-self say about that? Because if you're (Jeremy) feeling the recognition in your body, it's like identifying with it, recognising it for what is happening, and then it’s triggering off the emotions from that conditioning, and it’s welling up, and you don't like it, and that's it.

It’s not bad, or anything, you could have been a child in spirit, attaching yourself to a mother figure, I don't make any judgement, because I've seen all types of needs, for a person to be attached to somebody, and there isn’t always a kind person like me, helping them, but there are some rescuers out there, that... you know, don't have much tact.”

(Over the years I have rescued, close to 1000 earth-bound spirits, who
have channelled through students and patients. So, I have become very in tune with my guides, in how to help these earth-bound spirits.)

(Nadia) “Yes, what you're saying is right, and I asked could spirit tell me about the experience, and he said,

‘No, that's for Jeremy to find out.’

“The only person, when you do rescues, who sometimes have resentment, Is usually the spirits that don't want to leave, and these are the ones who don’t want to leave after we have tried using enticement, which is pleasure, or relatives, or anything like that.

These are the ones that have been forced out through the method that spirit may give you as a last resort, which is a force type of way. But most of the time it's the channel, that forces them out in these extreme cases, as they are usually relatives of the channeller.

If all normal ways of helping these spirits is exhausted, I teach the student or patient, how to force them out of their aura. But this is heavy stuff, and the heaviest cases are not in any books, yet, because they happened after volume five was finished, and we learnt some techniques from our guides.

But if Jeremy's higher-self want him to see his attachment time to the person, Jeremy's got to understand that the way he was then, he felt he needed to be attached, like a fear of being away from the person he was attached to, there can be many reasons for being attached, all types of reasons, most of them innocent, they can't help it.

But Jeremy's got to release the negative resentment towards being prized out, or whichever way was used. Like I said, some people do rescues, and they are not done very lovingly.”

(What I mean, here, is that some psychics use their own methods to remove attached spirits, and don't bother to receive the guidance from say, the earth-bound spirits higher-self, or anyone's
guides in the best way to do it. And the method the psychic uses, can cause psychological harm to the attached spirit, like the analogy of using a sledgehammer to swat a fly.)

(Nadia) “Jeremy's mother attached herself to me, after she passed on. And I had her exorcised by, have you ever heard of ****** *****? He's a French doctor.”  
(“How did he do it, did he talk to her?”)  
(Nadia) “No, sounds…”  
(“Drove her out?”)  
(Nadia) “Probably.”  
(“It's not a very nice way to do it, is it?”)  
(Nadia) “It was over a couple of weeks, actually, and where she was attached, became very sore, and she was here and here.”

(Nadia was pointing to her body. I feel that Nadia’s guides were influencing Nadia to not bring this revelation up in the class until now, to give me and my guides time to explain that Jeremy was being influenced by something else, and not anything logical, but the feelings were being imposed on him from maybe past in-between lives conditioning.

Or if his mother was still earth-bound, if ever she came close to him, she might be the one sending feelings of an invasion of privacy. But as you will read there was a third cause, which could also be contributing to Jeremy’s problem.

As I re-type this I asked a lot of questions of my guides, and in a nut-shell they explained all the contributing facts, but I will insert these communication details later on.)

“Yeah, you'll learn more about this in volume two, three, and four, about attached spirits that cause ill-health, and they can affect you emotional, physical, and sexually, blockages and problems there, because they are jealous, or ex-lovers.”  
(Jeremy) “Yeah, I'm not getting far with this, I'm getting little bits and pieces, but it's not clear.”  

“The accepting of it is the biggest way to allow the scenes to come in. You've got to wholeheartedly accept that what you
are being shown is the reason of your feelings. That's why I tried to get some other student in the class to verify this, as well. Because it breaks down, your disbelief, if there are more people in the group, that also get the same answer, and they can help you accept it, because that's the only logical reason.

The only people that don't like the channelling, is the spirits that don't want to leave the person they are attached to, and if they have that resentment, they may be the ones that are sending. ‘I don't like channelling.”

(Jeremy) “It's possible, and it's something to do with you, Nadia.”
(Nadia) “Maybe that's why my higher-self said you have to find out.”

(I wonder how Jeremy’s mother in spirit, feels about Nadia.)

“Blockages from experiences from the past, can also block you from seeing the past. I mean, my guides don't tell me all these things, if I get to know too much, I’m tended to try to structure your own learning about all this, which is crazy, because your guides know best when you need to learn these things, not me.

So they don't tell me all these things, I had to unravel the problems of certain blockages, find out the reasons, but communication helps me heaps.

When you just told me all that, Nadia, what you did explain, it gave me the clues to be able to see the picture, so that I can ask them if this is the case.”

(Jeremy) “Yeah, building blocks.”
“Yeah, but you could have figured that out.”

(Jeremy) “Well, I've been going over a lot of those things, for a long time.”
“I mean you could have figured out, the feeling of invasion...”

(Jeremy) “I've asked that, well, I've never got an answer that I’ve recognised.”
“Well, it's a bit like detective work. You are looking at the
motives, but when all this channelling, what other ones that are going to be motivated to think it's an invasion of privacy, and in the process of elimination, guides wouldn't, the person channelling wouldn't.

Ah ha, a spirit attached doesn't want to leave. It's just detective work.”

"That doesn't seem to make sense, either, well, that's largely what my job is, detective work, in electrical work."

"Well, maybe you were too close to the problem, focusing on the problem, and not the cause, looking outwards, instead of inward to the feelings.

Or accepting it, which to some degree you accepted it as being right, the feeling about it being an invasion. And when you accept it, you're not going to question it, in a way.

But all this other stuff that you're reading, starts you to question it, doesn't it?"

"Well, yes it does."

"And you've only just started to question it, and you've still got to focus, and look at where the resentment came from.

You've got to remember, we have a past, between life-times, as well as past life-times. Anyway, we learnt a lot tonight, that was good, we are clearing something up, even if we are getting to the seeds, but once the seeds are there, you can water them, to find out what the plant looks like, to be able to work on that, I can't do it for you."

"No, no. Nobody can do it for you."

"But getting to find out, and to accept the cause, is half the work. The easy part is the releasing, isn't it?"

"Oh yeah, once you understand, you can let it go, but it’s finding it in the first place."

"It isn't always necessary to see the life-time; the higher-selves do not always show you a life-time causing a specific negative believe, or emotion, or whatever it is.

Because if you higher-self knows that you will be too
psychologically affected by certain past-life scenes, like guilt, or there are attached spirits, and the higher-self doesn't want you to know, what happened in a past lifetime, that the attached spirits had with the student, because they would react negatively.

But the past-life scene was needed to be described by the teacher therapist, in a censored version, to help the attached spirits. I will describe one of my cases.

On this class-night only one student turned up, a woman, and because I receive the meditation before any students arrive, so that I do not influence the choice or adaptation of the meditation based on who is in the class.

I was told by my guides that they wanted me to describe a past-life scene, of a German WWI hospital, where German soldiers were being treated by doctors and nurses, and this wasn’t a rescue mission, but I knew that it was describing the scene of a student’s past life.

Normally I don’t see any of what happens in a student’s past life, but on this night the student was having difficulty seeing the described scene. I then asked my guides if she was blocking seeing the scene, and I was told, ‘No.’

I then saw a nurse assisting the worst terminal patients over into spirit, using various undetectable means, even I watching, couldn’t spot them, but my intuition told me she was, and my guides confirmed it, all this communication was telepathic, in silence.

I then saw the spirits of these soldiers attach themselves and follow the nurse around, and found out from my guides that they didn’t know that they had been poisoned, or assisted over.

And they told me that this is why we are blocking her from seeing and becoming aware of what she did, and that not only does she not need to see the causes of the soldiers deaths, because she doesn’t have any conditioning that needs to be released, but we don’t want her verbalising
what she did, because the spirits of the soldiers were still attached to her, and needed rescuing.

They then explained to me that at that time, her past life thought she was doing the right thing, and that she had no conditioning to release, but if she was to find out what she did now, in this life-time, she would feel guilty and dwell on the memory negatively, because of today’s prevailing morality.

But we needed to show you this as an example of when a person shouldn’t see a past life scene, and for your future students to learn how to work with guides. Also the censored past life needed describing for the benefit of the soldiers, which were rescued when she channelled them.

My guides told me later, that when she died in that past life, she didn’t see the soldiers spirits, because her vibration was higher, and they were invisible to her, because most of her life her motives have been pure, in that she wanted to take away, or heal the suffering of life.

Then when she went up through the levels of vibration, the soldier’s spirits were left behind on the earth-plane, and they passed the time until every life-time she incarnated, where they re-attached themselves again and again, up to this life-time. So my guides didn’t want the student and the soldiers to become aware of how they died.

I felt pleased that my guides had sufficient trust and faith in me, to describe the censored version of their demise and attachment, and not spill the beans, so to speak.

But I know that they wanted me to write it up for my books, because the memory of what happened is still strongly imprinted in my mind, for me to be able to describe the whole story to you in such detail. So that other students and teachers can learn more about the way guides work.

You are not always shown, or meant to see a certain past life, causing certain conditioning, maybe you just need to release what you do know, like say aloud,
‘I release my resentment of being forcibly removed from my needs for being attached to a physical person, which I understand now that it was for my benefit, and in fact I was the one that was invading the privacy of the person I was attached to, which I didn't know at the time.’

Something like that. Once you’ve said it, and acknowledged it, and released it all, you will find that this feeling will fade. Ask your higher-self if what I'm saying is all you need to do?”

(Nadia) “Do you only have to say these things once?”

“If the cause of the conditioning is a once event, then usually only once, but if the conditioning of anything is continuous over a life-time, then saying the releasing before going to sleep every night, for a week or two might be needed, but if in doubt ask your higher-self.

If it doesn't fade, then we can find out why. But if you want to see all the details, and you won't let it go, until you do see all the details, then the feelings won’t fade, do you follow?”

(Jeremy) “Mmm, yeah.”

“Because you are attached to want to know, and you are feeling you want your case heard, like,

‘I want my day in court, I want to know about this, so that I can tell people about this,’ you know? (Nadia laughing)

I'm just a dramatist sometimes, but you’ve got to look at it from our viewpoint, then it's not necessary, and you’ve got to let it go, then you can get rid of the feeling of invasion, because it’s wrong, the feeling of invasion. (Pause)

Have I confused you?”

(Jeremy) “No, it's just that usually if something comes in right, it's sort of dropped into place like a jigsaw puzzle piece. So you know it is right, but I just haven't got that.”

“No, well, very often a certain feeling, which is...”

(Jeremy) “Oh, you probably don't have to explain it, because I know what it’s like, when it comes into place.”
“I didn't mean that, what I meant was that the... Sometimes conditionings have a life of their own, and they don't want to give themselves up, conditioned feelings.”

(Jeremy) “Oh, well, yeah, that's absolutely right.”

“So, what I'm saying is that they sometimes fight to let go.”

(Jeremy) “Yes, well, it's the same way as people are comfortable with their problem, they don't want you to.”

“I'm just asking a few more questions, because there are other factors that might come into this, that may be additional, which I didn't know about, but I'm asking about now.

(Pause)

The experience, they are saying, generated a thought-form, like a little genie, and that thought-form, from that experience of feeling the resentment, of being yanked out, or whatever it was, it's the little thought-form that is fighting for its existence, as well.

The feeling you are feeling is a combination of the memory on a subconscious level, and also the genie, which is a thought-form, which is giving it the power... I don't know much about thought-forms. All I know is, spirit says that there is a thought-form of that, there as well.”

(Jeremy) “Yeah, I think we've read something recently on that somewhere, didn't we? Where did we read that in?”

“You ask?” (Nadia)

(Nadia) “Well, yeah, I had that thought-form last week, that I got rid of.” (This must have been outside of the classes)

“Yeah, you ask if there is a thought-form, in case I'm wrong. If you have a spirit guide who wants to channel about this, you might as well get on with it, make use of the channelling at the same time.”

(Nadia) “Oh, okay.”

“Greetings my friend, who am I speaking to?”

“Greetings my children, my name is David.”

“Have you been here before?”

“No, I don't think so.” “Are you a guide?”
“Yes, I am a guide.”

“Good, have you been listening to this conversation, in the last half-hour?”

“Yes, I have been listening.”

“Am I right in what I got from my guides, that a thought-form was generated by the experience of an attachment being removed, you know what I'm saying, from a past lifetime, with Jeremy?”

“Yes, there is a thought-form there.”

“And it's hard for Jeremy to feel as though it fits, because a thought-form is influencing him, as well, isn't it?”

“Yes, that's right. So what he needs to do now, is try to remove the thought-form.”

“Would you like to tell us how to do that, or do you rely on me to get the answer from spirit?”

“If you bring the white cone of light...”

“Are you listening, Jeremy?”

(Jeremy) “Mmm.”

“Bring the white cone of light, where?”

“Bring it down over his head, and ask the thought-form to be dissolved, sucked up and dissolved through the cone of light.”

(Jeremy) “Thought-form exit through the cone of white.”

“Does Jeremy still have to say the releasing words?”

“Yes, it would be beneficial for him to do this.”

“Because it's the conditioning in the emotional body...”

“Yes, that's true.”

“...which is affecting his physical.”

“Yes.”

“The mental body doesn't have as much effect on the physical, as the emotional.”

“No, the emotions are very important.”

“It will help him in feeling better about it, because all logical reasons for channelling are beneficial, and not really invasion of privacy, because any spirit attached to a person without permission, is invading, isn't this true?”

“Yes, this is quite true.”

“Even if these spirits don't know it, half the time.”
“No, they quite enjoy themselves, sometimes.”
“Yeah, they're quite at home, happy, and comfortable.”
“Quite often they are there because they love the person they’re attached to. Some of them are there for more devious reasons.”
“There is a lack of education in the physical, of where to go when they die. I sometimes wonder if the Christian religion hasn't made it worse for everyone dying, than the other religions that have some direction after you die, especially Buddhism.”
“Yes, well, a lot of religions have prayers for the dead, and chanting, and they send the spirit on their way, whereas the Christian religion doesn't do this.” “They just create fears...”
“There are a lot of fears created, and quite often when the person passes over, the spirit doesn't know which way to go, and unless there is a guide there at that time to help them, they don't know which way to go.
And this is why they attach themselves to people who are still living, because they don't know any better.”
“Because there are less healers in the western world, than there is in the third World countries, but there are more third World country spiritual healers who repair damaged auras, than there would be in the western world. So, there are more people with damaged auras, where spirits get in, in the first place.”
“Yes, this is true.”
“There is more surgery done in the first world.”
“Yes, there's a lot of unnecessary surgery. This will be very beneficial to Jeremy, to get rid of this thought-form.”
“I’ve had experiences in the past with thought-forms, very similar to Jeremy's.”
“I think I have to go now, goodnight my friend.”

(2011 INSERT. This is what my guides told me, about all the influences that were making Jeremy feel that channelling was an
invasion of privacy.

Jeremy had a past life where he was forced out of the aura of someone he was attached to, and Jeremy mentally becoming aware of his mother being forced out of Nadia’s aura, may have triggered off the past life conditioning of his own eviction.

And my guides say that she still stayed close to Jeremy after being forced out, with her emotions and thoughts about being evicted, which also were then ramping up the conditioning from that past life, which then meant he was receiving such a double dose that a thought-form was created with these resentments, beliefs and emotions, which was also attached to Jeremy.

So no wonder dealing with only one of these influences, didn’t feel right in Jeremy’s jig-saw puzzle piece analogy. He needs to have a good talk to his mother, release the conditioning of the past life experience, and dissolve the thought-form.)

This first class night extract was an experience which Jeremy and Nadia had to learn and deal with before the class after next, but I didn’t know this, but the guides knew what was coming up.

The meditation on this two weeks later class-night, which I was told to give the students, was the catalyst for students who had false guides, for these false guides to learn a few hard lessons, but as I didn’t know that when I was given the meditation, these false guides didn’t know they were targeted, so to speak.

They weren’t evil spirits, just interfering spirit relatives, which has always been a big problem from the end of time, and guides have had plenty of experience in helping a circle re-educate them, and if you run a circle I can almost guarantee that you will have students and patients with the same thing affecting them.

If you run a class like this you have to be flexible to not fixate too much on the meditations purpose, as very often the guides purpose of the class night is disguised for a secondary purpose to work, especially if confronting a problem head on would have an opposite effect.

Half-way through the night I realised, or was let in, on what was going on, but I had had plenty of experiences like this to follow the guidance of
what my guides wanted me to say to help the guides achieve this secondary purpose, as you will come to learn.

This was Nadia’s and Jeremy’s fifth class night, and Jake’s second. At the time of this class-night I was round about 40 years old, the same age as Bianca who I had known for years, from the first circle I attended at a Spiritual Church ten years ago. And at times when I have visited her I had taken her on her meeting higher-self meditation, and also other past lives she has seen, but because she didn’t want to record these sessions, I cannot show you or remember them.

Jeremy and Nadia were approximately ten years older than me, and have some experience performing Reiki for years, as you will eventually read about, in the fifth disc. As about 95% of the students who attended classes at the time of gathering the material for volume one, were younger than me.

**HEALING CLASS 23/3/93**

**JEREMY, NADIA, BIANCA AND JAKE PASSING OVER INTO SPIRIT MEDITATION**

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

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

**JAKE’S MEDITATION EXPERIENCE**

(Jake) “First I got in touch with my higher-self, and they said they were going to show me one of my past lives, where I passed-on into the spirit world, and I saw an old lady lying in bed, she lived in a lot of poverty.

But she had a peaceful death, because she had lived a really good life, and they said that the lesson there was that you don’t necessarily have to have a lot of money, or to be rich, to come through life and be nourished,
and be happy. And that was much more important than money, and when
the spirit left her body, it was like a purple ball, which just came out from
her heart, and it just rose up into the ceiling, and went off.

And when she was in the spirit world she tried to attach herself onto
some rich people, for some reason, and it just got a bit cloudy there.”

“Did you ask your higher-self about it?”

(Jake) “No. Then they told me to see another one, when I was a young
girl, and she got drowned swimming, and I just saw the peaceful look on
her face, when she was under the water.

And the next thing there was this big lake, and on the lakeside there
was a white dove, that just took off, out of the trees. And I was told that
was like her spirit leaving the Earth, through this dove. Then when that
girl went into the spirit world, she came back to earth and tried to attach
herself to a friend of mine’s three-year-old daughter, who is living today,
for some reason. And once again I didn't ask, so…”

“Well, you can go back and do this exercise again, as home-
work, and ask your higher-self many questions. Now you
know what you're home-work is, don't you?”

(Jake) “Yeah.”

(This could mean that Jake’s spirit travelled back in time,
and reincarnated into the baby who grew up to be Jake, and that a past
life, not necessarily Jake's immediate last past life, may have been living a
life as a young girl, at the same time as Jake was on the earth-plane.

But we don't know how long she was in spirit, before she tried to
attach herself to Jake's friend’s three-year-old daughter.

So at the same time of educating Jake about the problems of Earth-
bound spirits, the spirits of the relatives who were with certain students,
would be hearing these experiences, for the process of eroding their
attachments to the students)

BIANCA’S MEDITATION EXPERIENCE

(Bianca) “I saw my higher-self, and I felt his little whiskers on my face,
and actually during the whole thing, it was like I had cobwebs. Is that
normal?”
“These questions you’re asking me, you should be asking your higher-self.”

(Bianca) “He took me to this English country village, and I was being burned as a heretic, or something, and I was cursing everybody, of course, while they were lighting these logs.

I don't think I was a very nice person in that life, I get the feeling that there was something very manipulative and evil about me, and I could see my spirit going up, and I was turning from black to a purple colour, just going out through the top of the head, and these guides, or people, came down and pulled me out, and then the next thing I saw, was that I wasn't buried on consecrated ground, of course.

So there was a kind of wandering thing, from where I was buried over to this church area, and I kind of attached myself to this church area, like a lost soul, if you like.”

“You've got to remember that the beliefs in the living continue on into the spirit. So if you believe that you are not going to go to heaven, because you've not been buried on holy ground, then you are going to be in a bit of a panic, and you are going to try and fix that.”

(Bianca) “I just wanted to meld myself into the stone of the walls of this church, and I asked my higher-self, ‘Okay, what’s the lesson in this?” And he said,

‘It's to do with negativity of thoughts.’ Like maybe I was a witch, or something, and affect people, because I find even in this life I sort of get carried away with the idea of revenge, like when people betray me... which is very very negative, and I think that's the lesson, I've got to try and let go of this negativity, and try and disperse it in another way.”

(Bianca, I feel that you have to release the conditioning to get revenge, first, before you try to disperse the negativity in another way, because I feel you may have made some vows to get revenge, before you died at the stake, and vows are very powerful conditioning, because they are emotionally charged desires, which you consciously programmed to last forever.)
“Yeah, well, you can also do some home-work, and go back to this meditation, and ask your higher-self what you need to release. He can put it on a blackboard, what you need to release, but you can get a lot more out of this because you have a lot to tidy up, haven't you?

But you did fine. You can see the connections with the other life-times you've seen already.”

(Bianca) “Yes, yes.”

(Over the years Bianca had come to me for help, for materialistic reasons, and she has manipulated even me to help her, and as I explained earlier, she's done past life therapy with me before.)

NADIA’S MEDITATION EXPERIENCE

(Nadia) “Well, my higher-self showed me a body lying on the ground, and at first I thought it was a young girl, but it wasn't, he said it was a young boy, and I had been a cabin boy, and I had drowned.

I was swept overboard in high seas, I could see this liner, and I was asking questions, what year and type of ship it was, and he said,

‘That's not important.’”

“Good.”

(Nadia) “So, I saw the spirit come out through the crown chakra, and two guides came and had a talk to the spirit, and they said,

‘You can stay here, or you can go to the spirit world.’ So I said, ‘Alright, I'll go to the spirit world.’ And they sort of sucked me through this white light, and I was just wandering around there. It seemed as though I was in a school. I don't really know much about what was going on there.

Then I went into another life-time, where I was blown away to sea in a cyclone, and I was drowned again, and I said, there must be a reason why I've been drowned twice, and he said,

‘Well, you're too headstrong, and you won’t listen to what people are trying to tell you,’ because I hadn't taken notice of what older people had been trying to tell me, and I just went along my own merry way, and I got drowned again.

So I said, ‘What was the lesson in this, then?’ And he said, well, I had
to learn to be not so headstrong, and to trust people more. So I asked if I am still headstrong in this life-time, and he said,

‘Well, not quite so much.’ He said I was when I was younger, but I've calmed down a bit, as I’ve got older.”

“Did you ask, what was the reason you were shown this tonight, is it just to become aware that you wouldn’t listen to people, and that you drowned, or is there any other reason?

If they say ‘Yes,’ they can tell you later, when you do homework. You can ask if you've got to go back and learn from your higher-self, if you've got to do any home-work.”

(Nadia) “Alright.”

JEREMY’S MEDITATION EXPERIENCE

(Jeremy) “My higher-self and two guides wouldn't tell me where they were taking me. What I saw then, was myself a nineteen-year-old male being buried in an earth avalanche, but that probably was 100 or 200 years ago, because I got a glimpse of coaches, but the same fear, is there, if you've got a mountain come down on top of you when you're nineteen.

But at that stage I didn't know anything about the after-life. Then the spirit separated, but then he's got the fear and the frustration, it's like a dilemma here, trying to put yourself back in the body, but logic tells you that if you try and get back in, you can't breathe in there, anyway, not that you really understand why you don't feel crushed, when you're out of it. That's why I was there, to feel some of these sensations and emotions that are involved. It's fear, it's the unknown.

Then two guides walked over to talk to him, and calmed him down, and what they said then, was, that they would take him to some of his friends, and sent him off towards the white light.

So, he seemed quite happy with that, because he still didn't understand whether he was living or dead. The whole thing was mainly to understand the frustration, the dilemmas and the emotions that are involved.”

(This next question of Jake’s I feel was stimulated by his guides or higher-self, as the second stage in breaking down the spirit relatives desire to be
attached to Jake. The first stage was the meditation.)

(Jake) “Can a spirit guide be a past relative?
“Yeah, it can be a past life-time relative, or friend, but usually not a relative from this life-time, because usually they haven't got the wisdom, to guide you in the first place, and they can mess up your life more than anything else, because they are making their own decisions based on their own morality and desires.”

(Jake) “I mean if you were close to a relative in this life-time, and they passed on, is it possible that they could be one of your guides?”

“You could say it's possible, but it’s very rare, because proper guides, their vibrations are very high, and they had been through a lot of experiences, life-times to be classified as a guide.”

(But it is quite common for dead relatives to want to protect a living relative, and become attached to who they want to protect, you will learn of many cases in these volumes, and sometimes even the astral bodies of living relatives interfere with people, as student’s find out in the classes.)

“But a person that's just been a relative in this life-time, it’s not usual that they go over and be your guide, straight away.”

(Jake) “Could they still be in spirit with you, though?”

“Oh yeah, they could still be with you, and want to guide you, but whether it's good guidance, you’ve got to ask your higher-self, whether they are qualified to guide you, because we’ve come across this before, and there have been relatives trying to guide students, and their guides and higher-self can’t do a thing about them.

They can't stop them, whether they can't see the guides, because the guides are higher vibrations, I don't know.

The vibration of guides is very high on a point scale. The vibration frequency of everyone is calculated from intelligence, morality, experience, and wisdom. Roll them all
together and call it is spiritual quotient, S.Q, if you like, instead of an I.Q. And on a point scale, everyone can use a different calibration of the scale; I use a scale from nought to infinity. The S.Q. of the average person on earth is about 30 to 35 points. The average for a person in Australia is a bit higher, about 40 to 45, but Gandhi had an S.Q. of about 500, now do you understand?

(These numbers may have risen from the 80s when I was asking about them, but not by a lot.)

My three guides who have transfigured over me are all different vibrations, If their vibrations are higher, I recognise their vibrations as a stronger, heavier, and I can recognise the difference, my guides are at 600, 700, and 900 points, something like that, and that's what their point difference is.

So, I don't see a relative just going over and being a higher vibration. It makes you laugh when you find out the vibration frequencies of the leaders of the world, and religious leaders like the Pope. Everyone in the world has got an S.Q. even your own, you can ask your higher-self how you are getting along, as you will find it grows and increases as you change.

I mean relatives want to help; they want to pitch in and help. You see another thing, an earth-bound spirit, is likely to have no memories of their past life-times, unless they have gone up to a higher level, to access those memories.

They don't automatically get their past life memories back, as they pass over. So, you can compare the wisdom of a person who will learn the wisdom from only one past life-time compared to a guide, who has the memories of thousands of past life-times of experience, to guide you.”

(Even a guide may incarnate, but when they pass over again. They still have only the memories of that last life, while they are still close to the Earth-plane. So they need to go back to their true spirit frequency or level, to remember that they are a guide.)
“I mentioned in the beginning of volume one, where a mediums husband recorded all the rescues of attached spirits to patients that were rescued, and the book stated that none of the attached spirits remembered any past life-times, this is because they haven't gone higher in vibration, to access the memories of past life-times.

So how can a dead relative guide you, if they have not got the memories of their past life-times, or gone to Guide classes, on how to be a guide.”

(Jake) “So, if they are with you in spirit, they would be earth-bound, for sure, would they?”

“Usually, but I can never know the individual case. They might have gone up into the higher realms and then come back, but I don't know. You see, some spirits are attached to some people for good reasons, even though they have their limitations, they are not like guides, but their influence may have a negative influence, but may produce a positive reaction from you, which may help with your own growth.

But these cases are rare and usually your guides and higher-self arrange the appropriate spirit to attach and influence you, and they are even rarer of the close-relative kind.”

(I mentioned earlier in one of the inserts that Jakes questions were the first stage in braking down a student’s desire for their relative to guide them, well in Nadia’s channelling next, the third stage of this sting is implemented, see if you can recognise it.)

NADIA AS THE CHANNEL

“Greeting everyone, what would you like to know?”

“Hello, who are you, for a start?”

“My name is Mary.”

“Do you know anyone in this classroom, Mary?”

“No, I don't think I've met anyone here tonight. I was listening in on your conversation about spirit relatives.”

“What have you been doing, before you came here, have you
been in the higher realms, or wandering around the Earth?”

“I've done a little bit of both. After I left my physical body, I just wandered around until I was rescued by somebody, and then I went to, I'm not sure what level it was, but it's like a school up there, well, each level you have a different type of school, it's like universities and colleges, that type of thing.

And from there your life is being analysed, and you learn lessons. You ask if you’ve learnt the lessons that you were sent down to learn, and then you are given the opportunity to come back.

Sometimes you can just come back and have a look around, and then go back to the spirit level, or you can reincarnated if you wish, or you can go to a different dimension altogether.”

(We now know in hindsight that spirit guided me to give you this meditation, to not only help you understand the problems of spirits being earth-bound after they have died, but also that guides help the newly deceased spirits.

But also these meditation experiences were also meant to be heard by any spirits of relatives, attached to any of you students, as the first stage of breaking their desire to stay with any of you.

Then the second stage came into action, when your guides, Jim, got you to ask your question, so that my answers would educate any attached relative, in the difference between a guide and a relative, who think they have the right, or are qualified to guide one of their own.

And because my answers were so informative about past-life memories, this will give them something to think about.

Then the third stage came into play when spirit guided me to choose. Nadia to channel, first, even though Mary thought, she came to our class out of curiosity, still her guides arranged for her to be here, because they didn't want any attached relative's finding out that Mary was part of the sting, so to speak, and Mary may have been prompted to describe about all this learning in schools, and her description of the freedom she had in spirit, this also may have been helping to break down any subconscious reason for being attached to any of you, like the fear of the unknown, or religious fears.
I told you our guides are devious, and experts in the art of the use of psychology, when they know that the frontal approach will not work, and make it even harder to remove an attached spirit relative, using any other method, once a spirits guard is up.

You see our guides knew that I would recognise something was a-foot, as Sherlock would say, and new that I might ask the next question, so they had to keep Mary in the dark about how she came to be visiting the class, so any of your attached relatives wouldn't think they were being tricked, or lied to, by Mary’s story, and Mary's answer may help them believe that what Mary described, was the truth.)

“Do you know, what attracted you to this classroom, were you guided here by higher forces?”

“No, there's a lot of energy in this room, and I was attracted to the vibrations, which are very nice, they’re very comforting.”

“What do you think about the vibrational thing, I was describing, about the difference between guides and relatives, is this true that we shouldn't always trust relatives as being good guides for us?”

“No unless they have gone through different levels, before, and gone to the higher realms. Then they are able to come back as guides for the particular relative.”

(This answer is very clever, while it's meant to make the relative think that soon as they have gone through the higher realms, then they can come back as a guide for you.

But in reality, the relative can only come back as a guide, if their previous experiences and learning qualifies them to have the high S.Q. to be a guide.

So the answer was true, but they didn't want any of your relatives to know the whole truth, until they got them to the higher realms, where I know that they will be educated to find out the conditions of being a guide, in the best psychological way for them to accept this.)

“I understand that. You see the level of vibration of the deceased spirit isn’t his true vibration, he has to go back up
through the higher vibrations, to access his memory from their past life-times, and then he will become aware of his true spiritual vibration.”
“Yes, that's true.”

(Can you see what I'm doing? I'm tempting any earth-bound spirits attached to any of the students, to want to know their true spiritual vibration, and past life memories.)

“Which is higher than when they have just gone over, because their vibrations are low, because they're not accessing their wisdom, and their full potential.

But usually guides have to have gone through lots of experience, and a lot of schooling to be proper guides, don't they?”
“Yes, that's true. Quite often they go right back to the beginning of time.”
“And they also have apprentice guides, and you can usually spot apprentice guides, pretty quickly.”
“Yes.”
“They usually are being watched over by their higher-self.”
“Yes, that's true.”
“In case they are going to make any mistakes. I have come across a few apprentice guides with students.

“Ah well, we all have to be apprentices at some time of our lives, or life-times. Well, I think you are all doing very well here, and I think I'll leave you all now, goodnight.”
“Goodbye.”

(All this last dialog wasn’t to stroke my ego, it was to convince the attached spirits that I know what I am talking about, to help them believe that I have had some experience with guides, and that even when they are learning to be a guide, the spirit may be led to think that they can come back and Guide their relative.

But in reality they would find that they would be too emotionally involved to guide them, and then they might be shown that they can travel back in time and come back to guide their relative, after they have
qualified to be a guide, which would also convince them to train in Guide school.)

(I have been prompted to mention that this is the only class-night that Bianca has ever attended, my guides say she was influenced to attend for the same reason as the theme of this class-night, as you will see next.)

BIANCA AS THE CHANNEL

“Would you like to give us your name?”
“Benjamin.” “What brings you here tonight, Benjamin?”
“She’s my granddaughter.” “And who would that be?”
“Bianca, she’s my granddaughter.”
“How long have you been with Bianca?”
“A couple of years.”
“Have you ever had a conversation with your guides?”
“I've been looking for my wife.”

After I got Benjamin to see his wife in the white light, when his wife appeared, Benjamin said,

“She's saying that she forgives me, and that I should be going with her. I don't like to leave my granddaughter.”

“Right, Benjamin, if you look around Bianca, you'll see some white lights, and these white lights are guides, and the white light will fade, and you will see the appearance of these guides. Can you see them?”

“Yes.” “Are they powerful?”
“They're standing there with candles under their faces.”

“Right, now these guides know a lot more about Bianca, and how to help Bianca, you, Benjamin, have only got the memory of your life-time, in how to help her, do you understand?”

“Yes. I do help her.”
“This is true, but there are some things that she needs to do and learn, herself.”

“She knows that I am there, you know, in the dark room.”
“Now, you ask your wife, she's been up to heaven, she knows
whether you're helping her, or you're influencing her, which is not right, you shouldn't be influencing her too much. Ask your wife, what's she say?"

“She’s saying that your right. I don't like to be wrong, mate.”

“I know that, but each one of these guides are specialists in specific areas of Bianca’s life, specialists say in emotions, specialists in thoughts, and specialists in different areas that can help her. Are you a specialist in any of these areas?”

“No, I suppose not.”

“You asked your wife, if they are specialists in different areas of life?”

“Yes, she's telling me to let go.”

“If parents have to let go of children when they grow up, then surely grandparents have to, also. Anyway, will you go off with your wife, now? because you need to grow. You need to keep going, it's not the end, you know, just because you have passed over.”

“I want to come back to see her sometimes.”

“Yes, you can. Once you’ve learnt more about all this, and learn about influence. So you can come back and visit, but you go off with your wife, and she will explain things, and you'll get to learn all about this. Will you go with your wife now?”

“Okay.”

“Bye bye, then.”

“Bye bye.”

“Did you feel the spirit in the dark room?”

(Bianca) “That's starting to make a bit of sense, actually. When Nadia was channelling, I kept getting heavier and heavier, around here, and it was like I wanted to interrupt and takeover, sort of thing.

Oh yeah, I thought it was him, I sensed things, lights flashing around, occasionally feel a touch on the head. I’ve sort of been aware of him being there, and like in recent times, I’ve thought, ‘I really don't know if I want him there, or not. I shouldn't be trying to cling on to someone who's dead.’

You know, thinking about him, is it calling him back, I guess, isn't it? From where he's supposed to be going?”

“Well, you get a rebound effect; his influence on you is
affecting your emotional feelings about him. His presence is activating... and you're feeling his feelings about you, and you may be mistaking them as your feelings about him, it can get very confusing.”
(Bianca) “Can he be affecting my thoughts, like my emotions, in some certain ways?”
“Yeah. Well, look how grandparents can be backseat drivers in your life-time, and if they don't like you doing this, they'll say it. And if they say it, and feel it, then you're going to feel it and think it's your own thoughts as well.
I mean, you have to realise that in their life-time, their morality of their past is very different to yours, every generation is different. So, what we like to do, they might not like you doing it, and their feelings about, what you are doing, may influence you.
You don't know they’re influencing you, they think they are just telling you off, but it has such an effect that you think it's coming from yourself, because you don't know anyone is telling you off, you think you are telling yourself off.”
(Bianca) “I think this is a very good thing. I mean I love my grandfather, but I'm glad he's gone, because he was a bit of a Callam Park case, (local psychiatric hospital) a very arrogant man.
“The stronger the thoughts, emotions and beliefs coming from the relative, then they are going to be overwhelmingly affecting you, to an extent.
This question that you Jake asked, may have broken down any reason that you needed your grandfather attached to you, and it brought doubt in to your mind, before you actually did the channelling, which made it a lot easier for rescuing, because you understood beforehand.”
(Bianca) “He was looking at some guides, and I could see these people.”
“Good, good.”
(Bianca) “I feel a lot better.”
“I have a message for Jake. I am very pleased with his progress. He seems to have broken down a lot of the fears he had in the past, worldly fears, that is, through becoming more spiritually aware.

Also the work that he is now doing with you, Raymond, he’s very happy with, especially even getting the paperwork, which helps even a little bit more.

I’ve just come here to say to everybody tonight, that I like the work that’s happening here, and I hope to visit here more and more in the future, to see how things progress with the students.

And I just want Jake to know that. Don't get too frustrated if you can't really get the right answers yet from the guides and your higher-self. He's doing pretty well, talking to his higher-self at the moment, but he needs a lot more work on working with the guides, and also...

“The guides don't always communicate. There isn't always a necessity to communicate with the student. The guides work behind the scenes, and they are just as effectively helping him develop, or helping him with his life, this is true, isn't it?”

“Yeah, this is true. He seems to be working more with his higher-self at the moment. He hasn't really quite worked out the guides, yet, not at the moment, but certainly his higher-self has proven to him in a lot of ways, that he's definitely in touch.

For instance, one of the meditations he did the other day, he had a vision of a materialistic thing, and the next day that thing was actually shown to him, to prove to him that he was actually in touch with his higher-self. So it's given Jake a lot more confidence now too... in that respect.”

“The guides will only show their faces and communicate, if whatever they are guiding the student in, the student doesn't react to what the guide explains, but if the student is going to react to what area the guide is guiding in, then the guide wouldn’t show his face to have that reaction.

Because sometimes we need to grow and overcome certain
weaknesses without even knowing we have those weaknesses, because maybe knowing that we have those weaknesses, will have a great negative effect in overcoming that weakness, do you follow that?”

“Yes, sort of, but he has also understood that he must get rid of all negative thoughts, before he can speak to his higher-self, which is something he didn't realise before, and now he gets in the right state of mind, with the right positive attitude, and he gets through to his higher-self much easier and quicker, now. I think that's about all tonight.”

(This was the last time Jake attended my classes.)

**JEREMY AS THE CHANNEL**

Jeremy channelled Gregory, who thought an aeroplane brought him. He was looking for some friends from the war, which he thought he was still in. He was rescued by his friends in the white light.

Jeremy then channelled a woman who believed she was still working in Sky-lab, on the weather, in space, trying to repair the atmosphere. I then asked her to tell us the date of the last year she remembered, and she said 2160. She was then rescued by a group of technicians in the white light.

Jeremy then channelled Raya, who was a bisexual being, who was attracted to the cone on our sphere, who recognised a spiral in a funnel, in the white light.

So now you can understand why Jeremy was influenced by his higher-self or Guides to get of his chest his feelings about channelling, before this last class night, which may have been problematic if it hadn’t been dealt with two weeks back, and also after at home with Nadia, I am sure.

This I feel is why these spirits were brought to channel through Jeremy to help solidify not only the benefits of channelling, to the spirits of those who were brought to the class, but also Jeremy might feel the gratitude from the spirits who were rescued.
In the next two months classes, I only have on paper what is left, but I think you can glean some wisdom from these communications.

HEALING CLASS 5/6/86
RAYMOND AS THE CHANNEL

“Tonight, we will explain what occurred, for you were tested in your meditations. All through, you are being evaluated for your discipline and potential as healers, and we observe your reactions to this class, tonight.

You will be growing every week in your circle, but it will not always be apparent to you, for we had to heal you of your weaknesses and problems, that you are aware, as well as unaware of. This takes time, and you sometimes swing from one extreme to another, so we keep bringing you back to the centre. Some of you don't show your imbalances, and some of you do, and we will help you grow in harmony with your other vehicles or bodies, which you all have.

You will be strong in your lives, as you become healers.”

HEALING CLASS 12/6/86
RAYMOND AS THE CHANNEL

“Peace be with you, my children. You have been blessed tonight with the presence of our Lord Jesus. He has been here for your development tonight, he is watching over you all in your daily lives, and will help you in your times of need, he says, ‘Call for me when you need help.’

This circle is getting stronger, and you will progress more rapidly every time you come here. You will learn sometimes, the easy way and sometimes the hard way, and we watch your progress, and for you to wonder at your development, as you do not always know which
way you will develop, and you have to trust God and be patient, for you also need psychological development, as well as physical development.

We will speak to you all in the future, through another medium when he is ready, for you need to hear us from another person.”

HEALING CLASS 19/6/86
RAYMOND AS THE CHANNEL

“Tonight we held our rescue circle, for it was necessary to remove earth-bound spirits from some of you here tonight. They were taken to a better place, and will not bother you again.

We have been watching your progress, and we wish to congratulate you all on your progress so far. It is very difficult for you to work with us spirits, as you cannot perceive our presence very well, but we protect you and look after you.

In your class tonight there were many spirits who came to watch what you are doing, and they are learning about the organisation that ministers to you all here. There are many guides around you all, doing this and that to your auras, and your auric fields.

As you will need balancing, to perceive this physical world more accurately, as your fears restrain you from looking at certain situations and happenings, and these areas like blind spots in your perceptions, and we wish you to perceive everything around you. For you live in a very beautiful world, and we wish to help you see it, and enjoy it, and be happy.

For we do not wish you to focus all your attention on your development, and things of spirit, as you live here, and not in spirit, and the more you focus on spirit, the less you will cope with the physical.

So, we want you to help the people in the physical world, so you have to return to your life, work, and pleasures of the physical world, to be happy with it.

This is very important, if you are to become healers. Do not let the world distress you, with all the terrible things that are
happening. Seek out the beautiful as well. We will talk again another time.”

HEALING CLASS 26/6/86
RAYMOND AS THE CHANNEL

“We have been following your meditations tonight, and we will help you to understand what you experience, when you saw the incident in your meditation. We bring you the visions that your minds need, to unravel the knots that have been created in your minds, by the experiences you have had in the physical world.

You may not always understand what you see, but the effect is the desired one that we bring to you. Your conscious mind cannot work it out, but is like a key that unlocks conditionings and fears in your being. You will be very beneficial over a period of time, for you have to have more and more experiences like this. It is a form of deprogramming that each individual needs.

The affects of life are slow and sure, and you are not always aware of the conditioning that affect you, but we in spirit know every little knock that creates the person that you are today, and it is often on a subconscious level that it affects you.

We need to help you overcome all your fears, even the ones you are not aware of, because fears stop you from venturing into the area that you fear. Thus it is a blind spot, as we have mentioned before.

You can meditate at home, to help with this deprogramming, always pray to God and protect yourself.

This advice was for a more advanced student, who is more psychically attuned to receiving guidance from the healing guides. I will briefly mentioned, a spiritual healer sometimes continues healing after a patient dies, by communicating to the lost and frightened patient in spirit, if your healing guides want you to help. This will be explained in more detail in the next few chapters.

Do not get disheartened if in the beginning you feel you are healing the physical problems, and you want to explain to the patient the cause of
physical problems, but are unable to in the early stages of your development, because you have not received any messages from spirit for the patient. These quotes in the next few chapters should lift your spirits.

HEALING CLASS 17/7/86
RAYMOND AS THE CHANNEL

“We have mentioned before that you will be needed to help those spirits that are lost and are affecting others on the Earth-plane. This is very important, and when you help these spirits, it does help if you can perceive them.

The effects of these spirits that are earth-bound on people, is very great, and the ones most susceptible to spirit influence, are people who drink a lot of alcohol, or smoke a lot, or take drugs, and sometimes sick people are influenced as well.

We strengthen you as you are developing, and build your courage. Know that you are protected, and can draw on the assistance of many highly evolved souls in the spirit world, who will help you. They cannot get through to the lower spirits, but you can. This work will be very important in the future, and we need many more like you. This is a healing Circle, but you can develop as mediums, also.

You are being developed for the future, and to prepare you for this will take considerable time. You will be very developed in a psychic way, your perceptions will be able to communicate better with spirit, and you will be able to see more beyond this Earth-plane. For when you are helping others, you have to know the circumstances of the problem, and at this stage you do not have these perceptions as yet.”

HEALING CLASS 18/7/86
RAYMOND AS THE CHANNEL

“The class tonight is a little smaller, but we still had plenty of energy here, that you all felt. This one wants to know who is
speaking.

Well, we are bringing this communication from another soul that wishes to be nameless, for you need not know his name.

We are your guides, and we watch over you all. Trust in God, and you will be free of your fears.”

HEALING CLASS 24/7/86
RAYMOND AS THE CHANNEL

“Your progress is slow and necessary, for we have to protect you from the influences that you will experience, as you develop as mediums.

We try to keep you on the balance road, in the right direction, for the influences of very great on the other side of the veil, and you are being guided by your guides and higher authorities, as you are needed in the future of mankind.”

HEALING CLASS 25/7/86
RAYMOND AS THE CHANNEL

“We will develop you to perceive in many forms of psychic senses, but each individual will be stronger in certain areas of perception, and healing techniques.”

In an early chapter I was given an exercise for us all to perform, to remove spirits from interfering in the circle, it was meant for spirits who had the intention of trying to destroy the intention of the development class, or the confidence in the teacher or students.

Spirits who are with students for personal reasons, like this life spirit relatives, or past life lovers or enemies, need to have their desires for being with a student released by communication.

This also applies to earth-bound spirits who are attracted to a motherly student, like the case of spirit children who can’t find their mother.
In this chapter I have decided to give you a break from my channelling, to show you how spirit help students with fears.

I will show you the ‘MEETING YOUR HIGHER-SELF MEDITATION, but it is not recommended to go on, unless your class facilitator (Teacher) is sufficiently in-tune with their guides, and even then, they may say not yet, because I have experienced a couple of students, when channelling their higher-selves, their higher-selves became aware that they had lowered their vibration too far, and I had to guide them to get some healing, which will be in chapters near the end of the second disc volume.

But this was only because I was able to recognise that there was something wrong, and their guides knew that I could help them to not only to become aware, but know how to handle the situation.

I strongly advise that you read a lot more of this second disc before you give this meditation to your students, always consult your Guides.

These next two class-night extracts are taken from the fifth disc, from the middle of the 90s. While running classes in July of 1990 I met a new student, who I will call Tanya, who wished to sit for development. But before class started she told me that she had been feeling a lot of fears for quite some time now, but couldn't pinpoint any specific fear, to recognise where it came from.

So I explained that there could be many different reasons for her feeling these fears, and I told her that her higher-self and guides will help her to release those feelings when she least expected it, and in ways that she might not understand, while they are being released, but she will learn the process after the releasing.

I also explained that if she thought that her guides were going to help her release the fear feelings on any specific class night, then her fears may become amplified, which would tend to block the releasing process, so they will not tell her in advance when she is going to be overcoming her fears.

Also a previous student, Samantha, who had sat in classes two years before, came back for a few weeks of classes, starting tonight. As the class
progressed I noticed that Samantha also had fears that needed to be worked on, so it was most likely arranged that Samantha and Tanya would be together in the class to help each other’s awareness of fears.

Some of the other students hadn't turned up to the class, only a regular, which was her fourth class night, whose name was Genevieve. But for this chapter there is no need for Genevieve's contribution to be written in, as the main theme of this chapter is connected with Samantha and Tanya, but the complete class night will be on the fifth disc.

On this first class night, I gave the first meditation to help Tanya and Samantha meet their higher-selves, as Samantha had not been in the class long enough for me to have given her this meditation, when she sat in class, last time, and the other student linked up with her guides to learn other things.

As the meeting higher-self meditation is identical to the meeting guide’s meditation, you may want to skip reading it. So following the meditation is Samantha’s, and then Tanya's first meditation experience.

**HEALING CLASS 3/7/90**

**GENEVIEVE, SAMANTHA, TANYA.**

**MEETING HIGHER-SELF MEDITATION**

“Your higher-self can appear in the form of one of the many thousand past life-times, that you both have had before. They will choose the most appropriate appearance, which is psychologically attuned for your present state of development.

Now, your higher-self will always appear to you in the same way, in these clothes, or appearance, until you want to change what your higher-self looks like.

Your higher-self has all the memories of the past and parallel life-times. It has all the abilities to access these memories, so the more you become one with your higher-self, the more he or she can show you.”

“I want you to imagine in front of each of you, a full-length mirror, but it is blank, and in this mirror sitting
opposite you in the dark, is your higher-self, and you are going to reveal slowly, little by little, what they look like. Now I want you to look in the mirror, where your hands would be, the fingertips of your higher-self will start to appear, and then more and more of the fingers and hands will appear. Notice the fingernails, are they coloured? Are they a woman's? Or are they a man's hands? Are there rings on the fingers? What colour is the skin?

As you see up the wrists to the forearms, see what clothing are on the arms, or bracelets, if the arms are bare, see if they are smooth or hairy, slight or muscular.

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

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

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

Say hello to your higher-self, you can talk to them mentally, ask questions if you like. Ask your higher-self, why they appear in this form? They will not look like you; they usually appear very different from you, so you can feel the difference later. Any question you feel pops into your head, is most likely coming from them, so ask it, and you will get an answer.

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

Ask if your higher-self has a name? Find out the name, so that you can speak to him or her, at another time.

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

Now I want you to imagine yourself on a beach, or in a field, or in a void, it doesn't matter. I want you to imagine that there is a person in the distance walking towards you, this person is one of your guides, As they come closer they are getting larger. The closer they come, the clearer they become, and you can see what they are wearing, what sex they are, or what nationality they are, or what race they are, it is just for identification purposes, to help you identify them. They are coming and greeting you, they are smiling, waving, saying hello. You can ask them their name, if you wish, maybe they'll give it, and maybe they won't.

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

You have many guides, this is the first one. If you are very aware of your guides, this is maybe a new guide. You should feel an affinity with your guides, shake hands with them, and feel their essence. Ask them if they can transfigure over
you, if they say ‘No,’ it maybe because their vibration is too high, and maybe too uncomfortable for you. If they say they can, allow them to, and notice all the same things you did with your higher-self. You may have the urge to stand in a certain way, or put your hands or arms in a certain way. This is your guide showing you that they are there.

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

(Approximately ten to fifteen minutes silence)

“Now wanted to thank your guides, and higher-self. I want you to come back now, your higher self is still with you, and your guides are here. Come back this reality, take three deep breaths, have a stretch if you want.”

SAMANTHA’S MEDITATION EXPERIENCE

(Samantha) “I looked through the mirror, and she was wearing leather around her ankles, and leather shoes on, sandals. She was blue, in like a blue light. She was very thin, bare legs, and then we went up to the hands, and she had rings on, and thin leather around her wrists.

Then her clothing was just like a rag. To me they looked like a rag, but she was so old, she had big eyes, and hardly any hair, it was grey. She had a little round pendant around her neck, which shone out like a light, it was beautiful, and when she came into my body she was so relaxed and warm, and that's how I felt. All I could feel was, it felt blue, and kind, I felt like I took on her colour, and her name was Gunda.”

“So she's portraying an old woman for you, for her reasons, you’ll find out, you can even ask her.” (Samantha) “Yes.”

“They often leave you with a question so you will ask, ‘Why did she appears as an old woman?’”

(Samantha) “That's what I said.”

“So, you ask, the purpose is to ask and she will tell you. They always give you something to question, like that,
because they want you to communicate, and come halfway.”
(Samantha) “Yes.”
“If they're going to give everything to you, and not stimulate any questions, then you are not communicating.”
(Samantha) “Well, actually, she was that old I felt scared of her, that's how I felt.”
“Why?”
(Samantha) “Because I just had a fear for that old person, that old higher-self.”
“Well, maybe she's pointing out something that you fear.”
(Samantha) “Perhaps getting old.”
“And perhaps she's going to help you feel her old age, so that you won't fear old age.”
(Samantha) “I don't fear old age. I fear what's going to happen to me in old age. But she said, ‘Don't worry.’”
“Well, there are lots of things you can learn from that.”

TANYA’S MEDITATION EXPERIENCE

(Tanya) “I didn't have any trouble visualising, and it came to me quite clearly, but then again I was feeling it might be my imagination, or not. The first thing I saw in the mirror was long toe-nails, and bare feet, and right from the toe-nails I knew it was Chinese, and his legs were bare, and there was no hair on them, and a red robe with a tied belt, and it looked like a dressing gown, and I thought, ‘Oh no.’

But I went along with it, but the hands, the nails were long again, and gnarled, and I also find them a little bit frightening to me, but then I settled down, and said, ‘No, it's nobody to be afraid of.’ But it was really hard for me to see the face.”
“That's okay, fear of not being able to see the face prevents us from seeing it.”
(Tanya) “I got the feeling of wrinkles, and eye’s moving up, and smiling. I felt a vibratory feeling in my hands, and a feeling of strength and security, and now I can cope better.”
“So, you will recognise his presence again, when you want to talk to him, or ask him questions.”
Your higher-self appeared in that way so that you would know that you didn’t imagine him, because if we are going to imagine something, we would not only imagine something that we like, but we would also imagine the face.

SAMANTHA AS THE CHANNEL

“Good evening.”    “Good evening my friend.”
“It's good to see you.”
“Well, it’s good to see you, well, hear you.”
“I don't know. What have you been doing so far?”
“Well, we've been introducing the students to their higher-selves, so that they can talk to them and be guided by them at home...”
“Very good.”
“...and feeling the sensations, so that they can recognise them when they have got their eyes open.”
“And did Samantha meet her higher-self?”    “Yes.”
“Did she like her?”
“She was a bit scared of her. Do you know why she was a bit scared of her?”
“Yes, she was scared.”    “Do you want to tell her, why?”
“No, I don't.”
“I didn't think you would. But she chose to appear as an old woman, for this very reason, wasn't it?”
“That's right.”
“Will Samantha's higher-self stay an old woman, or will she change, when she overcomes this fear?”
“I can see great changes for Samantha.”
“No, I meant for Samantha's higher-self, will she appear as a younger person later?”
“Perhaps, but Samantha must get over this fear.”
“Is it connected to a past life-time?”
“No, it's this life-time. Her fear is money. She has none, and if she doesn't go to work, she never will have any. So this is her way,
she must work to get ahead, to release the fear, to give her confidence. But the fear is the main thing.”

“Is this spirit going to help her overcome this fear of money?”

“We can only do so much. She must do it herself, mainly. She's done it before, she can do it again.”

“I had worries of money at one stage, and a spirit came to help me, and I don't have any worries anymore.”

“Yes.”

“But that spirit can't help Samantha, simply because I was doing things about creating money, but I still had worries.”

“Yes.”

“But if you're not going to do anything, it's no good having the spirit helping, because he's not going to produce the money.”

“What Samantha fears, is getting sick again, so, she has a double fear of the stress related to work, and earning the money, and getting sick again, and then being on the pension again. How do you say it, Catch-22?”

“Yes. Can spirit help her choose a job that will not give her any stress?”

“We can do this.”

“Right, but it’s up to her whether she goes looking for one, for you to show her one?”

“That's true, Steve will help her. Yes, Steve will help her.”

(Steve is a spiritual healer she shares her house with.)

“Still, her development in these classes will help a lot more, as well, won’t it?”

“Yes.”

“With overcoming any stresses, or worries, that kind of thing.”

“Yes, it will help her immensely.”

“Because it will expand her trust in spirit, which will help?”

“The trust in mankind, as well.”

“She's doing well tonight, for not having channelled for two
years, isn't she?"
"Yes, we are very proud of her."
"Are you one of her principal guides?"
"Well, you could say that. I'm not about to tell you, goodnight."
"Was that hard?"
(Samantha) "It wasn’t hard, it was all there. It was a man's voice. He was about the 60 age group, I would say."
"Another one coming in old, but he is also helping you."
(Samantha) "He was helping me, yes."
"I wasn't tuning in to you, I was getting it from spirit, just to know what the problem is, connected with the old woman."
(Samantha) "Yes."
"Do you want to channel, Tanya?"

(I will interrupt the class night here, to explain more about rescuing earth-bound spirits. In the period of time I was running classes, before I wrote and printed my first volume, I feel that my guides were only allowing events to happen in the classes, which would be appropriate for the first volume.

I did a large chapter on the cases of spirit interference in our lives, which you will come to read more about, but the only rescuing of individual spirits into the light, was a very rare occurrence, accept for the rescue missions we went on.

After I'd finished the first book and started classes again, earth-bound, or lost spirits, started being brought to the classes by the class guides, to be linked up to the channellers, while they channelled, for us to help rescue them. In most part these lost earth-wandering spirits were not attached to the students, but occasionally they were.

When Tanya started channelling next, I got the message from my guides, that an earth-bound or lost spirit needed assisting to the higher heavenly planes. The students learnt very quickly how to talk to earth-bound spirits, who were channelling through another student)

(Tanya) "In the meditation, when you said if anybody wants to channel, I would feel this feeling inside, like I wanted to talk, but I
couldn’t open my mouth, then, because it wasn’t appropriate, but I
don’t know if the words would come out or not.”
“They don’t work your voice box, if you get this great
feeling that you want to say something, you have just got to
say whatever you feel you are going to say, and as you are
saying, then the words will start coming in.”
(Tanya) “Because I had that feeling coming up, of, ‘I want to talk,’
again, is that me?”
“Don’t worry about it.”
(Tanya) “It doesn’t matter if it is?”
“No, it doesn’t, so say whatever pops into your head.”

TANYA AS THE CHANNEL

(Tanya) “I think I’m fighting it, just this need to come out.”
“Well, what word do you get?”
(Tanya) “I was picking up, ‘Need to talk, need to talk.’
Why didn’t you say, ‘Need to talk?’”
(Tanya) “Because I can’t open my mouth. I want…”
“Are you a man or a woman?”
“Young.”
“How old are you?”
“Five.”
“Have you been lost, do you have a name?”
“Thomas.”
“Have you been looking for your mummy? Thomas, can you
see this beautiful white light behind me?”
“It’s right in front of me.”
“Is it the white light?”
“Horrible.”
“It's okay, it's a beautiful white light, and there is a woman
in the white light, can you see this woman, what can you
see?”
“It’s flames.”
“Thomas, there are a pair of hands holding out to you, will
you hold the hands?”
“They’re all around me.”
“Now, Thomas, see the hands holding out to you, just hold
the hands, and you will be safe. Can you see the hands? Put
your hands in those hands and you will be safe. It's the hands of a woman, are you holding the hands?"

"Now they've gone."

"Put your hands in those hands, and you will feel the love coming from the woman. She loves you. Take my hands, feel the love coming from her. Can you see her now? She's coming brighter now."

"Light."

"Can you see her, do you recognise her?"

"Very light, both hands."

"Will you go to her? She will help you. ... Are you feeling the love coming from her?"

"I'm scared of light."

"There is no need to be scared of light. You’re not scared of a woman, are you?"

"I can't see one."

"Can you feel the love through the hands? ... Will you go into the arms of these hands? ... What can you see now, Thomas? ... Would you like to see an Angel?"

(You came back then, and I mentally asked spirit some questions.)

"Thomas got rescued. This spirit was attached to you before you came here. I think you know this, don't you?"

(Tanya) "Yes."

"It was just attracted to you because of your motherly vibrations, that type of thing, but his fear would have affected you, wouldn't he?"

(Samantha) "Yes."

"Until he was rescued."

(Samantha) "And those fears will continue just for a little while."

(Tanya) "How long would he have been attached to me?"

"Well, you ask, and I’ll ask, and we’ll see what we get."

(Samantha) "I got three years."

"I hadn't had time to ask the question, about three years. I'm asking more questions, he got in through your aura, damaged aura. I already picked that up, when they were doing healing on you, before the class started. They tell me that you have a damaged aura, they tell me surgery. So that's
how they get in.” (Tanya) “He couldn't see the mother.”
“Yes, his fear was blocking him seeing the white light.”
(Tanya) “Why couldn't he feel the love? I needed the hands, it helped a lot.”

“Maybe the flames were bright, and was scared of bright lights, because it reminded him of the flames.”
(Tanya) “I know that, I've been having a lot of fear.”
(Samantha) “You didn't actually know what it was?”
(Tanya) “No, and child emotion like stuff.”

“It comes to a head, as well. You get stuff like this happening where a person has more trouble as they’re bringing it to the surface, to be rescued. You may have felt worse in the last few weeks, or two.”
(Tanya) “Yes, this is why I was the church on Sunday. Things have been really getting worse.”

“But then again, if I was to tell you that you have a child attached to you, that has died in a fire, and is scared of flames, and that's what's causing your problems, you wouldn't have believed me. You had to experience it yourself, to accept it, and rescued it at the same time. I wouldn't have been able to tell you in the church, if my guides weren’t going to tell me.

As I'm not a medium that tunes in to you, and tells you what you have got attached to you, because I'm not a psychic, and I work for spirit at the right time. So it happened at the right time. So, you weren't warned, I wasn't warned.”
(Tanya) “That is why I was getting, ‘I want to talk, I need to talk.’”
(Samantha) “Yes, yes, but it didn't have enough words to express itself.”

“Well, when a person has surgery, it cuts the aura, and doesn't get repaired, and from the time of the surgery you aura can still be damaged for years, decades.”
(Tanya) “I've just had recent surgery, but before that I’ve been very sick.”
“Well, I may have connected up that the child got in from the surgery, but it might have got in from another reason.

I want you to have another practice channelling. It will be easier communication, without the emotions this time. Hello my friend.”

“Good evening.”

“What's your name?”

“John.”

“How old are you?”

“Elderly.”

“Are you a man or a woman?”

“An Indian.”

“How long have you been attached to this woman?”

“I'm just with her.”

“Do you speak to anyone else where you are with her?”

“No.”

“How long have you been with Tanya?”

“Many long years.”

“Can you see this white light behind me?”

“Yes.”

“In this white light a figure is going to appear, can you see the figure?”

“Yes.”

“Do you recognise the woman? She's coming closer to you now.”

(Tanya) “I had these visions of an Indian, and I couldn't quite work out what you were doing, and I got confused, and I lost it. Did you think it was Thomas?”

“No, no, it was another spirit, but I'd already asked the guides, and they said it wasn't a guide, and any that are not a guide, need rescuing. You ask, if it was a guide, or a spirit that needs rescuing?”

(Samantha) “It was a Red Indian, needs rescuing, and probably will be rescued next week. That's what I got.”

“Yes, just because a lot of people have got Red Indian guides, I don't automatically assume that he was a guide, so he does need rescuing. But I was already told that there was another spirit that needs rescuing.

We remove these spirits at the speed that you can adjust
to them not being there anymore, because if we were to remove all the spirits all at once, you would feel so different, that you wouldn't feel at ease with yourself, you wouldn't feel comfortable with your own consciousness.”

(This only applies in the case of spirits that have been adding to your troubles, and you have been used to these additions for a long time.)

(Tanya) “So, I'm going to probably feel different this week, without Thomas?”

(Samantha) “Yes.”

(Samantha) “Yes, you will.”

“And as they take away a few spirits each week, you'll slowly adjust to the slow changes of consciousness, because you won't have to have all these spirits interfering...”

(Tanya) “You'd feel a bit of empty, because you wouldn't know your own emotions.”

“Yes, you wouldn't recognise yourself anymore, you'd feel that there was something missing, and it's not yourself that would be missing. You would have been so used to these spirits, that you would think that it was part of you. You may have had these attachments for so long that their consciousness has affected you, and become part of your consciousness.

So, for example, if we were to remove say twenty recent ones, because they would not have been with you long enough to be affecting your consciousness, but when they have been with you for years, like this Thomas, for three years, and this other one, that could have been even longer, then their effect on you will be stronger, so we have got to slowly remove them at the right speed, and the right time.

You are just becoming aware of them at this stage. This is why tonight we only had one meditation, because we had to spend more time with this, which I didn't know. They don't tell me about this, they keep me in the dark. I'm sorry, I can’t remove them all at once, and take away all your problems, but it makes sense if you think about it.
Thomas was guided to be attached to you deliberately, by your guides. If they don't go to the right person, their chances of being rescued are a lot lower, but they choose the right person, at the right stage in their life, and development, and they are at the right stage of wanting to develop all this. You being a more advanced soul would seek out the right help.”

(Remember, Thomas would have been trapped on the Earth plane, and you being an advanced soul would be guided to meet me, so that I could help the suffering child, but if he had been attached to an unevolved person, then he may have had to wait until that person eventually died, to be helped.)

(Tanya) “And you felt that he has gone on tonight?”

“Yes, he's gone. Thomas is gone, the Indian isn't, but he will listen and learn, and sometimes people read the books, and as this knowledge comes into the consciousness of the student, about earth-bound spirits, then the spirits with any brains... Are you listening, Indian? Would realise that they don't have to be stuck, trapped with some person that's on Earth, when they can go and visit their relatives in the happy hunting ground in the sky, are you listening? So you can understand the logic.

Another thing, it's better to have a repository that's going to get cleaned out pretty soon, to stick some of these earth-bound spirits in. Than it is to go into a repository that's not going to be cleaned out, in this life-time, until the person dies. And because you are an advanced soul, you became a good garbage bin for these lost spirits.

Let’s stick them in this one, because this one is going to get emptied next month, or next year, if you know what I mean?”

(Tanya) “Yes, it makes sense.”

“Sorry if I refer to you as a garbage bin, we’re all garbage bins, at some stage, aren’t we?”
“That’s a good way of putting it.”

The next week’s meditation experiences are not relevant to the meaning of this chapter, but the experiences were helping Tanya in other areas of development, and at the end, before the channelling practice, I asked Tanya this question.

“Have you felt a lot less fear since that spirit, Thomas, was rescued?”

“Oh, since last week. Yes, well, it's been, and you could say its just coincidence, or whatever, but it's been a really good week for me.”

“I said it would be.”

“It has, yes; it's been quite a really positive week.”

On the following week’s class more connections with overcoming fears were brought up, so starting on the next page is the first meditation where the connections came in.

**HEALING CLASS 17/7/90**

**GENEVIEVE, SAMANTHA, TANYA.**

**DIAMOND BALL + PRE-BIRTH MEDITATION**

**DIAMOND BALL MEDITATION**

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

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

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

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

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

TANYA’S MEDITATION EXPERIENCE

(Tanya) “I got into the hallway, which had dark shadows in, and the beds were very plain stark beds, they were wooden. There were eight or so beds, and I was the only person there, and as I had gone up the stairs, I was aware that there were other people, like other guides, but I couldn't see who they were.

After that, I went in on my own and I laid down on the bed, and I started looking at the diamonds, and as soon as you said that, I have got this real thing, I hate shiny, like the Sun shining in my eyes when I drive, I have to wear sunglasses, and when I was trying to look at it, I was just getting glare in the eyes, and I didn't want to look at it, it was making me uncomfortable. Then my Chinese higher-self man, turned up, and said,

‘Come with me, come with me, don't look at it.’ And he whizzed off, I went to follow him and I came up against an invisible barrier, and he turned around and said,

‘Come on, come on,’ and I couldn't go, and I thought, ‘What's going on here, what do I do now?’ And I had this incredible feeling of failure, I got down on my knees and wanted to go into the ground, melt into the ground, and then I realised that no, it is a lesson. I’m blocking myself there. I'm not allowing myself, and that there’s something I've got to learn here.

So I thought I'd go back to the bed and see if I can look into the diamond ball, and see what it’s about. So I went back and laid down,
and then this ball became quite a menacing thing, and it was shaking backwards and forwards, and it was dropping towards me, and I was thinking, this is all about fear, my fear is blocking it, I'm frightened of it, and my fear is the big problem here.

So I've just got to let go, and have trust that it won't hurt me, and I was just doing that, and I was just starting to get some energy from the ball, when you said, ‘Come back.’ I did settle down, and it was an effort of will to let go of my fear, and just see what happened. Do you see what I mean?"

“Everyone deals with fears in different ways. So, that was very educational for you. I was wondering if it was a chemical problem with you, or a past life problem. But I'm not going to ask, because you have got to practice, and you can ask. But I can get the questions, and you can get the answers. So, ask your higher-self.”

(Tanya) “I'm sure it's a memory thing. Well, put it this way, it’s the same as what happened last week, I just knew which was the answer.”

“I can always double-check, because I don't have any... You see the hardest thing is asking your own questions, because you can be emotionally involved and affect the answer. If a person is detached, like I don't care whether it's a chemical thing, or it's a memory thing, so I get the right answer, because I won’t be influencing it, in a way.

Yes, it's a memory thing. So they are helping you become aware of these fears, the ones you don't know about. Another thing what happens in your development, a student’s fears are brought to the front of your mind, when it comes to meditations.”

(Tanya) “I know, as soon as you said a diamond ball, my mind went, ‘Oh no, I won’t be able to.”

“Yes, well, like I said, it wasn't just that. It coming up to the front of your mind, and your guides trying to take you away from that, that’s something else you have got to learn. They do this all the time, they do things that leave you with a question, and you will say to yourself, ‘Why did he tell me
to come away from that thing? And yet there was a barrier to stop me from getting away.

They set it up so that it leaves you with a question. So you've got to ask them, the more times you ask them, the more you develop your communication with your guides or higher-self. So they very often set you up with a puzzle, which will get you to ask, do you see? Because I'd be asking...

(Tanya) “Should we be doing it now?”

(If your guides think you can accept and handle the answer)

(If your guides think you can accept and handle the answer)

(Not necessarily now.”

(Not necessarily now.”

(Tanya) “To explore it at some stage during the week, or something?”

“Yes, well, you could have asked while you were there, I'd have said, ‘What's this barrier thing, why aren't I getting through?’

(Yes, well, you could have asked while you were there, I'd have said, ‘What's this barrier thing, why aren't I getting through?’

(Tanya) “Oh, right.”

(They see they don't keep pushing things into your brain, until you ask questions, because they want you to have an enquiring mind. Also the questions you are asking is opening the channel to receiving the answers before you have asked the question, by putting yourself into questioning mode, is like wanting to know the answer, will attract the answer.”

(They see they don't keep pushing things into your brain, until you ask questions, because they want you to have an enquiring mind. Also the questions you are asking is opening the channel to receiving the answers before you have asked the question, by putting yourself into questioning mode, is like wanting to know the answer, will attract the answer.”

“If your guides think you can accept and handle the answer)

“So, you will receive the answer, which you will formulate into a question, so that they can tell you, ‘Yes.’ I can't make you want to know the answer; you've got to want to know it yourself.”

(In the last few classes these students had been channelling earth-bound spirits for rescuing, as well as guides and all the students had been practising talking the earth-bound spirits into the white light, to help them, but Tanya had only been channelling earth-bound spirits on this night. Before she channelled, she asked me this question.

(Tanya) “How can I encourage like a guide to come through, rather than, or is it just whatever is supposed to happen, or just happen?”

“Yes, that's the best way; let your guides decide who's going
to channel through you. If they wanted to come and talk through you, they would do. I asked them their name, and they let me know pretty soon that they are a guide.”

(Tanya) “Every time I think of guides, all I get is a picture of my higher-self, the Chinese.”

“You might want to talk. Hello my friend.”

TANYA AS THE CHANNEL

“Good evening.”

“Good evening, are you one of Tanya's guides?”

“I am one.” “Is there anything you want to say to Tanya about her meditation, with the diamonds? .... Do you want to give us your name?”

“Brian. She's fighting.”

“Yes, I know that. Do you want to say anything?”

“Nothing, nothing to say.”

“Did you come because she wanted you to channel through her?”

“I'm here to help.”

“To help Tanya with her development?”

“Yes.”

“Can you say in one or two words what area that you are helping her in?”

“Her fear.”

“This meditation I took them on tonight, the diamond ball, it was meant for her, wasn't it?”

“Yes, but she hasn't understood it.”

“She can ask questions later at home, and get the answers, can't she?”

“Yes.”

“Do you know why Genevieve is having all these rescues, or aren’t you are allowed to say?”

“Genevieve is full of fear, too.”

“Yes, I should separate these two, shouldn’t I?”
“You’re right.”
“Sitting them next to each other is not very good, is it? They feed on each other’s fear, don't they?”
“You’re right.”
“When I sit between them, its okay, isn't it? I take away their fears, in a way. Are you aware of last week's meditation?”
“That's not to do with me.”
Are you happy she is in the development class?”
“Yes.” “How long have you been her guide?”
“Fourteen years or...” “Does she have many guides?”
“I feel lonely in my role with her.” “You mean as a guide”
“Yes.” “Are you a fairly new guide, like a novice guide?”
“I think, yes. I have the feeling of anxiety about this.”
Where do you get this feeling of anxiety from, from Tanya or from yourself?”
“Yes, well, I'm here to help her with her fear, aren't I?”
“Yes.”
“So perhaps it's a learning for both of us.”
“True, true. You are watched over though; you know that, don't you? Your own guide watches over you, doesn't he or she?”
“Yes, I need to remember that.”
Is your higher-self a male or female, Brian?”
“Female.”
Is your higher-self, the same as Tanya's higher-self?”
“No.” “Separate higher-selves? That’s okay.”
“But there is a relationship there.”
Between the two higher-selves, you mean?”
“Yes.”
“You have to remember that the guides are different vibrations, and that's why you don't see them, you know that, don't you? Tanya's other guides, we’re talking about.”
“That's why I feel lonely. I know that there's others with her, and helping her, but I can't see them.”
“You feel their presence, though?”
“Yes”
“Do you see their light sometimes?”
“It's more of a feeling.”
“So you don't have any guides, on a lower vibration than you then? Are all these other guides higher vibrations than you?”
“Yes.”
“You're just a beginner?”
“Yes, exactly.”
“So you can't tell us much?”
“No, I'm learning myself.”
“Well, this is good for Tanya to become aware of you, to learn more about guides.”
“Thank you for listening.”
“That's okay. Would you like to transfigure over Tanya, so that she can recognise what you feel like, so if she ever needs you, you will be there, and she can feel your presence, or is your higher-self saying no?”
“I don't think I can do it. I don't know how to make Tanya recognise me.”
“Imagine that you're standing separate from Tanya as a separate being, aren't you?”
“Yes.”
“And you've got your own clothes, and your own physical being, haven't you?”
“Yes.”
“Now, ask your higher-self first, if you can transfigure over Tanya, does your higher-self say yes?”
“Yes.”
“Now I want you to turn around, and I want you to imagine that you are slowly sitting on her lap, sinking into Tanya's body, so that she can feel your physical presence. So she will be able to feel your clothing, or jewellery, or physical body. Are you doing that now?”
“Yes.”
“It's just so that she can recognise your presence, and when she needs to call you... Do you have any fears, Brian?”
“I find it very difficult to differentiate between Tanya’s and mine.”

“Well, how do you help her overcome her fears, do you know how to do that?”

“I’m trying to make her aware that they are there, that it's an issue in her life.”

“So really, basically you're helping her become aware of the fears, so that she will fear them less, if she is aware of the fears, won't she?”

“I feel like mine’s a job that's just... I am the beginning, if I can make her turn around and look the fears in the face, then I'll get help from other guides, or from my higher-self, and I will be able to go on from there. I feel like I'm just step one.”

“Yes, I also feel that. In her early stages of facing the fears, and then while Tanya's developing psychic vision and channelling, we are getting closer and closer to the time, when it will be appropriate for her to do past-life therapy, do you understand past-life therapy?”

“I have been with her in past lives.”

“Right, yes. So she will be able to see and release the fears, because these fears are coming from past and parallel lives, aren't they?”

(Parallel lives will be explained in coming chapters, as it is complex to explain, but these students are familiar with the concept, which they have read from the first text books.

There was a secondary reason for Brian to transfigure over Tanya, to help her believe that she was channelling a spirit, and it wasn’t her imagination, just a little more evidence that spirits are real.)

“Oh yes.”

“So it’s just getting her ready for this later on, isn't it?”

“Yes, I feel like the overall plan hasn't been explained to me.”

“No, obviously, that's all right. Well, thank you for coming tonight and I'll give someone else a go.”

“Thank you.”
“You can leave the body now. ... Did you feel the physical sensations, Tanya?”

(Tanya) “Yes, it was a man, and he was wearing jeans, and he was standing like this, and when he sat in to me, that feeling was quite strong.”

“So you can recognise him again, that’s if you want to, if you need him, but I don't think you will.”

(Tanya) “Because he's such a novice?”

“Yes, I think you just need to become aware of him.”

(Tanya) “Was he really a guide, or just...?”

“I asked two or three times, and I got that he was a guide, otherwise he wouldn't have been mentioning his higher self, and he wouldn't have gone into so much detail, do you understand what I mean?”

(Tanya) “Yes.”

“Because when you first said, ‘Good evening,’ I asked, ‘This is a guide, isn't it? And I got, ‘Yes, Raymond,’ and I asked a few times all the way through, if it was still a guide. But I do know that there are novice guides, and they are being watched over.”

(Tanya) “Is it possible that he was in a past life with me?”

“Yes, guides can come from past lives with you, as well.”

(Tanya) “It feels really strange, because I had to really force myself to say that first ‘Good evening.’ I didn't know how to, and then as it went on, it felt... it became clear to me, it was easier to say, the thoughts, but is it me?”

“No, it's not. You felt the presence of a guide in jeans. There is a lesson here for you, you were expecting a big wise old guide, who is going to be a highly advanced guide, and you got yourself a little novice, a beginner, and it’s a shock to you, isn't it?”

(Tanya) “Yes, that's true.”

“Now, you know why they don't want you to control your development, but they thought, we let her have her head, we’ll just give her a little shocked here. Did they give you
enough rope?"
(Tanya) “Yes.”
“But your desire came into it, and they let you have what you wanted, but you didn't get what you wanted.”
(Tanya) “But that's really interesting, isn't it?” “Yes.”

SAMANTHA AS THE CHANNEL

“Hello Raymond.” “Hello, who am I talking to?”
“It's Samantha's higher-self.”
“That's good, how have you been?”
“We've been very well, all of us here.” “Who’s all of us?”
“Samantha has a lot of guides.”
“Did you hear the novice before?” “Yes.”
“Do you think that her guides let her channel that novice, to stop her from asking for this and that, do you know what I mean? Was it a learning for her?”
“Well, that novice has the same fears, and he is with her so he can go through her life and learn from her, as she learns from her fears, and he will learn the same thing.”
“So, really, she's a guide for him?”
“They're guides for each other. He can't tell her anything, because he doesn't know either. Just that he has these fears, and Tanya has the same fears, but he'd never hurt Tanya. Don't worry about it.”

(Remember when I mentioned that I have a Nun guide, where I would be helping to heal her, I bet some of you thought I was full of myself.)

The diamond ball meditation has evolved from elements from other hospital meditations, which you will read about, further in this volume, but I was guided to describe them for other purposes other than healing. I will give you a good example of the Pre-Birth Meditation in the middle of this volume.
Over the last five years I had become aware of many types of healing that people were performing at the different places I visited, and some of them they were using their own energies, by what I call magnetic healing energies, and were not utilising guides who will bring through specifically required healing energies from wherever the required energy is sourced from, which I am not in a position to know where, but I do know, that depending on what is being healed, this determines where the healing energy comes from, but definitely not from the healers body or aura.

The reason I am bringing this up, is what happened on the night of the healing development class, of the 24/7/86.

When I started running healing development classes, I only taught spiritual healing, but in all those years of learning I had come to recognise magnetic healing, whenever I saw it being performed. The experience I would like to relate happened at the end of the healing class, with one of my students, and because it was at the end of the class I don’t normally record it, this is where we practice spiritual healing on each other, and very little is usually said at this time.

A new student had joined the class on this night, and I was explaining the prayer of protection, and invocation to God to heal the patient, if it is God’s wish, and I was explaining how spirit move the student, while they are bringing healing energies through, to work on the patient, while the other students were performing healing on each other in pairs.

When I had finished explaining to the new student, I turned around and saw Roy, with his back to me, performing what looked like magnetic healing on Sylvia. I asked my guides if he was doing spiritual healing, and they said, ‘No.’ I then asked if he was trying to do magnetic healing, and they said, ‘Yes.’

Because I know Roy's personality, and knew he was very touchy, I asked my guides, ‘Why is Roy doing this?’ before speaking to him. I then received a vision of another Roy joined to the back of the healing Roy, facing me with his fists up, like a boxer.

By this time Sylvia had one eye open, watching Roy doing the healing,
who was now in front of her. To tell you the truth I found the vision of the challenging Roy, and Sylvia with one eye open watching Roy, quite funny, but I didn't laugh, because I sensed the mood Roy was in, and decides to wait until next week to do something about it, when Roy would be in a better mood.

Later, Sylvia came up to me and said that she had not felt any healing energies working in her body, while Roy was performing healing on her. I told her what I knew, and told her that her guides were protecting her, and that was why she felt no healing energies.

I had explained many times to the students why we do spiritual healing, and not magnetic healing. I knew that Roy also new this, but spirit wanted to let Roy know that they knew what he had done on that night.

So next week, when Roy was in the class, at the end of the meditation and channelling practise, I channelled this message from spirit.

“Tonight, you will be shown the difference between spiritual healing and magnetic healing, and we will help you to recognise the difference. Magnetic healing is dangerous to your future karma, because as you heal and take away another person's lessons, you will be creating karma for yourselves.

You are here because you want to work for God, and we are here to show you when you are working for God, and when you are working for yourselves, this will be shown tonight.

We thank you for listening tonight. God bless you all.

(This, I think is the only time I have ever channelled the word ‘Dangerous,’ in the ten years of running classes, and I think it might have been a distortion on my part.)

Of course, this message was not meant to take on anyone publicly, so that Roy could not make an issue out of it. At the end of the channelling session, just before we practised healing, I explained how when an advanced student is receiving spiritual healing from a student/healer, the advance student feels the energy in their body, however, when a student
is performing magnetic healing, even unintentionally, as you are all learning, the student who is the advanced recipient, will be protected from feeling any magnetic healing energies in their body, and thus will notice the lack of energies.

I then said that Sylvia is very good at detecting whether it is spiritual healing or magnetic healing being performed on her, as she has experienced it before. I then asked if she would like to try an experiment with a blindfold to show the students, and she agreed.

I then asked if anyone would like to volunteer to try and perform magnetic healing on her. As no one volunteered, I then asked Roy if he would like to have a go, but he declined my offer. I then abandon the experiment as a new that they didn't want anyone to try. So I asked everyone to continue doing spiritual healing on each other.

A few months later when a woman called Julie was led to join my classes, and she developed to become a very good channel, I thought I would ask a few questions while she was channelling, but it was most likely my guides who were prompting me to ask the questions, when there may have been an expert in spirit to answer my questions, to end up in this book. Here are the questions and answers:

“If we had the ability to heal without the energy commission from spirit, is it possible for a healer, using his own magnetic healing powers, to heal a patient against the wishes of God, or the soul, by healing an illness when it’s not supposed to be healed? Is it possible to do that, or will it be prevented by God, and thus the patient would not be healed? Do you understand the question?”

“Do you understand the different types of healing? What is your understanding of magnetic healing?”

“Well, my understanding was that a person with his or her own vital force or energy, can actually tap into healing forces, and would have the ability to heal people.

For example, a person comes along with a headache, and the healer uses his own energies to fix the headache, and yet the person may have had to live with a headache to find out
that there is something wrong with their head, so that they can fix the cause of the headache, instead of having a healer just removed the pain, does that make sense?

When the healer removes the pain, the patient can't learn what's causing the pain.”

“We do not in fact advise you to use magnetic healing, we will explain the difference.

Let me say first, that all healing is God-given, but the magnetic healing has been given to each individual personally, as his vibrations have been raised. He has stored up this energy within himself, and he can in fact, tap this healing, but it is very wrong that he taps this healing for another person.

It may come from his compassion, but in fact this healing was sent to the individual, not for him to pass on to others, but for his own healing.

So when someone is using magnetic healing, he is giving away the healing that has been sent to him alone, and therefore draining his aura. When we send you healing direct, it is only going through you, and you are not being drained; in fact you are being revitalised. Therefore, it is the only healing that we advise you to use, although all healing is God-given; the magnetic healing is just what you yourself have stored up over a period of time.”

“So is it important to ask that universal energy be used, and only to heal if healing is permitted, is that right?”

“That is so. It is a universal energy that is possible for us to bring through to others. You should not tap your own store of energy, because at some stage, you will need it.”

“And if a person wants to heal a person in pain, whether it's a headache or anything else, is there a possibility that the magnetic healing energy will go from him to the person in pain, without the person in pain coming in contact with, or asking the healer for spiritual healing, do you understand what I mean?”

“It depends on how much ego is involved. There is a certain amount of ego involved in magnetic healing, by saying, ‘I will give
him my energy,’ rather than asking any of the higher spirits. Therefore, there is a small piece of ego involved. In fact, this is harming the healer, because he's giving away his own personal energy. Therefore, it should be universal healing that is used.”

“Can a person heal a patient’s serious problem in that way, which the patient would otherwise have had to learn from, do you understand? Thus he would be going against God's wishes, for the patient’s purpose, here on Earth. What are the consequences of that?”

“Are you referring to the magnetic healing?”

“Yes, where the healer used his own energy to cure somebody of an illness, that he or she was supposed to have, for their own growth. Do you understand?”

“There is also the danger in magnetic healing, that because it is the healer's own healing power, own healing energy, that has been stored up, certain sicknesses which he has acquired, may be passed on to the patient. You see, we never advise magnetic healing to be used.”

“But are there any consequences of taking away a person's purpose, even if their purpose is an illness?”

“There is bad karma being built up there, because of the sicknesses that he is passing on, unknowingly.

If a healer has allowed his ego to becoming involved, he has in fact brought about the block in his own body. Because of using this ego, he is retarding his own spiritual progress, so to use magnetic healing is indeed harmful to both the physical and to the spiritual body.”

“I have heard from other healers, that if they heal patients who are not meant to be healed, the healers wear the illnesses that they have healed, because the illnesses are transferred to the healer. Is this so, or is this a fallacy?”

“In some cases this can be so, but the most danger is that the patient receives some extra sicknesses from the healer. There is more danger to the patient on the physical level, but on the spiritual level, the healer is building up bad karma.”
“And that's why we say the prayer, ‘Protect me from the patient, and protect the patient from me.’”

“That is so.” “So I did get that from spirit, then?”

“It was a true message.”

(You will notice over the coming many chapters, in which Julie channelled in, the word danger or dangerous is channelled a few times. I will explain more about Julie, and other problems, when you come to those chapters.)

To finish this chapter, spirit channelled this last extract through me.

“We wish also to mention, that you may at times accidentally use magnetic healing without you being aware of doing it, especially if you have the desire for someone to get well, for example, a relative.

This desire may be stronger in you for the relative, than for a stranger, and you can interfere with the process of their ill health, if you have these thoughts and desires to heal them.

If you wish to see them get well, you can drain your own healing energy store, which was meant for your own illnesses, and remember you should only perform spiritual healing when the patient asks for it.

Do not concern yourself when you see or sense that someone is ill, especially a loved one. You may tell them that you are a spiritual healer, and that you can channel spiritual healing, if they are meant to be healed, or if they want some healing.

But if they say, ‘No,’ don't dwell on their health, as remember, your desires can actually heal, but the energy which healed them, came from you, rather than through you, from spirit.”
I have noticed a big difference in the content of experiences and channelling, of students who I have found out much later, are old or advanced souls, irrespective of the reason they have arrived at the class, or their status or health, mentally, physically, or emotionally, when they arrived.

Over the nine or ten years of running classes, spirit seem to arrange the old advanced souls to all come together in a class of their own, and the class might start of as one student, and then the others trickle into the class, and yet they eventually see quite a few life-times they have been together, like a team on a mission, in each life-time, but the theme of the missions are very similar.

My higher-self explained that after I had printed volume one, the old souls, my teams, so to speak, started to arrive, to help with the rest of the volumes, including volume one and two, even after I had printed them, because my higher-self and guides new that my first volumes one and two would need much more meat in the sandwich, or needed fleshing out.

For instance, the meditations and exercises I introduce for the students, depending on the student, and their experiences are in a way complex or simple, depending on the advanced state of the spirit of the student.

So when Paul who is in his early twenties first came to the class after reading volume one, I was surprised by his channelling, at the time of channelling, but I was even more surprised over the coming weeks, when I found out more about his health issues, as he had also been into drugs, but you will have to wait until the third volume, and third disc issue, before you can read more about his experiences in the class, which match up with other concepts yet to be introduced to the students.

Suffice to say after Paul channelled his higher-self, and this was before I had taken him on the meet your higher-self meditation, I channelled, and the spirit who channelled certainly knew Paul very well, and you will learn the wisdom of the guide who channelled through me in the way to handle Paul, let’s say he was a handful.
The next week his mother, who was in her fifties, joined the class, an even bigger handful, as she had been a spiritualist for many years, and they are both from New Zealand.

I won’t insert the basic chakra exercise, as that will be covered a few chapters later on, and I never recorded the Hopi meditation, anyway.

My guides specifically told me to tell Paul that he would be channelling his higher-self first, and in the beginning his channelling was talking to, or advising Paul. And Paul was the only student on this night.

HEALING CLASS 5/9/88

PAUL.

BASIC CHAKRA AND HOPI INDIAN MEDITATION

PAUL AS THE CHANNEL, FIRST TIME

“You don't have to worry about how this is going to sound. No one's going to judge you, and that you are surrounded by friends, and your beliefs are not going to be judged in this atmosphere, and there's no need to be frightened or analyse what you want to say.

It's perfectly alright to say anything you like on any topic, and once again there is no need to watch what you say, or analyse your thoughts before you say them.

He’s very self-conscious over the fact that he doesn't see anything on his meditation, and he's trying to experience something, in one way, maybe trying too hard. He has been very self-critical about his love of experience, right now.”

“Have you been controlling his development, by preventing him from developing at the wrong time? Delaying his development?”

“Certainly, but there is no need to do this, it seems that he will develop in the end, but even now, as I speak, on a different level, he's fighting it.

He has a difficult time listening to himself, and relies heavily on others to make the decisions for him. This is very good for him though, and once again, it is making him less self-conscious.”

“When are you going to allow him to see his past lives?”
“Very soon, there is no reason for him not to see them, and he can experience them soon, if he so wishes.”
“Are you waiting for him to become more developed in the seeing area, before you show them, the past lives?”
“I think that will come in time. Once he starts feeling them, or breaks down this barrier, the sooner he will be able to see them more clearly.”
“What gifts or abilities which he has the strongest, to help him in his development?”
“Paul has the desire to help, but at the same time, he doesn't trust, or rather does not feel secure enough to help others, since he feels himself inadequate. This shows itself in a lot of ways.”
“Is this feeling of inadequacy, coming from experiences in this life, or from other life-times?”
“No, it's a combination of both.”
“Are you going to help him become aware of the conditioning, to break the conditioning?”
“As he grows, he will begin to see more, and it will become clearer, and he'll be able to emotionally step out of the picture, and view it...”
“From a different angle?”
“That's right.”
“Are there any of his guides here?”
“No, yes, they're here. I have trouble even now; he won't say what he thinks.”
“Is he ready to experience the presence of his guides, physically, yet?”
“Certainly, not completely.”
“Or will it shock him?”
“It may overwhelm him, and he's not ready for it, in subtle ways they may come to him. And as he grows, it will become more natural and more fluid, and he won't feel a sense of burn-out.”
“Can you tell him what relationship his guides are to him, like past-life friends or relatives, or whoever?”
“Certainly, he knows Rob in a karmic relationship. He understands. He wishes to know specifically, and have someone tell him, instead of looking for himself.
On the one hand, on a conscious level, he has no knowledge of his
karmic relationship to his parents, or indeed any of his relatives.”
“Do you have anything to say about the chakra meditation tonight? Do you want any further development in there, or different development in the chakra area? Or any chakras you want him to work on specifically?”
“His throat.”
“Do you know of any exercises that would be more suitable for Paul?”
“Paul is seeing chakras which were very small, as he was told.”
“I didn't say any size of the chakras.”
“He thought of them as being very small, he should see them large.”
“That's right.”
“Completely covering the throat, in the middle of the throat, and all sides of the throat, blue.”
“Do you want him to work on any movement of the chakras?”
“He should work on the colours.”
“More than the movement, what part of the day would be the most suitable for doing the chakra meditation, to help him?”
“The mornings.”
“When he gets up?”
“Yes.”
“Does he have any blockages that need specific work on, with these chakras, other than the throat?”
“Completely relaxing, then seeing the chakras at the base of the spine, and the throat, and make sure they relax completely.”
“Is there another spirit in the class, which the higher-self wants to channel through Paul, just to practice, other than the higher-self, a visitor, ask the guides? The guides veto the spirits who wish to speak.”
“Paul won't let them come through. He must learn to trust himself. He's in a certain situation where the things that he knows innately, are not on a conscious level, or ridicule coming. He's come from a place on a superficial level, on a commercial level. Spirituality is accepted. He knows that... and he knew this.
This actuality frightens him; he’s in the perfect situation to learn. He accepts what is said about his beliefs, and if you are well
pleased about, which on another level, he's down with his emotions.

Before, in he knows the truth almost too well, and is looking for specifics. He won't let himself feel the pains that he knows. Which is frustrating him.

He wants to be blatantly shown that he is part of God, and that what he thinks is really valid, and he feels very self-critical. He feels very critical about what he reads, censoring very many important things, which don't on a conscious level interest him.

This fascination of reincarnation, is very good, is very strong, but his fear of any organised religion, is almost a handicap. He won't allow himself to see the love and spirituality behind the dogma.

Just as he won't allow himself to have a more open and accepting view of metaphysical literature.

He desires to be proficient in real, inward ways, so that he can feel very secure about himself, in very limited spaces.”

“Is this why you brought him here, to meet a person that doesn't limit the development....”

“Certainly, certainly, it’s very good for him to be here. He immediately feels quite secure, he feels quite unthreatened. A very interesting combination, the spiritual, and again as many people may say, the superficial. He feels his lifestyle, although he desires it, is very frivolous, and very superficial.

He desires something more meaningful, with some focus and a specific goal. But once again, when he tries to speak of this, he's ridiculed, and is told he is impractical and unrealistic, and these words play upon his fears.”

“Yes, it is hard to stand on your own two feet in this area of belief. When all your friends think you are crazy, being involved in all this. It's hard to stand on your own two feet, and not bend to their beliefs.”

“Spiritually, they have no beliefs.”

“But he has come to the right place to learn to become a teacher, to feel worthwhile doing this kind of thing, because the students in my class will be able to stand on their own two feet, and help others.
Of course, in the years to come, a lot more people are going to be interested in this development, we are going to need a lot more teachers.”

(Paul) “What's happening to my eyes?” “Ask them.”

(Paul) “Oh, nothing, they were just fluttering. Oh, how very relaxing, that was.”

RAYMOND AS THE CHANNEL

“Greetings my friend.” (Paul) “Hello.”

“You have been practising well tonight. You are becoming aware of your own blockages to your development, which will help you immensely to overcome them.”

(Paul) “Could you go into them a little bit, of what use is my blockages, so that I could look at them from a different angle?”

“Your higher-self explained them from the best angle, and if we were to add to them, your reactions would become more defensive. And when you read about your fears and blockages, which you channelled, you will accept them more.

It is better for you than someone else telling you. As I say, you would become defensive and not accept them. When you accept them, you own them, and then you can dispose of them, and get rid of them. If you do not except them, then they are still there, they are still affecting you. Do you understand the logic? (Pause)

We do not encourage questions and answers on the individuals, as the questions that you ask, are very often unsuitable for the stage of your emotional development, and the answers would most likely not help, and would probably hinder your development, by compartmentalising the answer with the question, and there would not be any work on it any longer.

But if you are still questioning, without receiving the answer, you are still open for development and growth in the area of the question.”

(Paul) “If I wanted to ask a question, do you know who Peter is?”

“Yes, we say again, we communicate to you, to help you with your development, and not waste time with answers to questions that you
Paul: “Would it be a good idea for me to go through the same chakra exercises myself, as I did tonight?”

Paul: “Have I made much progress, do you think, since I first started reading about the whole metaphysical thing, a few years ago?”

Paul: “Do you see any difficulty with my Visa, coming up?”

Paul: “Will you be able to teach me lessons in my dreams, which might open me up a bit more?”

Paul: “When I see the shapes and little stars in my meditation, am I correct in assuming that that is how myself is wishing me to see them, or her, or it?”
“You will find that they will disappear...”
(Paul) “Can you explain what they are?”

“Shapes, they are what you see. Your mind creates them. You will find that you will need to allow your higher-self, subconscious, and unconscious, and guides, to open you from within you.”

(Paul) “The next session, we have, will you tell me where I would start actually seeing some sort of sign, or will it become very obvious to me? How much longer before it becomes very obvious, that what I am doing is correct? Can you tell me when, I mean how much longer it will take?”

“You are your own worst enemy. You have the tendency to want to disprove others.”
(Paul) “I'm sorry, in what sense?”

“You own creativity is controlled by you. When you know what you want to create. If we say this or that will happen, you have the tendency to create the opposite, to disprove what we say, or anyone says.”

(Paul) “Is that what sometimes happens, when I think something’s really going to happen. That I immediately think the opposite, and feel secure that just the opposite is going to happen?”

“You insecurities create the opposite, to reinforce the proof of your insecurities. It is like a Catch-22 situation, but we will not start the vicious circle.”

(Paul) “I understand, could you answer a question about my friend Craig?”

“No. We work for your higher-self, not your conscious mind. Others in the classes channel for many different reasons, and different teachers, guides, higher-selves, lost souls. That is okay, because they are developing their channelling, to help them in their own careers, or specialities.

This one is also channelling with guides, Masters and teachers, that know how to develop the individuals, not by being guided by the student, with his questions or her questions.”

(Paul) “Can you feel the frustration, from someone who is trying to ask a question, and that they won't be answered?”

“We do not say children lightly, when we say, ‘Greetings my children.’ Because when we give in, they are frustrated. If we do not
give in to them, they stop being frustrated and get on with it.

You see the negative ego is very often asking questions, so that the negative ego can throw it back to your conscious mind, and say, ‘I told you so,’ to reinforce what the negative ego wants you to believe.

Most of the times that Raymond channels, the student's don't ask questions, and we say what is needed to be said, and let the other students channel the different things, but we do not like students to focus on one individual, to receive all the answers. But it happens, and the students will learn lessons by it.”

(Paul) “Are you Raymond's higher-self?”

“No.”

(Paul) “Have you incarnated before?”

“Yes.”

(Paul) “Can I ask, when was the last time you did?”

“It is not important, how do you know that my last incarnation wasn't in the future.”

(Paul) “That is what I was just thinking.”

“We also answer questions that are mentally asked, but we do not always give you the answers. Remember, there is no such thing as time.

(Paul) “If there is no such thing as time, and everything happens at once, does that mean literally, that our emotional self was affecting all our incarnations, or affecting us right now?”

“Your higher-self is in control of what life-times are affecting you, to help you with certain growth, not of intellectual learning, but certain growth.”

(Paul) “Is there another entity that would like to speak?”

“No, we have said enough tonight, God bless.”

(Paul) “Thank you very much, goodbye.”
“Greetings my children, we have been with you tonight as you sat and listened to a great wise soul. He has been watching over your development over the past weeks and months, and he has been instructing you in the healing of the body and the soul. He will be appearing again in the future, for your education on these matters.”

“Greetings my children, tonight, we became one with God, while one of you received healing tonight. May that feel much better in the coming days ahead, and her nerves and emotions will be calmer and less buffeted by the storms that surround her. We wish to thank Laura for bringing you here tonight, and will hope that you both continue further to grow in consciousness as the others here are growing. This group is very harmonious, and you will all be developing further in this work.

You have been sitting for a very brief time in these circles, and sometimes it can take a considerable time to change the consciousness of an individual. We do not make anybody change; we allow your free will, to create your own consciousness. You have to realise that your psychic development comes secondary to your spiritual growth, as it is how you use your psychic, which is judged.

With your perseverance, you will grow and learn all that you need to know, and we hope that you will be sufficiently developed, to be a calm spot in the middle of a storm, this is the future.

We thank you for listening tonight, God bless you all.”
“Greetings my children, we have brought to you tonight another vibration that you will assimilate for your development. This vibration is for healing purposes, and will be able to bring it through, as you are healing the patient, if it is necessary for the healing process.

You will experience many of these vibrations, in your development as channels for these vibrations. You're being has to adjust to these vibrations that we bring to you, and in time the vibrations will be assimilated into your being. Sometimes, you're being takes longer to adjust to the new vibrations. The healing vibration changes according to the level of the healer. It becomes diluted as it encounters blocks in the healers being.

The more spiritual the healer, the easier it is for the vibrations to come through undiluted. When healing is sought, the same degree of vibration is not being channelled through all. When the healing energy encounters the healer, each block in the healers being, is like a filter through which the healing energy must pass. Thus, the healing energy becomes diluted, and it is not as potent as it would otherwise be.

Patients are drawn to the healer that we choose, and if we choose the healer whose channels are not completely unblocked, it is because the patient is not meant to, or cannot receive pure healing energies. Some patients will become very ill, if they receive pure undiluted healing energies, if you understand.

(Blocks in the healers being will be explained in coming chapters, connected with fears, blocks, in conditioning.)

Further development is always necessary, for you will heal on many planes, other than this one, and healing energies vary depending on where you are healing. Some of you will be healers of the mind, and some of you will be healers of the soul, but you are all
fitted out with the ability to heal, when you sit in circles like this.

When you first start healing, your healing is limited, and we have to move your body in relation to the patient. As you develop over the years, your presence will be able to allow many different healing rays through you, and we don’t have to move your body so much. Someday, you will find that you are healing without being aware of it. Here is an analogy to explain how it works.

The patient is electrical appliance the healer is electrical lead, and the power-point is the healing guides working for God. We cannot get the power of healing through, without you as the instruments, and the more developed you become, more healing can be done.

We thank you for listening tonight, God bless you.”

Sometimes, absent healing is performed by one of the healer’s six non-physical bodies, which travels to the patient, at a time which is arranged by your healing guides.

Spiritual healing is also the spirit directed releasing of deep memories from the subconscious, when the patient's higher-self releases these memories to the conscious mind.

It will only do so, if the higher-self recognises that the spiritual healer is working under the guidance of spirit. Because, if this is not done with spirit direction, the healer may be adding more problems to the patient, than helping to remove them, but all will be explained in the coming chapters connected with past-recall.”
HEALING CLASS 21/8/86
SHANGRI-LA MEDITATION

“Tonight I want you to visualise a large river set in the forest. In the distance is the Himalayan mountain range. On the banks of the River are Indian temples and ashrams. We are now travelling towards the mountains, leaving the river behind. As we climb into the mountains we put on warm ski clothing. We are now approaching a narrow pass, high in the mountains. There are a ropes fastened on to the walls of the pass, as it is very windy up here. As we walk around the bend in the past, it widens into a beautiful green valley where pink cherry blossom trees are scattered across the rich green grass.

As we walk down the path, into the valley, children and animals are playing under the trees. In the distance, atop a hill, surrounded by terraces of hanging Gardens, is a beautiful shining temple with a gold dome roof reflecting the Sun. We climb the steps up through the hanging gardens and through the gates into the temple, where we see rows of seats facing a stage. Find a seat and sit down. On the stage a bright light is going to appear, and as your eyes get accustomed to it, a Master is appearing in it. He's going to speak to us individually about the changes in the future for ourselves and the world. We will leave you in silence so you can hear what he says to you.”

(Approximately ten to fifteen minutes silence)

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

Take three deep breaths, have a stretch if you want to.”
If this meditation sounds familiar, well it may be. I first saw the basis of this meditation in a old black and white movie I saw on television in the 1960s, and I loved it so much I would watch it again and again, every-time it was put on the telly. It was eventually remade in colour, which younger readers may have seen on the television.

Now if you breakdown and analyse the story, the author may have disguised or made it more palatable for his readers, or maybe he was shown the akashic record of what happened to real people, in a disguised way to ground the story in one dimension, the earth-plane.

But what he may have been shown was that a small group of passengers in an old small propeller plane may have crashed into a mountain, my guides just now tell me that they were all asleep in the plane when it happened, their higher-selves agreed to take these newly-deceased souls on a journey to a spirit constructed place called Shangri la, I don’t know if they did get to the valley of Shangri la the way the book and movies depicted they did, but my guides have told me for certain that their physical bodies had died in the plane crash.

The experiences that these people had in this realistic place of Shangri la was to teach the world many spiritual lessons, which the author would transcribe in a book, which spirit knew would be made into a very popular movie, so popular it was remade years later.

These passengers before they were born, had agreed to live those experiences, as if Shangri la was part of the earth-plane, so that their interaction with each other could show the lessons and experiences in a very earth like environment, in their actions and reactions of their humanity, so that the reader or movie watcher could relate, and also subconsciously the affects of the lessons would be positive.

The head monk of the place, in spirit is like a Master, and if a reader or watcher of the movie dreamed of visiting Shangri la when they went to bed, then their spirit or astral body may have visited this place, and their guides or a master could teach or help the sleepers spirit to grow and develop, which may have helped the conscious mind and emotional body when these lessons filtered back subconsciously, if they consciously didn’t remember visiting Shangri la in their dreams.

In the movie if you lived in Shangri la you didn’t age, just as in the
spirit worlds you physically do not age, but when a resident left Shangri la in the movie, they grew old.

But basically my guides said this movie is a demonstration of guided meditation into the spirit worlds, for the purpose of development of our spirits. But this book and movie is so much more to the people of the earth-plane, and has multiple affects on people who watch it.

As I didn’t use any of the beginners’ experiences as examples of this meditation, I will insert a variety of beginners and advanced, young and mature students experiences, from years later, before I give you what spirit channelled through me to the students on the first time I gave them this meditation.

I will leave out of the title the meditations these students went on, but I will put alongside the chosen extracts, the students name, the number of times they have attended class, in brackets, which includes this one.

HEALING CLASS 24/9/91

SHELLY (18)

“My higher-self, Martin, and my guide were waiting at the Temple, and we all went in together, and I went in feeling really solemn, and sort of thinking, ‘It’s a Temple.’ And I was sitting there watching this figure, and I was going, ‘Oh well, hey, man, what a powerful master.’

But then all of a sudden he turned around and started doing a John Cleese silly walk, and doing back-flips, and then he was saying to me,

‘Lighten up, baby, lighten up, it’s fun. You know, you take this too seriously.’

Then Jacob, my guide, who is an old man with a bushy beard and a caftan, he got out there and started doing back-flips, and Martin got up there, and he was doing all sorts of contortions, and they were playing some really good music, and we all had a generally good time.

And I suppose the message was that it’s fun. Fun is essential, and just because these Masters have reached the potential, they still, well, they have fun all the time.”

Then later in the class, Martin channelled this through Shelly.
SHELLY AS THE CHANNEL FOR HER HIGHER-SELF

“It's good to see that Shelly's perceiving an evolved spirit as something that can be fun, and doesn't have to be taken too seriously, because for everybody else, it can often be a daunting field, because you all have your own wounds.

So, I think that this message was intended for everybody. Just don't take it too seriously, because that's the way you erect blocks, and you cause yourself more pain in that way, eventually.

Shelly's deserved a bit of a break, so we get this meditation, and she's going pretty well. She's starting to feel stronger now, more confident, and it's going very well.”

“Do you have any advice for what is happening with the other students?”

“Yes, recognise that your pain will go, as long as you're willing. You have to be willing to get rid of that pain; otherwise you are just perpetuating the situation, and actually causing more harm than good. So if you're here tonight, and not truly willing, which comes from the verb will, I will, then it might be a bit hard.

So, just realise as long as you put will in, you'll always get results, always, even if you don't think you will, which has come up behind you and taken you by surprise, because what you work for, you learn, and everyone here has got different potentials in their growth.

Some may be talented at one aspect or spiritual gift, and others may be talented at more passive gifts, such as being a source of love, which doesn't flaunt itself.

So if you see someone who you think is doing better than yourself, just realise that everyone's got their own role, their own resources and their own beauty, because comparison is not a good concept, because it all depends on the context of the situation, and your own problems and past lives.

So, just don't compare, and just have faith that as long as you will, and you are really prepared to work, then everything will happen, that's all.”
HEALING CLASS 28/1/92,
PAULA (1) LUCY (1)
LUCY’S MEDITATION EXPERIENCE

(Lucy) “When you said to put the ski gear on, it was big fur coats and hats
that we were wearing. I could see the cherry blossoms and the kids, and
the Dear’s came right up with the kids. They were really placid, like they
weren't scared of us, at all; I even had a pat of one.

When we got to the Temple I could only see one guide, and I wanted
him to hold my hand, he seemed really gentle, really nice. I got scared
when I went in the Temple. I didn't know why at that stage, so my guide
held my hand for me, and we both sat down.

Then when you said that we were going to meet a master, I got
excited like some little kid, and said, ‘Oh, good.’ And when you said, he
is going to meet each one of us in turn, then I got really excited, and said,
‘Oh, I can't wait, I want to meet him.’

And my guide told me that I had to learn patience, and there wasn't
just us there, the Temple was full, there were a lot of people that the
Master saw.

Then he got to me, he put his hand on my shoulder, and said that it's
good that I had an eager mind for learning, but not to rush myself, or
others in trying to attain learning, and then he said I was doing well, but
to slowdown. Then I said thank you. And he walked over to Paula.

After I said thank you to the master, which was long before you said to
say, thank you, I was really attracted to the back of the Temple. There
was a doorway there, and there were lots of colours coming from the
doorway, and I had a hold of my guide’s hand, and I was like a little kid,
jumping up and down, and saying, ‘I want to go in there.’ And he was saying,

‘No, no, you've just got to sit here and wait for everybody else to
finish.’ But I was attracted to go into the back of the Temple, there, but I
didn't go.”
PAULA’S MEDITATION EXPERIENCE

(Paula) “That’s funny, I knew you were having your turn, and I was waiting. Then he came to me, and I was sitting there, and my guides were there, and I really did feel like my great grandmother was there as well, beside me. As she was saying,

‘Sit down,’ and he took my face in his hands, like this, and I said, ‘I’m lost.’ But I can’t remember what he said to me, but I know at the time that it meant something. Basically, I was looking at my great grandmother, and she was going,

‘Well, listen, listen.’ We had three or four exchanges of things, but it’s gone. I said, ‘I’m lost,’ and he said,

‘You’re on the right path.’”

These next two extracts were channelled by me from spirit, on Thursday and Friday the same week, as I’d taken all the students on this meditation to Shangri-La, and some of the students experiences which I have lost, saw beings dressed from head to foot in gold, and were curious as to who they were.

“What my children, tonight we have been to a beautiful place in your meditation. This place is very real, and its reality has been impressed onto the ether by many souls in the past. Your visions tonight are all parts of the whole picture, of the consequences of the actions in the world today.

Your visions of people in gold are the inhabitants of Shangri-La. They wear gold to be identified as beings from beyond the Earth. They are here to help raise the consciousness of mankind, to change your vibrations, to prepare your new bodies for a higher frequency than your earth body. Your body is not very strong, and this new body will help your Earth body to survive. This new body is being formed to coexist with your Earth body.

You people on the Earth have this new body within yourself, and you have to earn it. If you have not grown in consciousness, you would not have earned this body, for you will find that you will use this body for many purposes that are connected with the spirit.
Your earth bodies sometimes have trouble adjusting to the new body, and you will suffer side-effects. They will go away as you adjust.

We thank you for listening tonight, God bless you all.”

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“Greetings my children, tonight we took you to a very special place, known as Shangri-La. You were brought together on this trip, for you all to experience the peace and harmony of this place. It is a very real place that you were taken to, for you are being subjected to healing rays, which will be necessary for your survival on this earth.

These rays are altering your atomic structures, and replacing your atoms with new atoms. For these atoms are linked with spirit, and are sustained from spirit, which will help you in your destined work here as healers and teachers. You will be modified human beings, and we have started this process of modification.

Your Saints in the past also receive this modification; this modification also prevents decay of the body, as even after consciousness has left the body it still continues to survive and receives sustenance from spirit. You will find side-effects will plague you while the modification is taking place. This communication can be verified in literature on Saints.

You will slowly change, and your consciousness will slowly change as you learn from your meditations, and you will feel your intuition growing stronger, knowing what is right and what is wrong. Many of you that are being changed will still have a lot to learn and grow, even after you are changed.”
In my original first text book, in the chapter titled “SPIRITUAL HEALING BEYOND THE EARTH-PLANE,” I described the first example of the students dressing up as medical workers, and going on a rescue mission to assist newly deceased souls into the light. These next two class nights experiences are the next example from that chapter, of a similar rescue mission the students and new students went on.

Over the last few days, the news on T.V. described how the natives of three villages in the Cameroons, Africa, all died from volcanic gasses that erupted from below a lake near their villages.

My guides said we want you to take your students on a rescue mission to help the spirits of the villagers, but I was not to mention that the villagers were dead, but to explain that all the natives were in pain or suffering, but instead of using medicine I was to get the students to use hypodermic needles, and vaccine bottles.

I feel that the white coats with the Red Cross on, and the hypodermic needles, were just to gain their confidence so that they would obey our directions.

I then explained what the students were to say or think to the natives, I will explain what the spirits instructions were in brief:

Offer the pain killing injection, to gain the villagers confidence;
Put yourself between the villager and the white light;
Get the villager to look into the white light, to look for the person that you tell the villager is in the white light.

(The first person that pops into your head is the correct person to tell the villager. Your guides will communicate to you this knowledge, whether it is the mother, father, uncle, grandfather, or whoever.)

Tell them to go with the person in the white light through the white light doorway. I then explained to the students the reason for the specifics of how to rescue them. If the villager has never seen a white light in his life before, chances are that he will be afraid of it, and so by putting
yourself between the villager and the white light at the back of you, which you are making them aware of, and that you are not frightened of it, the villager will conclude that:

1/ You are creating the white light............. by suggesting its existence.
2/ Your body is like a shield..........by having the white light behind you.
3/ You are not afraid of it..................by having your back turned to it.

Since the last time we went on one of these field trips, the class had increased in size, so I had to run two classes, and the newcomers had not been on any of these field trips, and the first text book hadn’t been written, for them to read.

Most of the students did very well, but a couple of the new students did their own thing. The first student spent considerable time bandaging the patients problems, which the student may have been taken somewhere else, or a native may have been injured prior to the gas eruption, but he said he forgot the white light.

The second student tried a short-cut, and distorted the white light instructions by saying, ‘Go to the white light, that is around the village.

As you see, both students were working according to their own concepts of what they should be doing, even though spirit gave specific instructions on how to help the villagers.

You see the trouble is I am the one telling them how to do it, and because most of the time I am not given the reasons for what spirit feed to me, because the students very often are kept in the dark about the reasons for the meditations, because, if the students knew the reasons for many of the meditations, their reaction to the reasons would prevent the students from developing.

But all through these discs, very often when I used to type up their recorded experiences and channelling, I would receive from spirit the logic, or breakdown, or analysis, or information that should not have been mentioned before the students went on the meditations, but will greatly help students who read these books to not only have faith in the spirit teachers and guides, but to trust in the teacher of this kind of development class, whoever they may be.

Anyway back to the class nights, and this is what I channelled.
“Greetings my children, tonight we brought you to the souls that were in need of healing and guidance, that had transited from the earthly plane into the spirit world. They have been waiting for help to arrive, and you provide a lot of help tonight in your work. They had had experiences with hypodermic needles before, so it was appropriate to use this technique to help them believe.

You will find that this method of healing will be employed by you much more in the future, as these events become more frequent, and you will find that you will arrange to meet after you are asleep, to do this work together in teams.

Then we can use your classes for your development, more often. If you visualise a certain area to meet, if you will become aware of this area, then when you go to sleep you will travel and meet at this appointed spot, to do your healing. So next time something like this occurs, arranged to meet when you sleep, and we then can help you grow faster in your classes.

Once in awhile, we will do this in a class, when we have newcomers like tonight, to know what to do. We thank you for your help tonight, for it is easier for you to reach these souls, than for us to reach them. God bless you all.”

“Greetings my children, tonight, we took you on a trip out in the field, as you say. This experience you had will help you to understand that you can be a healer in areas that are beyond this physical plane. We need you to help convince these souls, to be passed on to their loved ones in spirit. We had to bring you to this village, as no one has been doing this work in this village.

You were needed also to raise the vibrations of the lost souls, so that they could perceive their loved ones. Your spiritual vibration
raises their vibration, and consequently the light is not so bright, and the loved ones become clear for the patient.

You will be able to do this kind of rescue any time of the day, with the souls that are earth-bound, wherever you meet them in your daily life. You may not perceive them, but your guide will help you to become aware that they are there, and there are many lost souls hiding from the light, fearing God's wrath, fear of the judgement, some do not know that they are in spirit.

If there were more healers like this, doing this form of healing, you would have fewer problems in your mental hospitals. This kind of work is only the beginning, as you will find more disasters in the world, in the future, and you can do this, whenever you want to.

When you are more advanced, you will see more of your meditations, and they will become more real to you.

We thank you for listening tonight, God bless you all.”

Both of these tragedies have a few things in common, they all died together in their home location, which made it easier for the class to help as a team, and bring natives of unsophisticated rural cultures to accept our help, because they use their feelings more in their cultures, than a big city dweller, who uses the head more than the heart. Also everyone lived either where they died, or all the relatives died together, and they wouldn’t have to look far for their loved one. You may think, ‘what has this to do with spiritual healing?’ I will explain.

The following week, a jet passenger plane collided with a small plane, and crashed on a Los Angeles suburb, with many lives lost on the ground and in the aircraft's. When a disaster like this occurs, the spirits of the people who lost their physical lives, tend to gravitate to their homes and relatives who are still alive, which scatters the spirits all over the world, as passengers on a plane usually don’t all live in the same suburb, or even the same city or country.

One of the houses which were destroyed was hosting a party, and many of these souls will gravitate back to their respective homes. I'm not saying that these souls cannot be helped, but it is very difficult to do if the healer is insufficiently developed to perform any rescue work, in
situations like this. When the healer is more advanced, your guides will help you when the circumstances are approved by a higher authority.

(2010 INSERT. Many years later, my higher-self has shown me a new aspect in rescue missions. I was lying in the bath one day, and I started to think about the planes that flew into the world trade centre, in New York. I had a thought that came into my mind, which wasn't from my own mind. Why not travel back in time in my spirit body, and rescue the spirits of the passengers of the planes, before they crashed into the Twin Towers. So I asked my higher-self, if this was possible, and she said,

‘Where did I think I got the idea from?’ So I said, ‘Do you want me to do this rescue?’ and my higher-self, said,

‘Of course,’ and because we had worked together before, to impress developing patients spirits, in the spiritual churches.* I knew that my higher-self transfiguring over my spirit or astral body, will lower her vibration temporarily, sufficiently for the spirits of the passengers and crew, who have physical bodies, to enable their spirits to see my higher-self’s body, with her Angel wings and Halo, and all the bells and whistles.

So when we arrived through the partition-wall of the jet plane. I will never forget the expressions on the spirits faces, as they looked up, as we arrived. But remember they only saw her, in which she then proceeded to show the spirits of these people, on a large spirit plasma-like screen, how the plane is going to fly into one of the twin towers, and that everyone would definitely die, and there was nothing they could do about it.

She then showed them the white doorway, and that they could leave their physical body behind, so that they would not suffer any of the impact of the plane into the towers, and the majority of the spirits of the passengers got out of their seats and went through the white light doorway.

We then went through to the next compartment of the plane, gathering the flight steward’s spirits on the way through, and repeated what we said in the first compartment. After we had finished, I asked, “What about the other three planes?” and she said,

“We have already visited those with your spirit body, when you were asleep, but I thought I would show your conscious mind what
we had to do, and what can be done, for your future readers.”

On another mission back in time, my higher-self took me to stand in front of Joan of arc, just before the flames were about to burn her, and my higher-self who was transfigured over me, reached out her hand, and stopped Joan’s heart, and as her spirit stepped out of her body, her spirit recognised my higher-self, on an emotional level, as her past-life memories of that life-time, had not come back to Joan yet, but my higher-self had changed her appearance to appear as the past-life that she had with Joan, so that she would feel safe with her, she then took Joan over to Jesus, who was standing in the white light, you see Joan also had a past life with Jesus, when he walked the earth.

Later, I was to learn that Joan in the future reincarnated back to the earth-plane, to help block the world dominance of the Catholic church, and because she had commanded men in a war against the English, her spirit had been trained to be a leader, so her next incarnation was in England, coincidently was born on my birth day of the 7th of September, to help balance her Karma towards the English soldiers, which she again did this in her later incarnation as Florence Nightingale.

More about Joan’s connections with Jesus and my higher-self, will be revealed on the fourth disc, when her present incarnation sat next to me in the spiritual church, but her conscious mind didn’t know it, and I didn’t at that time, either.

* In the last year, every time I was performing healing on certain members of the spiritual churches I attended, if the patient was actively developing psychically, like sitting in circles, my higher-self would tell me while the healing was happening, that she was going to do some spruiking, what she means is she will transfigure over my spirit so that the patients other bodies will see her, and then she will show them on a spirit plasma screen a scene from the Spirit Past Life Therapy Temple, where mental, emotional or astral bodies can go while their physical body is asleep, so that they can do past life therapy, to remove conditioning, fears or wrong beliefs, or vows that need releasing, if they want to. But if their ego denies that they need any therapy, my higher-self would ask the body which is in denial, if they would like to step into my reciprocal body,

[ Astral to astral, or mental to mental, or emotional to emotional.]
to sample a body that has been to this temple and released any baggage that was not needed anymore. And usually if you can get the patient’s body to merge even their hand with mine, they begin to understand and they bring the rest of their body in to mine. Then they usually agree to visit the past life therapy temple, in the early hours of the morning, so that slowly the conditioning or desires will be released, and the patient may get well or become a happier person.

You see after many years of running classes, spirit gave the students an exercise, which I had no idea what the result would be, where the students in turn would get their other bodies to step into my reciprocal body and their physical body and their clairvoyant vision would check these bodies out, and the results surprised the students and me, and when they practised on each other, they noticed the difference.

You will come to read of many examples of variations of this exercise in the fourth and fifth volume discs, I only have ever been guided by spirit to perform the many variations of this exercise when it has been necessary for the student or patient, to have the required effect that my higher-self and guides wanted.

Other times I have done this is when a student saw that in a few past life-times he had caused the deaths of persons, when he visited them after he had died, and also while he was alive in other life-times, but consciously he never knew what his astral body had been up to in his past lives, or while he had been in-between incarnations.

So to reprogram the astral my finer bodies stepped into his astral body, and downloaded specific past life memories of my own past lives, to help cancel out, you could call it bad programming, as this student had to go back to France, as his visa was about to run out.

He had been a student of a hypnotic past life regression class, before he became aware of my classes, and he said he would never have seen what he had been up to in his sleep or after he had died, in that class, because the teacher always brought the student back from being hypnotised as soon as the past life died, and what he saw in that hypnotic class were only memories from the conscious past life, but in my class, he was able to be shown so much more of the events, outside of his past life memories.
I have decided to include these class nights in this chapter, as in both of these classes I don’t know what the meditation was, and I don’t know who else was in the class, other than Elizabeth who was mentioned in the channelling.

They are not connected with the following class-night, but they are connected with the classes before it.

HEALING CLASS 4/9/86
ELIZABETH
RAYMOND AS THE CHANNEL

“Greetings my children, tonight, we showed you your guides, for the purpose of your development, in your communication with spirit. For you will visualise stronger, the more you practice. And this will help you to perceive spirit when you are healing.

This one has tuned into the reason that you meditate like this tonight. This is why we are saying the same, but we repeat, for the record that you make every week.

You will be able to see clairvoyantly in the end, some develop faster than others and some are stronger in other senses. Elizabeth, you are developing feelings, and will sense where to heal the patient. As your guides shows you in your feelings in your body, trust your feelings.

This class is getting stronger with more newcomers. We will be here, helping you to develop for a long time to come, and you will find the more you practice healing, the more you will learn. This form of development is very strong, and you will suffer from some side effects, like headaches or earaches. You will eventually be able to channel higher energies of healing, but it takes time to develop.

Christmas will see many changes in your world to come, and we hope you will be back in classes, after the New Year.”
“Greetings my children, tonight, we helped you practice your clairvoyance; your third eye was being stimulated, for you to be prepared for your mediumship. We wish to have you develop clairvoyance, to be able to communicate with your healing guides, as you are healing your patience. In this way you will be able to teach the patients the causes of their illnesses, if they are ready to receive the appropriate knowledge.

You will be brought to a higher state of perception, when you are developed. To perceive visions, of the causes of the illnesses in your patients. We will show you these causes and events, which are to be told to the patient. They may not believe you, but it sows the seed, to be grown when they accept.

Future events will help you in your development, in your link with spirit. These events are going to change the vibrations of all physical matter in this world, and your attune-meant will be clearer with spirit. These future events are a part of the change to Aquarius, and you will grow so much faster, as you will be attuned to higher levels of vibration than the majority of mankind.

This must be, to protect the Earth from mankind, as mankind is very destructive to this Earth's environment. We will be able to change things, put things right.”

On the afternoon of the 11/9/86 I received from my guides a new exercise and a meditation for the students; I feel that these meditations were timed to coincide with the attendance of a specific student, as you will find out over the next two chapters.

The first exercise was designed for the students to work on their own chakras, and for the students to become aware of any differences in their chakras, like blockages or restrictions, and over the coming years I would find out about filters in the chakras.

My guides explained that the chakra exercise was meant to activate the chakras and leave them being worked on while the students went on
another meditation. But again I didn’t know what the meditations were going to achieve.

Before I started the chakra exercise I explained to the students that they had to remember anything different to what I was going to describe for them to do, like any difficulty in seeing, or difference in size of the chakra, or if the chakra was moving, or doing anything, as they also had to remember their experiences on their second meditation.

HEALING CLASS 11/9/86
BASIC CHAKRA THEN PYRAMID MEDITATION

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

(Ten to fifteen second pause)  

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

(Ten to fifteen second pause)  

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

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

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

Now I want you to imagine the colour amethyst, coming down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in bright amethyst, except the chakras that are open already. Now open the forehead chakra, this is located on a stalk attached to the top of the spine, it’s in the shape of a flower bud, open the bud, and it has approximately 128 petals. Infuse the flower with all the amethyst from the inside of your body, so it is glowing bright amethyst.”
“Now I want you to imagine the colour purple, coming down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in purple, except the chakras that are open already. Now open the crown chakra, this is located right across the top of your head, like a huge sunflower, on a stalk attached to the top of your spine, it’s in the shape of a flower bud, open the bud and it has approximately 256 petals, but some think there are a 1000 petals. Infuse the flower with all the purple from the inside of your body, so it is glowing bright purple.”

(Ten to fifteen second pause)

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

PYRAMID MEDITATION

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

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

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

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

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

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

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

As I don’t have any record of students experiences of the first time I gave them these new meditations, so I will first give you what I channelled on the two consecutive nights that I first gave these meditations to these classes, on these dates, on 11/9/86.

“Greetings my children, tonight we experienced a new meditation for you all. It was different from the other nights, and we will be practising this again in the future. You were put into an altered state, for your chakras to be worked on. You will need these chakras, the more you develop, for they channel the energy through you to your patients.

This is one of the best exercises for your chakras to be activated. You will find that you will feel the effects of tonight’s exercise over the next few days in your physical body. Do not be alarmed if you feel discomfort, as it will pass. It will help you to function more effectively as mediums.

A medium is like a translator, translating communication from one to another, and you will benefit by practising the colours and chakras at home. Eventually they will change and become useful for many reasons. At the moment they are just being exercised, like a
baby moving its legs but not walking anywhere yet.

You will find that you will be able to visualise the chakras clearer, the more that you practice. You may find that you will also see, instead of imagining them working. Your chakras were stimulated by the correct colour vibration for each chakra. These colours will help strengthen and energise these chakras, for your development. Some were working and some were not, but each receives stimulation to help them grow stronger.

You can leave those colours in the chakras when you close them tonight, before you leave.

We now wish to talk about your second meditation. You were taken to a pyramid, where you were purified by the purple flame. You are being prepared for further initiations. As you develop, your other bodies are also undergoing trials, tests and development, and they will have to be strengthened and purified to help harmonise your being. This will help with your development, and will increase your perceptions of the spirit worlds.

You also received gifts, which were presented to you all tonight in the pyramid. These gifts were perceived by you in different ways, and some you will not be aware of, at this time. For these are gifts of the soul, which will help you in your development and life work to come. You will all be needed for your different talents in the future.”

Because what spirit channelled about the chakra meditation, is nearly identical for the second class, I will leave it out and only give what else was channelled about the Pyramid meditation, on the 12/9/86.

“Tonight, we took you on a trip into the great pyramid of Cheops. Inside the pyramid, we took you through a purification ritual, which will help you to perceive spirits, who are brought here for help and guidance. Your spiritual bodies were infused with the purple light, to give you strength and ability to be channels for love from God.

This communication tonight is being brought to you from your higher guides, who are not normally in communication with you. As when you meditate alone it is your own close guides that you communicate with. But in this circle, it is from a higher source that
we bring the knowledge for you. For when you want to give, then we can reach you with our knowledge and wisdom. This knowledge is only allowed to be communicated, when you are ready to accept the knowledge. If you do not accept the knowledge, it is wasted talking about it.

Free your minds of desires to heal, as it can hinder the healing process as, as you sometimes believe that healing energies come through you to the patient. This is not always so, sometimes energies are removed from the patient, and when you desire to heal, your mind creates energies that are working counter-productive to the energies that your healing guides are channelling, whether they are channelling through you to the patient, or from the patient through you.

Also, where we direct your hands is not always directly linked with the place where your hands are near the patient. We may be healing around the patient’s aura, and not the physical body. You have to relax and let spirit, and let God do what must be done.”

I will now show you first an extract of a beginners class, from four and a half years later on. They performed the Basic chakra exercise before they went on a different second meditation.

In this example from the future it was Jacqueline and Delia’s first class night, but Carl’s second, as he had done the meeting higher-self meditation the previous week.

**HEALING CLASS 5/2/91**

**JACQUELINE, DELIA, AND CARL**

**BASIC CHAKRA MEDITATION**

(Jacqueline) “It was good, and I must say that I've tried to do that before, on my own, just from various readings, and I haven't been able to. So, obviously, someone taking you through, it helps.

I could picture the flower and the various colours, but I couldn't get the colour right through me, I had the colour, and it was in each area where it was meant to be, and it was a different flower for every
area.

The one for my heart wasn't a flower, but a Green emerald. You know, the way they cut stones in a heart shape, and it was green, and it was sparkling. I tried, but I thought, ‘No, I’ve got to have a flower,’ but that was it.”

“It’s to show you that you are not imagining things, but you are being shown what you are being given, and not from your own creative imagination.

As for not seeing on meditations at home, maybe your higher-self wanted you to develop in a class situation, because you need guidance in some situations.”

(Carl) “The first one was the size of a rose, the red one opened up. The orange one was slightly bigger. The solar plexus one was a size of a sunflower, quite large.

The green one, I think it was a bit smaller than the yellow, and it had more petals. The last one I could feel all round here, it felt as if someone took the top of your head off. It was the biggest one as well.”

(Delia) “I felt the Crown chakra quite strongly, and I had the same sensation on the whole top of my head.”

“Good, well it happens on a subconscious level as well. If we don't see it consciously, it's still happening, because of the power of suggestion, and you wanting it to happen.

I mean, you can want something to happen, but it doesn't mean to say that you will see what is happening, even when it's happening, but it’s good, and because you are wanting it to happen, your guides are going to give you the energy to help you with those chakras, anyway.”

(While typing your class experiences, my guides gave me a bit more information about the behind-the-scenes activity of this meditation.

They are saying that when the student consciously decides to open the chakras, and allows colours to enter into the students body, to feed the chakras, then it is like subconscious automatic blocks and doors are opened, and told that it is safe, to allow energy in, like you would open your door and allow the gas-man into your home, to
convert your stove to natural gas, and in a way you might not be aware of what is being done, and just like any locks the gas man would close and lock the door when he's finished, and leaving.

So, your chakra technicians will do the same, when they have finished their work for now, on your chakras, or any of your seven bodies which can be, you could say, adjusted for higher vibrations, or whatever they are permitted to do within the laws of karma.

These guides don't come into your body, but do the adjustments or whatever from the outside, and are guided by your higher-self to what can be done.

You also may not notice any difference to yourself, but you will be able to perform new functions in the process of your development, you may not have been able to do before. Of course as you develop, this may be repeated for further installations or adjustments.

But if you hadn't opened these locks and doors, then the technician guides, cannot help you. So don't think that your meditation didn't work, because you don't perceive what happened at this stage in your development. Rest assured you are being developed. Not all of your development is done by you alone.)

This next extract is taken from two advanced souls who went on the same two meditations for the first time, six and a half years later on, and was their first class night after they had both read volume 1.

HEALING CLASS 23/3/93 ANGELO AND JANET

(Angelo) “The first two (chakras) were like rose size, then the yellow one was a little bit bigger, and then the next one was like a rose, and it's quite big, but it didn't stay as a rose, it had like vines coming out of it or something.

Then the throat chakra was again like a rose, but one damage petal. It was like a bug had eaten a bit of one of the petals, type of thing.”

“That's the communication chakra, so maybe that petal is the swear words.”

(Angelo) “Bingo. Gee-whiz, that's come up three times in the last two days. Bingo. The forehead was a really nice cultured rose, it was a
different sort of rose, it was the same basic size and everything, but it was a really pleasant rose to look at.”

(That's cultured rose, tells me that the clairvoyant ability has been worked on, and you could say cultivated. And as you know, to grow a rose like that takes time, so the ability has been developing over a few life-times, because a normal rose doesn't change overnight into is cultured rose, it changes through intelligently guided genetic manipulation. Meaning that many generations (Representing your past life-times) of the rose was change slowly to develop a superior rose.)

(Angelo) “Then the Crown chakra started as a crown of thorns, and then the thorns disappeared, and it was like one of those wooden things, intermingled, but had a smooth sort of affect.

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(Janet) “The bottom chakra was about 4” round, the next chakra was slightly smaller. Next chakra wasn’t there very big at all. The Green chakra was just enormous. The throat chakra was a deep Indigo blue, penetrating. Then the Amethyst was a floating thing, where it just seemed to come in, there was no big deal with that one. Then the purple chakra, before you start is saying it, I could see the purple was about that big, (2 foot across) and the petals were like a daisy.

I went into the mauve light (purple Pyramid flame) that started to turn yellow, while I was in there.

“I know why, because your yellow chakra is too small, it needs more energy into that area. So they changed the flame to yellow, to feed your solar plexus chakra. Notice the smallest chakra in your body was the yellow chakra.”

(Janet) “Yeah, so that was yellow and mauve in it, but mainly yellow.”

(When the students finished their healing practise, at the end of the session, I get the students to close the flower like chakras, starting with the base chakra and closing every one until the crown chakra is the last.

And I explained that if your higher-self or guides want to open any of your chakras outside of the class, then they would close them when they are finished, as you don’t always feel or know that they have opened them, if your psychic development is in other forms of perception, as you don’t stop developing when you are not in the class.)
On this following week, after the pyramid meditation, I received a meditation of a temple of healing on the banks of the Nile, and years later I was to find out from my higher-self that she had been a guide who worked in the duplicate temple in spirit, as this temple still continues to function in the spirit world, after the earth-plane temple had fallen into ruin, and disappeared, as this temple was an Atlantean temple, before Atlantis disappeared, and before any pyramids were built.

And what they told me, was that I have had two past-lives, working in this temple, as a male in the red room, and a female in the purple/amethyst room, and that even when I reincarnated to a physical body, my spirit continued to work with patients from the temple, but for complex purposes, will be explained in the third volume in more detail.

When I was studying up with all the books, which my guides would help me choose to read, they said ‘No’ to any books on guided meditations, because they wanted me to receive all the meditations from my higher-self and guides.

But years later, after I had printed my first four volumes, and most of the meditations needed for students to use in their own home development classes, were already printed, I happened to come across a book on meditations, while I was supplying a few new age book shops with volumes one and two.

I flicked through the pages until something caught my eye, and I read this meditation where the author said that he had been a worker in this temple in a past-life, and as I continued to read the meditation, I was blown away, it was an identical temple on the banks of the Nile, and I briefly thought someone has pinched my meditation, and published it in a book, but when I looked at the front of the book, the printing date, preceded when I first received the meditation.

So other people out there have also worked in this temple, but it gave me a boost of confidence in the reality of memories that come into our minds, when we may think it is our imagination.

Another thought just occurred to me, if I had read this book on
meditations, I may have never used this meditation, as ever since I started developing as a healer, I had in the back of my mind the thought that I would like to write a text book for students and teachers to use, and I know that I wouldn’t write a text book with other authors meditations in my text book.

But I have no problem with this meditation being in my text book, or on this disc, as I did receive this memory from spirit.

In this chapter you will learn of a reason for the cause of a student’s phobia. These fears, blocks or conditionings, more often than not originate from previous experiences in this or past life-times. However, people are not usually consciously aware of these causes. The way that spirit helps the students become aware of the cause of their conditioning from the past, is very subtle and indirect, because if the student becomes aware of the direction in which the meditation is going, their bodies may activate automatic blocks and resist the process of releasing the memories.

These memories, especially the painful ones, the student may not even be aware of, need to be released from the body. The body remembers the traumatic past experience, on a physical level and may be manifesting it as a physical, mental or emotional reaction to a similar situation, either already is, or later on in this life.

This can sometimes be misdiagnosed as sickness, disease, or phobia. But in most cases, the person may not be aware of this form of a reaction, because when a similar event triggers off a reaction in the emotions or body, the person may tend to avoid going through the event to its conclusion. He or she may also avoid all future similar events, or people, which restricts the individual's freedom. This is what we call conditioning. And one of the affects of consciously or subconsciously avoiding the triggering event, the person may forget that he or she has an associated fear, and thus may swear that they don't have any fears.

Before bringing the correct meditations, sometimes their guides will arrange their meditation experiences to trigger off the conditioning, to help the student become aware of it, if they consciously were unaware that they had subconsciously avoided something.

To help release these blocks, spirit prepares the student with the
required personal reasons, which they respond to, as each student has to be happy with their decision to release their blocks.

The subconscious has to be lulled into a false sense of security, before the rug is pulled out from under it, metaphorically speaking. In this chapter, you will learn of an example of this process, but the way guides and higher-selves help a patient or student to release conditioning, is very much dictated by how the student or patient will react to the process, so it can vary from student and patient.

HEALING CLASS 18/9/86
GLEN.
ATLANTIAN HEALING TEMPLE BY THE NILE MEDITATION

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

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

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

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

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

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

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

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

(Approximately ten to fifteen minutes silence)

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

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

Again I was guided to perform the same meditation for both classes, but first I will give you the channelling, that I performed for the 18th, but I don't remember who the advanced student was. Maybe the meditations were meant for both classes, to learn what another student was going to experience, which I will show next, but first here is the channelling of the 18th.

“Greetings my children, we have been privileged tonight with an advance student, bringing to you further knowledge, into your minds and consciousness. This one has been healing for a long time, longer than most of you, and we brought her to this class tonight to help you in your development, and we hope she will come again tomorrow night. We have other students for her to teach. We are also helping her to understand further teachings, which will be
taught to her.

For your meditation tonight, you will find that you are experiencing forms of energy's that you are in need of in your aura is and bodies. This healing Temple is very strong in the ether, and if you wish to visit this temple alone, you may do. And you will find the guides will help you to learn more, and receive healing, if you wish.

The circle is growing stronger with more newcomers arriving in the future, and will be needed for a long time to come.”

Some of the students in this type of development class are sometimes unconscious telepaths, and can pick up the thoughts of the teacher, and this is one of the reasons the teacher will not be shown or told, the purpose of the meditation he gives or channels to the classes, until the meditation has had the required effect on the students.

Only then will spirit reveal certain knowledge to the teacher, to explain to the individual student, for whom the meditation was designed for, if it is necessary, and over the coming years I have found that after the appropriate scenes have been shown to the student or patient, and if there has been secondary emotions generated by a past life trauma, then this to me as a past life therapist of many life-times, is obvious to me like night follows day, you could say, but all is double-checked with my guides. But in this case it was easily understood by Jane.

This does not mean that the teacher will receive all the knowledge, as a student has to work, and believe, by receiving the answers from within or psychically from their own higher-self and guides.

Also the meditations can be used for many other purposes, which you will learn as you read in coming chapters, of other more advanced students going on the same meditations.

I have known Jane for many years, where we met on weekend seminars, ran by the different spiritual churches, and we talked a lot about spiritual healing, and about the time I started running classes Jane started her own, forty miles away, where she lived, I eventually visited her and helped teach her about past life therapy in her classes, so she could do it. You will read about that later on this disc.
“You told us to take our choice of a colour. I was attracted to a beautiful amethyst coloured room, I love that colour. And they said,

‘You can go in,’ but I said, ‘No thank you,’ and they said,

‘That is the colour.’ I had a look at and a few other colours, and they said,

‘You have to go into that room,’ so I did. I lay down on a couch, and as I was lying there, I found myself in a small boy's body; I think I was in a big Castle, in the Tudor era. And the next thing I know, I was lying in bed with a pillow made of a purple satin material, coming down on me. After yelling and screaming, I remember I couldn't breathe, and I was gagging.

The next thing I knew, I was out of my body, floating above it. My body was still a small boy, so as far as I was concerned I was at the ceiling, looking down at this body, and I could see who’d done it. There were three men there in the room, all dressed in Tudor costume. Then I looked around and found that my uncle was there. He said,

‘Come on, we have to go from here,’ and I said to him, ‘But you're dead.’ I realised then, that he must have been an uncle from a Tudor time. I can't remember him being in a costume, I just knew he was an uncle. He took me into a white light, and then I found myself back in the temple again. My guides said to me,

‘Pick a colour,’ but didn't really want to, so they said,

‘Go on, pick a colour.’”

(Jane had mentioned after last week's class, where she had to stand in the purple flame, in the meditation, and that she had an aversion to certain shades of purple.)

“The aqua room stood out the most; the person standing at the door was in aqua clothing. So I went into that room, and as I lay on the couch, the next thing I knew was that I was swimming around in water,
as a young man, whom I'd say was in his twenties. I had a loincloth around me, and was swimming around in beautiful aqua clear water, absolutely gorgeous, it was.

The next thing I know, both my feet were entangled in reeds, and I couldn’t get out of the reeds. I was trying to get to the surface, but I couldn't; I just got really tangled up in them. I was forced to take a breath of water, and I could then see myself, I was out of my body again, and I could see the body in the water turning white.

Then a big person all in white turned up and told me to come with him. So I went with him out of the water, and up into the sky, into a big white light again. Now I was back in the Temple, and they said,

‘Pick another colour, another room.’ I said, ‘No thank you, I'm not interested in another room.’ But I had to pick another colour, so I chose the one that shone out the most. It was yellow, like the colour of the Sun, bright yellow.

So, I went into that room and I lied down again, and found that I was in the body of a young woman, whom I'd say was in her twenties. I felt as if I was in a Roman era. Everything was yellow around, and I was lying face down on a bed, being massaged.

The next thing I knew was that I had my throat cut, this was really sudden. I then found I was floating above my body again, looking kind of hysterical. My brother came over as I was floating, and he said,

‘Come with me.’ He waltzed me out of the room, oh, he had a white robe on, out into the sunshine, up into the white light, and I was back in the room in the temple again. Then I said, ‘I'm having no more of this, and you said,

‘Come back now.’”

JANE AS THE CHANNEL, FIRST TIME 19/9/86.

“Love be with you, the fears that you feel are necessary for your growth. If there was no fear, there would be no growth. You must look beyond the fear, and listen to the feelings you are receiving.

Our love is always with you, as we travel with you. There is no need for fear. You must send this love out to the world in the form of
pink when you meditate. God be with you.”
If you remember the previous week's meditations had connections with the colour purple, bringing purple, into the Crown chakra, in the head, and also stepping into a purple flame in the pyramid. Thus, you can see how long-range plans in the spirit world are in connection with the development of the student.

GLEN AS THE CHANNEL, FIRST TIME 19/9/86.

“We love you, we love the way you try when there are so few.”
(Glen) “The resistance is too great, because of my tendency to not let anything happen. It's too much, tension, I think, not allowing anything to come…”

“Self-conscious barrier, that's got to be overcome, acceptance, understanding, believing, not fighting things and trying to work them out mentally. Just to learn that it's a different way of things happening. To learn to accept it, and that it will take time and patience. A lot of work to be done.”

RAYMOND AS THE CHANNEL

“Greetings my children, tonight, we took you to a temple of healing for your development, and we will be taking you to this temple again in the future. Jane, this Temple is for you to remember your past-life situations that are affecting you in this life. We will continue to take away your fears and conditioning, if you let us, for you all have these problems in your beings, and we try to provide the correct stimulus, to bring these problems to the surface.

The meditation, last week was to prepare you Jane, to get you used to the colour purple, and slowly bring you to that vision of a previous life which was affecting you. We are very devious sometimes in our pursuit of your development, and it worked, as you can see.

You are both developing faster now, and you can practice communicating again; we will look forward to speaking to the group
in the future. At first you will find your messages are primitive in content, but when your link gets stronger you will receive higher communication of instructions on the subjects of healing and development. You will find that this method of communication will get stronger and faster, so that you will talk at normal speed.

As you are healing you can tell the patient what spirit is bringing through. The stronger your link with spirit, the more accurate will this communication be. In relation to the patient, this is a very important part of your healing of patients, to educate them about the causes of their illnesses.

This is now a new phase in your development as healers. When you are healing patients of serious problems, you will find that we will communicate through you. This is a more advanced form of healing, than just laying on of hands.

We thank you for listening to night, God bless you all.”

I feel that this is a milestone in the development of students. This is the first time any of my students have been shown one of their past lives in my classes, and I feel that the overwhelming way that Jane was shown not just one past life, but three past lives, without any suggestion from me, was to convince not only Jane, but other students, and the readers of the text books, that dislikes and fears, even of certain colours, are caused by something in our past, which is what we call conditioning, and now all the channelling from spirit alluding to blind spots which are preventing us from venturing into areas we don’t want to go, makes sense.

It can be colours, or different races, or certain patients’ disabilities, or compulsions, like guilt, or vows compelling us to repeat going through the same experiences over and over again.

Over the years I have come across many types of conditionings, which my students and patients have become aware of, even one female student, who was my youngest student of eighteen years old, was very early in the class shown on the same night, just like Jane was, one past-life after another, but in this students case, in her past-life, every time she broke up with, or a boyfriend left her, she was either murdered, or accidentally died very soon after the break up.
When I recognised the meaning of why she was shown so many scenes of separation from a lover and then death occurring very soon after, I asked her how many boyfriends have you had in this life, and she said, 

‘One.’ Then she was shown how she had made a vow in a past life, that if her lover disappeared, she would kill herself, and this conditioning was so powerful, that even accidental deaths were being caused by the subconscious mind, whether it would be electrocution in a kitchen, or absentmindedly stepping off the pavement into the path of a semi-trailer.

Now I knew why she had been my youngest student, and she had to release multiple vows connected to relationships, just to stay alive, and she had wanted to break up with her boyfriend for quite some time.

All this students recorded transcripts will be on the fifth disc I will give out.

The next example is a continuation of last week’s extract of a future class, where they also went on this same meditation.

HEALING CLASS 5/2/91
JACQUELINE, DELIA, AND CARL
ATLANTEAN HEALING TEMPLE BY THE NILE MEDITATION

(Delia) “I went into the mauve room, and then nothing happened, and then I went to Orange, and start seeing glimpses of the sea, and I saw the orange bow of a boat, and that went, and I left that room and I went to green, and then light blue, I was visiting the rooms, and there was nothing to show me, and I left again. I just floated in and out, having fun.”

“That's all right, I mean, just seeing the place and become familiar with the place to visit. Maybe you're not ready yet to experience the experience of the colour, and its okay. It's good to see that you are seeing, visualising, that's good.”

(Carl) “My higher-self was present there, then we went up the steps and into the Temple, and there was some other figure there, an older person dressed up like a Christ, and we went into the Temple and the first room I went into was the yellow one, and I was lying there for a while.

I had all these light yellow laser beams coming into my stomach area. It went on for a while. I think I need yellow, for some reason. Then I
went into the green room, and I can't recall what happened there, and left again to a blue room, and that was interesting.

The blue room was a swimming pool, and I went into that for a swim, and it was a mixture of dark and light blue colour, and all of a sudden I saw this underwater world, with submarines and sunken ships, and I stayed down there for a while, and I got into this deep blue, and I went deeper and deeper, and then you brought us back. I saw myself flying quite fast into my body again.”

(Jacqueline) “I imagine the Temple, but when we walked up the stairs, nobody was there.”

“You haven't met your guides or higher-self, yet.”

(Jacqueline) “I could feel that there was somebody there, but I thought, ‘I can’t see you, where are you?’ I just couldn't see anyone. I walked in and I looked around, and the only room that I saw. And the only colour was a purple and mauve colour.

I hung around and thought, ‘There have got to be other colours here,’ but that was the only one I could see, and I walked in, and I could see and feel mauve all around me, but I could just see those mauve crystals, you can buy. I could see those all through the room, and when you said we were lying down on the couch, I wasn’t lying down, I was just levitating.

I was just lying there with this mauve all around me, and then I could feel mauve all around me, almost like a skull cap, just around the top part of my head, I could really feel the pressure there, and I thought to myself, ‘Is this healing me?’ And I just thought, ‘Yes,’ and then the pressure went away.

So I got up and went out to a foyer like area, and all I could see were these huge clear crystals, and I can just remember looking at them, and I felt again someone was there with me, and I said, ‘Aren't they beautiful?’ And I looked at them and wandered around, and then you said we were coming back.”

“That was great. You were seeing things that I didn't suggest, which gives you more evidence of your seeing ability.”

(Jacqueline) “I imagine a completely different entrance to get there. There were the big stairs, and it was pink, but I went across the water and up the steps, the steps were right on the water. I had this feeling, all
through me, like a vibration, and I thought, ‘Is this really happening, or is this the air conditioner?’ But I could feel something.”

I would like to give you another example of how guides help a student develop, when they have difficulty on a meditation. This was the students second night of attendance, and she was the only student to turn up.

As her first meditation was the basic chakra, and her second meditation was the same as this chapter, I will leave them out.

**HEALING CLASS 19/6/90**

**GENEVIEVE.**

(Genevieve) “The most wonderful thing happened; I was disintegrated from my body. The body was here, but I was somewhere not there. It was wonderful. I was trying very hard to be in Egypt, I came with you.”

“How did the chakra exercises go?”

(Genevieve) “They went really well, I felt it was really easy to see them opening up, pop, pop, pop, all the way up. Then it went really well, to go to Egypt with you, the town and everything, and I was holding on very tightly to you, going up towards the Temple, but then when I came there, I couldn't see anyone inviting me into the rooms. I could see the colours, and I tried to lie down there, but then I started seeing everything from above, as if it was a dolls house.

So I looked down on this square building, but then I wasn't interested in that anymore, and that's where I just disappeared, and it was just so wonderful to not be here, and be somewhere else, and it started to spin a bit, and I seem to be leaning on an angle, and it was very interesting.

Then just before the green room. I came back, unfortunately. I was so disappointed; all of a sudden I was dumped here again. So I tried to get along with the green a bit, but I wasn't very successful.”

“What they do is, this is what they are telling me. ‘We’ll give her this exercise and have a focusing on that, and we’ll do something totally different, but if we were to tell her, she'd be scared, so we won't tell her and she'll have the experience that we want her to have, without knowing she's going to have it. So that she'll be developing, even though she doesn't know she
is developing, because if she knows, she’ll fear, and she won't develop.’

They're sneaky see, because if they had told me to tell you that tonight we are going to disintegrate you, you'd be freaked out. So, you see, I did the guided meditation to distract you, to help you feel more secure or safe, while they did something else.”

(Genevieve) “Oh, I felt really safe with that, it was wonderful.”
“But it was to lull you into a sense of security, so that they could develop you along a different line, you see.”
(Genevieve) “It was really nice though.”
“It's all right, because they're getting you used to feeling more safe in developing, and then you can relax more, and let things happen, and when you let things happen you will have the experiences, when you fear things happening, then you won’t see things, you see?”
(Genevieve) “Yes.”
“It's like, if you don't like my suggesting all the time, and if there is that little thing in the back of your mind, saying, ‘I don't want to do what Raymond suggests I have to do. My guides want to show me, not what Raymond wants me to do.’

So that's okay, because they did show you, they took you somewhere, they gave you an experience.”
(Genevieve) “Yes, it was marvellous.”
“They’re trying to get you more relaxed in the leaving of your body, and feeling yourself being somewhere else, in a way.”
(Genevieve) “Yes.”
“You don't have to have the experiences that I am guiding you on, to feel as though you have to conform to what I am describing, you have no one to compete with, and if you have a totally different experience it’s great, because it's got you in the state of mind to allow the experience to happen.”
(Genevieve) “Yes.”
“It doesn't matter if you don't understand half of what you experience, because it's affecting on different levels, and
preparing you. It's like sometimes we have to get everything else working before the conscious mind is plugged in to what you are going to experience. You know, get everything working first.”

(Genevieve) “Yes.”

“Your development is like a computer, before I can start writing the pages up, I’ve got to switch it on, load the discs in, put the date and the file number on the page, before I can call up the page.

So when you think of it, it could be very similar to the conscious mind, to actually get you developed first, before we bring in the conscious mind, to what the conscious mind is going to be experiencing, you see?”

(Genevieve) “Yes.”

“You would have still most likely experience the colours. Part of your consciousness could have still gone in those rooms, and had the experiences for your other bodies.”

(Genevieve) “But it was the same as last week, there are no people there, it's all unpopulated. No guides, no higher-self, nothing there, well, you were there, but apart from that there was... I tried to see those women, and know what they should be like. They wear thin linen things, and probably if they are rich, they would wear wigs and things. So I knew approximately what they should look like, if they were upper-class Egyptians. I have always been very interested in Egypt.”

“Yes, like you said, you have most likely had a past life-time there, but your conscious mind is maybe still blocking...”

(Genevieve) “Oh yes, it is doing everything it can to block me, I'm sure.”

“But they still got round that and gave you an experience to make you feel more safe and secure. It's a slow process, I mean even though I lead you one way, and they know you are going to fight that, so they give you a different experience.”

(Genevieve) “Yes.”

“So, you see its fears that cause you to fight, as well.”

(Genevieve) “Of course, yes.”

“There could be other connections from past life-times, where
you don't trust people that guide you. It could be any number of reasons, but I wouldn't worry about it. You are developing, that's the main thing.

I have been told that you won't be channelling any spirits that need rescuing tonight, but it will be either your guides or your higher-self coming through.”

GENEVIEVE AS THE CHANNEL

“Greetings my friend.”
“Hello.”
“Well, yes.”
“Female guide.”
“Something flowing.”
“No.”
“A young woman.”

“Are you one of Genevieve's guides?”
“Are you a female or male guide?”
“Would you like to describe your clothes?”
“Are you wearing any jewellery?”
“Do you look young or old?”

“How long have you been Genevieve's guide?”
“Five years.”

“And what do you think of Genevieve's development, so far?”
“Not bad.”

“Do you like what I said before, that the class guides pulled a tricky one, slipped in a different experience than what I was describing, was it you?”
“No, no it wasn't me. No, I had no dealings in that.”

“Was it another guide that helped her have dealings in that?”
“I don't know who did this at all.”

“You don't know of her higher-self helped her have this experience, then?”
“No, I could feel completely set aside from all the others.”

“In what area are you helping guiding Genevieve?”
“Nowhere special.”
“No.”

“You're not wanting to say?”
“Have you met any of her other guides?”
“No, I'm separate.”

(My guides are all from different levels, and the guides of a lower level
cannot normally see a being from a higher level, just like earth-bound spirits aren't aware of their own guides. A guide of a higher vibration can usually see a guide on a lower vibration.)

“Would you like to say anything to Genevieve?”

“No.”

(Genevieve) “She's crowding me out; she's taking over half my head.”

“Why?”

(Genevieve) “I don't know why, she’s in this half of me.”

“Well, let her flow in, and then she'll be able to speak easier. Just relax and you may feel her presence getting stronger. Do you have a name?”

“Mona.”

“Have you known Genevieve in past life-times, Mona?”

“No.” “Are you coming in closer to Genevieve?”

“Yes.” “So that she can feel your presence?”

“Yes, but very slowly, though.”

“That's okay. This is for you to get used to your guides coming in closer, Genevieve.”

(Genevieve) “She is wearing something yellow.”

“Is that what you are wearing, Mona, a yellow dress?”

“Yes, a long yellow dress.”

“Can Genevieve experience feeling your dress on her body, like transfiguration?”

“No, not yet.”

“Do you know what exercise her chakras were doing tonight?”

“No.”

(Genevieve) “I think she's leaving. She is still hovering here.”

“Hello my friend.”

“Hello.”

“What's your name?”

“Is it a man or a woman?”

“Is it a man or a woman?”

“Hello my friend.”

“Hello.”

“No name.”

“Oh, this was a male. Oh, don't go. No, he's going; it was just a bright light.”

“Greetings my friend, do you want to say anything?”

“No.”
“Do you just want to Genevieve to experience your energies, for now?”
“Yes.”

“Are you male or female guide?”
“Male.”

“I’ll let you experience the energies for a bit. (Five-minute pause)

“Did you feel the energies?”
“Did you like that?”

“Were there different energies?”

(Genevieve) “Oh yes.”
(Genevieve) “Oh yes, it’s nice.”
(Genevieve) “Very heavy.”

RAYMOND AS THE CHANNEL

“Greetings my children, you have been watched over tonight by your guides and your higher-selves, as it is very important that you be happy, relaxed, and comfortable while you develop. Sometimes we cannot guide you through Raymond, for your development will happen while you are here, even though it is different to what Raymond has been instructed to say to you.

We know the best way for you to develop, and arrange the circumstances for you to experience what we want you to experience. This is very difficult to explain, you are also experiencing your development on different levels of your being, which is why you experience something different to what Raymond described, but we still wanted him to describe what we told him.

You will find that we will visit you at home, and different times. And you will feel our energies, to let you know we are still with you. We cannot describe what you will develop at this stage, for it depends on you, and what you can achieve and experience.

We often repeat what Raymond has already told you in these classes, as our link with his mind is very strong, and he explains very often what we would say in the channelling, anyway, and it isn’t really necessary to channel if it came through Raymond earlier on, if you understand?”

(Genevieve) “Yes.”

“He learns as fast as he receives the ideas, remember last week? We still want you to practice doing that exercise, to help you also see past lives that are safe to see, by allowing yourself to imagine, but
everything is going well. That is all we have to say, God bless you all.”

The following week Genevieve again experienced a different experience to what my guides gave the class.

HEALING CLASS 26/6/90
JESSICA, GENEVIEVE.
PYRAMID MEDITATION + SHANGRI-LA MEDITATION
GENEVIEVE’S SHANGRI-LA MEDITATION EXPERIENCE

(Genevieve) “I got there alright, but they were all Chinese instead of Indians. The master sort of had this Chinese mask on, and wasn't really communicating with me at all. He came down the steps there, and I followed someone else. I don't know who this person was, but he was Chinese and a really tall person.

So I started to follow that person, and then all of a sudden there were all these horses, then that just disappeared, and I just had this very nice relaxing pattern of a redy-brown geometrical pattern, and I had that until it was time to go back.”

“My guides say that that geometrical pattern is very important for you. That geometrical pattern is like a key in a lock, the key unlocks the lock. It unlocks subconsciously, certain of your mind processes.”

(Genevieve) “I often have just images, like patterns, colour schemes, and had that for many years when I close my eyes and drift away. Just before sleep I often have geometrical patterns, or symbols, and sometimes figures, but patterns often.”

When Genevieve came to practise channelling, I felt Genevieve was experiencing something different, so I asked, “Where are you now?”

(Genevieve) “Oh, it’s just deep underneath somewhere, underground. It's wonderful, it's really far away. It's pitch black, but I can feel that there are nice things around there. I'm very little in this big cave. I'm just resting, while you're working. I feel this really heavy weight on me.

Oh, my body’s expanding. Oh, it’s getting very big and heavy. Oh, it
feels so big. I don't know if I'm flesh anymore, I could actually be stone, the weight is really heavy, nice though, nice heavy. Yes, I think I am a stone.”

“That's okay, we've all gone from minerals to plants to animals, before we became humans, so we have got memories in the past of being stones.”

(Genevieve) “I'm out of the cave now, but I'm still here. Can I just sit here and be a stone, it's really nice?”

“I just want you to describe if anything changes.”

(Genevieve) “I'm in the stone, I can feel myself in there, but this stone is all around me. I can feel my body is in here, but it's so big, and so heavy.”

(My class guides have told me that they gave you the imagery of being a stone, so that you would accept the feelings of the energy, while they were expanding, and they say, plugging in your aura, for your development. For you see when you accept the experience, it works, but if you're scared, you reject the experience.)

“What they are doing is connecting up your physical body with your aura. So what you are actually feeling is the size of your aura, and the expanse of the aura, and you feel it as you.”

(Genevieve) “Oh, right.”

“They're expanding your consciousness. Ask your higher-self if this is true, yes or no. You've got to start asking questions.”

(Genevieve) “I just get blanks when I tried to ask questions, but it's gone now, I'm not a stone anymore. It was wonderful, I like these body experiences.”

On the afternoon of the 14/8/90 I was told to give the students the basic chakra, then the meeting higher-self meditation, and after the students had described those experiences I was to take them to the ATLANTLEAN HEALING TEMPLE BY THE NILE MEDITATION.

I had a new student coming to the class, but my regular students had done all these meditations, but guess what, the new student was the only one to turn up.
I feel that Lenora’s higher-self and guides gave it their best shot, but Lenora never came again to the classes, but she had a very impressive nights experience, but she never even came back for these transcript pages.

**HEALING CLASS 14/8/90**

**LENORA**

**BASIC CHAKRA + MEETING HIGHER-SELF MEDITATION**

(409x598)

(Heart chakra colour)


(Lenora) “When the colour went into the petals I could see it really clearly, and some colours are really bright, the orange and the red were bright, I could just get the lemon, only just get the lemon, and the green was sort of muddy, I could visualise bright green.”

“When it came to see my higher-self, I had trouble controlling my mind. My mind wanted to jump ahead, and I saw a few different things first. First of all I saw a really old woman, then it went down to the feet, and the thing I notice about the feet, is that they were bright green, and pointy toed shoes.

Then the images kept changing, as you kept going up the body, from wearing overalls, to torn overalls, turning into an older style military, and a very powerful man. Very powerfully built, huge chest, and very strong, and calm and secure.”

“When you got to see the whole body did it fix at a certain look?”

(409x598)

(Heart chakra colour)

(409x598)

(Heart chakra colour)

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“Was he smiling at you?”

(409x598)

(Heart chakra colour)

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“Did he say he was your higher-self?”

(409x598)

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“When I felt my higher-self come around me, I just about started to cry, from this feeling of safety that I had, of not being alone, and feeling of strength around me, that's bigger than what I am.”

“Did you feel any jewellery that he was wearing, was he wearing any arm-bands, or...?”

“Yes, there were some arm-bands.”

“You felt that on your physical body?”

“Yes.”

“Because when you are say, drifting through a bookshop, like a new age book shop, and you are wondering what you are to read now, and you will feel that strong presence of your guides or higher-self, to guide you.”

“Okay, well, the one thing I really noticed, was my thighs, they felt huge. So maybe that would feel really bulky there.”

“These are so you can recognise and identify the differences between your guides and your higher-self. Did you get a name?”

“Well, the first name that came through was Joel, but I was saying I can't understand what your name is, I wasn’t sure what it was.”

“Joel will do. I was told it was Joel. You don't like Joel, do you? The name Joel.”

“Well, I do, and I don't, it doesn't seem appropriate.”

“I'm not happy with my higher-self’s name, either, so don't worry about it.”

“Is that his name?”

“Yes, I was told your higher-self is using the name Joel. I don't know, what reason, because you higher-self can pick any number of names from many different life-times, and many different appearances.

Your higher-self has had many different life-time's, so he could appear as little old lady, or a man, but he stay’s one form so you can identify and know it’s your higher-self.

So he comes to you in the psychologically correct person, to help you with your development and growth. Did you see your guide?”
(This meditation sometimes has an extra component, where the student would see one of their guides walking towards them on a beach, and they could experience transfiguration of a guide, if the guide wanted to.)

(Lenora) “Yes, he appeared really quickly, just walking along, a small person wearing robes, but when he got closer up, he had a huge long beard and a square hat, a Jewish look about him.”

“Did your higher-self want you to feel his presence?”

(Lenora) “I didn’t really feel his physical presence, not like the higher-self.”

“But did your higher-self want him to step in, and sit in within you, to feel more things about him, so you can recognise him?”

(Lenora) “Well, I guess I get, ‘no,’ because he didn't, can you check that?”

“You didn't feel his presence, he didn't step through the mirror and step into you?”

(Lenora) “Well, he did, but I didn’t feel the... what did I feel?”

“But you may not have felt his physical presence, because his vibrations might not have been suitable. Otherwise you might not have been able to handle its higher vibrations, but you could still have felt something, to identify him again.”

(Lenora) “Yes, what happened was, my chest wanted to rise up and breathe properly.”

“Right, so that's one sensation you can recognise, there must have been others, like feelings, like you felt secure with your higher-self.”

(Lenora) “I felt a presence in my stomach, or just centeredness.”

“Good, so long as you can identify and recognise it again, and if you forget it, it’s typed up, so you can remember it, when you read it.”

(Lenora) “It was much more, not so much as a physical feeling, but a very calm feeling.”

“Good, I mean, I was told by your higher-self that he wanted him to step in, but I still got you to ask, to find out. I understand why you didn’t feel him the same as your higher-self, because the vibrations are usually a lot higher, different
vibrations for different guides.

Some of them you can't tolerate, because their vibrations are too high, and you wouldn't be able to stand them. So he only came in on a certain vibratory level, which you only felt in certain areas, you felt your higher-self more physically, didn't you?"

(Lenora) "Yes, with this one I think I felt hollow, sort of a dematerialised physicality."  "Did you ask them any questions?"

(Lenora) "No, I felt like I'm in a bit of a fight about looking at it. And my mind was still saying, 'Is this true, is this true, is this true?' And I didn't really trust it enough."

"That's all right, you get that. How do you feel about all that?"

(Lenora) "Excited."  "You saw easily?"

(Lenora) "Yes, easy, if I can stop my blocks."

"You did very well, being the first nighter, coming to a complete stranger's place, and you've hardly read volume one, so I expected there to be a lot more blocks and fears, and lack of trust.

But you got quite a lot, and you got plenty of proof there. You felt all the feelings, adverse seeing them, and then feeling their presence. You will feel energies in the body, you know that?"

(Lenora) "Yes, can you ask spirit a question for me?"  "What?"

(Lenora) "I want to know if Jonah is happy that I'm here?"

"Yes, well, you might feel that my answer is biased. If I was to answer the question, you're never going to know whether it is me, biased, saying, yes, because you would be better asking your higher-self."

(Lenora) "Okay, I'll do that later."

"I could answer it, but there are some questions that spirit don't want me to answer, if they want you to accept the answer from your own communication.

You will accept it more, whether it's yes or no, from your own communication. But if you ask someone else, even when they tell you what you want to hear, there is a part of you that
will find an excuse to deny the answer, do you understand?"

(Lenora) “Yes.”

“Well, you've got to feel that you can trust the person, because I'm not going to guide you in any specific teaching or rituals, or direction, because you will get your own direction from spirit.

I might get the meditations, but it's mainly to help you become familiar with other areas, a broad spectrum of experience, before you knuckle down to hard work. So they might give you lots of experience, to take away any fears of anything unknown, because it won’t be unknown to you, anymore.”

**ATLANTEAN HEALING TEMPLE BY THE NILE MEDITATION**

(Lenora) “That was nice, I felt a lot more connected to my higher-self in that one. I found it easier to talk, and or to see questions, and get the answers. He'd tease me when I'd ask him something that I already know.

He said, one of the things I had to learn, that I'm here for, is to learn to stop blocking out love, and to blocking out connections with other people, and to allow those things to happen. And when he was telling me that, I was in the room where I was bathed in pink light.”

“Have you noticed that it was the heart chakra that you couldn't cope with, the muddy green?”

(Lenora) “Yes.”

“Did you notice that I made that the largest chakra?”

(Lenora) “Yes.”

“I work intuitively, remember.”

(Lenora) “You mean you don't normally do that, and make that the largest chakra?”

“No, but if it feels right at the time, I'll say it. These meditations can all be modified slightly to what I feel at the time that I am doing the meditation. I don't read these meditations from a book, they are memorised, and if I feel I have to modify them slightly, I do.”

(Lenora) “Mmm. I asked him why I was born into this world a wimp.
You know, being very wimpy. He said it was that there was some sort of teaching for me to do, and that the reason that I spent so much time being fearful and weak, it so that I will have a connection to people who are also in those fears.”

“The same as I went through childhood trauma, so I can help others who have gone through it.”

(Lenora) “Yes, to be able to relate, and move through, and inspire. I asked him about the relationship that I am in at the moment, and he said that that was there, because of the learning to open up love, and that it was really good, and that it was for a long time. So that felt really nice, because I've been questioning that one.”

“Did you ask about Jonah?”

(Lenora) “No, I forgot about Jonah, I was so busy talking to him. I went to pink, and then went to the blue.”

“Blue’s the throat chakra.”

(Lenora) “Yes.”

“And that's communication.”

(Lenora) “Yes, blue was where I went to first. But first of all I wanted to go to the white, and then I asked him, ‘Do you want me to go to the white?’ and he said, ‘No, go to the blue.’”

“Good, I have a lot of trouble with students, they want to go and do other things, and see other things, and they get in trouble when they go there, and they shout help to their guides, and their guides and higher-self come for them, and the higher-self tell them,

‘We didn't tell you to come here, you wanted to come here. It’s your free will, you should have gone where Raymond described on the meditation, we were there to teach you there, but you wanted to do your own thing.’”

(This is different to when a guide or higher-self take a student away from the meditation I describe.)

“So did the right thing, and you learnt from doing the right thing. Of course, you asked a $65,000 question, ‘Why you are a wimp in this life-time.’

Because they are not going to tell you straight away what
the cause is, because they may want you to review the cause at some time to release the conditioning, but they can't release it by telling you why you are a whim, that doesn't release the conditioning.”

(Lenora) “I think I've actually done a lot of releasing of that, before coming here.”

“Good, it’s already done, then.”

(Lenora) “I've done a lot of the traumatic work, and major changes in the last couple of years.”

The rest of the communication, was me explaining how the higher-self releases memories of greater conditioning, if the therapist is working more closely with the patient's higher-self, and how certain conditioning helps us to achieve wisdom and strengths, that we would not have developed or achieved unless we have those programs (conditioning) installed and running, but once we arrive at our destination, the growth, then the program can be deleted, (Released) but the growth stays.

But if a psychic tuned into a patient, and became aware of a program running, then they might get you to release the conditioning prematurely, and take the steam out of the engine which is taking you to new growth and achievement, but coming across the psychic may be a karmic lesson of being at the receiving end of the stick, so to speak, if you have been like the psychic in a past life.
HEALING CLASS 25/9/86
CRYSTAL CITY MEDITATION

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

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

In the streets we can see people walking along hand-in-hand, and as we approach, a group of people are waving to us; they are our guides. When you meet your guides, go with them, for they are going to show you many things while you are here, depending on your stage of development. You will be shown knowledge and scenes to help you with your development and mission here on earth.

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

(Approximately ten to fifteen minutes silence)

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

As I don’t have any student’s recorded meditation experiences of this class night’s meditation, before I give you what I channelled on this night, because it is connected with a new very impressive student who would be
arriving in approximately a month’s time, I will first give you an extract from a future class where they went on this meditation.

In the beginning of May in 1990 I started classes again, after I had been involved for the last nine months, in a relationship with a woman I will call Hazel, who was a seed incarnation of the higher-self of Teresa, my Nun Guide, who stayed in spirit. So Hazel’s spirit has the past life experience of Teresa’s life on Earth.

You will find that if you become a past life therapist, you predominantly help your spirit relatives and other spirits you have had past lives with, as a group. They either turn up as students, patients, or spirit students and patients, but they will most likely not turn up in your classes until you are sufficiently developed to help them. So in your early classes where you are just as a beginner as your students, your students will mostly be unrelated strangers to your spirit.

So in this first volume, most of the students are strangers to my spirit, but starting with volume two, and peaking in volumes three, four, five, and six, where the fifth is the volumes about Hazel and my past life-times with her past life-times, as she developed.

Getting back to the point, Hazel was in this new class with Clarence, because of the interconnectedness with Hazel’s previous development, I will leave out her part of the class night.

My guides have chosen this one, because it will in a small way prepare you for a student’s influence in the classes, starting in a month’s time.

As Clarence had read my original volume one, he as well as I, had no idea at the time of his attendance, that this new impressive student from the original volume one, would be used by evil forces to try to stop me from producing these text books, or continue to run classes.

So he had no previous material written in the first volume about this, to influence his channelling, because it is only since I have been compiling this disc that my guides have shown me the true state of what was happening behind the scenes, so to speak.

So what spirit channelled, which is high-lighted in amber, is extra warning from another source, other than my own recent revelations.

So I will list the meditations and number of classes Clarence has been
on, before this Crystal City meditation night, to explain his rapidity of development.

1st night, MEETING HIGHER-SELF + PAST-RECALL MEDITATION.

2nd night, BEGINNERS HOSPITAL + PRE-BIRTH MEDITATION.

On this third class-night the students had already gone on the Diamond ball meditation, and this is what Clarence experienced on the Crystal City meditation.

HEALING CLASS 24/5/90
HAZEL AND CLARENCE

(Clarence) “I got told a few of the lessons I’m not learning properly at the moment, because I'm being too impetuous, and my father was brought to me, and I had to make my peace with him, and talk to him for a while, and talk to him about my mother, and I was reminded of certain mistakes I shouldn't make, that he made.

Then all of a sudden I was sucked down into a nice party, where I was given some nice fruitcake, and there was a woman with six kids there. I said, ‘What's this?’ And they said,

‘That's your future.’ I've seen this before, but there were only five, but now there are six. Well, there are two of mine, two of hers, and we are going to have two more.

I was also shown myself teaching, along the lines of what I'm supposed to be teaching, or some of it. I was quite intrigued by the teacake I was given, especially when a dog knocked off the sultana I was about to attack.

They showed me that I am going to do this course. They said it’s quite okay to do this course. They said I don't really need to do it, because I know it all, anyway. But I need the piece of paper to protect me legally.”

CLARENCE AS THE CHANNEL

(Clarence) “I don't call it channelling, I call it intuitive knowing, because what I am getting, is that I have the key. There are two ways of putting it, and I'm not directly channelling here, I'm interpreting information that I am being given, because it's coming through fairly thick and fast.
What is loosely termed by some as the akashic records, or what is written by others, as cosmic consciousness. The fact that every thought, that has ever been thought by man, every word that has ever been spoken, is recorded for posterity, and we're talking at the moment of... Like on this particular planet, and the people, and the spirits who have inhabited this planet.

We are talking about the history of the planet, the history of man on the planet, is available to those who can tune themselves to be able to receive this information. In fact there is no need for books.

The development of each person is a matter of your fine-tuning himself, and the removal of the pressures of outside. So, that once at peace with themselves, you can tune in and find out all the things that he needs to know, and as he changes his level of awareness, his perception, his frequency, if you like for a radio receiver.

So he can project this reception beyond the planet to other galaxies, through what is known to Earth astronomers as black-holes. To other worlds, to other solar systems, because that is what a black-hole is. It's a gateway to another solar system, where there are other Earth's, like this one.

The lesson that we are here to learn, is that each of us, and through each of us, we can find all the answers to all the questions. Because we know, the healing that takes place, is to tune the body so that it is able to receive and become aware of the information which is available.

Hazel should be very careful to achieve a balance between what is coming through from extraterrestrials, and what is needed to live in this world.

We are all here are in this world, but not of this world. We each are our own space. We share that space with those around us. We prefer to use space, instead of your word, time, because there is no time.

In the world where you are, you are to teach and to learn. You will raise your vibrations as you learn the truth. There is a higher truth, but there are forces, which are opposing you learning the truth, and many of the people you come in contact with, will put you
down and cause you to have doubts. So, you must learn to recognise those with whom you are sympathetic.

We can show you; we can suggest to you, we will not tell you. You have the ultimate responsibility. You must learn to discern, to seek the highest truth, and to learn that the answer lies within your being.

There is much more that we have to tell you, but the channel is having great difficulty in coping with the vibration that we are sending. We bless you in God's name, we send our love.”

(2010 INSERT. There is much more recorded in the akashic records, like emotions and the activities of our other bodies, like the Spirit, Astral, etheric, etc etc. Just because they are invisible, they still interact and have an effect in our physical world.

Some teachers and students will experience what I have highlighted in amber, and the degree of how much opposition from not only people in the physical world, but also from the lower spirit dimensions you will come across, depends on how much your presence in this incarnation, has in the degree of how many people you help to grow spiritually, both on this planet and your students who will attend your classes, who do not have a physical body.

As you will come to learn, in the later part of this first volume, and following volumes, as spirits who have incarnated, and there physical bodies grow into adulthood, with all the experiences learnt in their conscious minds, then they are to a large degree conditioned by their parents, other children, and teachers in school, and the people they work with, not counting the heavily weighted, and slanted news and television content, which is reflecting the country the T.V program, or the owner of the T.V station is influenced by.

So most of us are conditioned more with fears and disbeliefs, and are not born with the peace, self-esteem, confidence, strength of will, etc, etc of a Master. What I am trying to explain, is that the opposition from the spirit dimensions, to a student who has a great desire to help teach or heal others, has got nothing to do with the students normal negative weaknesses, on any physical human level, but if his spirit is of the level of
a master, and it is his spirit’s vibration which is what will attract spirits on the lower levels of vibration to try to stop you.

There are astrological times of the day, times of the year, times of the century, where if a spirit incarnates into a specific baby at a specific time, they will have abilities, strengths, and desires, which are very useful for the spirit, who has those equal strengths, abilities and desires.

But there is a flip side to these attributes, which others in this world will try to suppress, stifle, ridicule, or point out their negative view they have of these attributes.

And this type of opposition is not restricted to people in the physical world. AND THIS IS A VERY STRONG WARNING, ANY WEAKNESS LIKE THIS IN A STUDENT, CAN AND IS SOMETIMES USED BY EITHER THE SUBCONSCIOUS MIND, OR LOWER LEVEL SPIRITS, TO USE THE PHENOMENA KNOWN AS CHANNELLING TO NEGATIVELY INFLUENCE A HIGHLY EVOLVED SPIRIT, WHO HAS INCARNATED, AND IS SITTING FOR DEVELOPMENT IN YOUR CLASSES, WHICH COULD EITHER BE YOUR CLASS FACILITATOR, OR A STUDENT.

Certain spirits will play on your fears and negative side-effects of your strengths, abilities or desires, while you are developing. So when you are advised by anyone channelling or not, and you feel hurt, guilty or physically sick, by what they have said, tune either within, or ask God if it is true, and usually it’s not true, as guides very rarely criticise, but humans judge, and certain spirits will use the channellers criticising thoughts, and channel them, and the channeller will think that the criticism is divinely true and needed to be said.

So mentally ask your guides if the spirit channelling has an evil motive, and if you receive a ‘Yes,’ don’t believe the channelled spirit’s criticism about you. A very big example of this you will read about later on this disc, to understand a lot more about this, with a student called Julie.

My guides didn’t allow me to become a teacher’s pet in my own four years of development, in fact the very opposite happened on one level, because my guides told me we are your teachers, not the medium running a development circle.

So I try to explain the basis behind everything I teach, and I try to keep
to a minimum, personal criticism or personal advice of anything for my students, and I am always asking my students to double check with their guides, or higher-self, as even I have got it wrong sometimes in what I have desired to believe.

I FERVENTLY HOPE YOU REMEMBER THESE TWO PAGES WHEN YOU COME TO READ EVERYTHING A STUDENT CALLED JULIE HAS SPOKEN IN THE CLASSES.)

RAYMOND AS THE CHANNEL 24 5 90

“Greetings my children, you have been brought together for many reasons which will help you understand why you are having certain experiences.

This one is adjusting to the energies which have been slowly brought down for his own development. You need to help in this development. His progress is now starting to move forward again.

This one is now ready to have his (Psychic) eyesight healed and opened, so that he will follow our guidance to the letter. For we have prepared him over these years. And the preparation was psychological. And he was protected from causing harm, through word or actions to others, with the psychic awareness which we withheld.

Raymond knows that he does not have the wisdom to know what, or how to describe what he will be shown psychically to others, but we will teach him how to say, what to say, and when to say what he sees. This is only the beginning of what he will be doing. His abilities will allow him to do what most only dream of, and we would not allow them to, anyway.

Raymond has great desire and dedication to what he understands as the positive effects of development on mankind. But we arranged to show him very much negative effects, through all the people who are psychic, and say this and say that, and he sees the consequences and suffering of the believers of what the psychics tell them. But this was arranged for his future work ahead of him.

He didn't have all this knowledge, just little bits and pieces, but
we now put it all together, and give it to both Raymond and you two. For you may learn over the coming months and years, of his effects on people, and the world.

And this we hope will make you think about your own development. We are very pleased that we have managed to say all this tonight, as he is nervous, and the doubt of being able to channel, after so many months.

But he will feel better for the next week, now that he is channelled something worth saying. We thank you for listening tonight. God bless you all.”

“It's very rare that they talk about me, very rare, it surprised me. Normally they channel just wisdom to everyone else. You have read my books. At the start I thought they were just practising, and then I felt the energy change.”

HEALING CLASS 25/9/86
RAYMOND AS THE CHANNEL

“Greetings my children, tonight, we experienced another meditation for you to wonder about. This city was here a long time before the Earth had been created. This city is like a site office on a construction site, the construction site being the Earth. You were taken to this city for your personal growth of awareness, and this will be another locality that you can visit to learn with your guides, in your personal meditations. There are many people here to teach you of the experiences that you will need to know, for your missions that you will pursue, while you live on the Earth, this time. Many of you will visit the city again and again, as you develop your gifts and abilities.

You are developing your consciousness to be advanced souls and teachers for the coming age. You are being prepared for higher contact with spirit, while you are living on Earth. This circle will prepare you for your communication with spirit. This is far more important to your development that the healing side. The majority of mankind does not wish to change their habits in the way they live,
which very often causes most of their health problems.

You are here to be prepared for your continuing life after the great changes that are to come. You will not lose your memories when you come back, like the majority of people that incarnate in the world. You will remember as you grow in your next life, your development, your gifts, and your link with spirit.

Those who do not survive the physical body, will be incarnated very soon again to the Earth, to help change mankind’s habits. You will find that what we have told you will be more understood in the future, after you are a lot more developed. Some of you understand now.

"We thank you for listening tonight, God bless you all.”

(2010 INSERT. My guides say that what I channelled after the break in the channelling, starting at the top of this page, was psychologically to prepare me to in a way, to go with the flow, in allowing the student known as Julie to feel at home in my classes, and also psychologically for me to accept what Julie would say in the classes, as because of the prophecy channelling you have just read, I would accept from Julie most of what she channelled, by lulling my analytical mind into neutral gear, to metaphorically give Julie and her spirits enough time to all get on the rug, so to speak, before it was pulled out from under them, in relationship to these text books, and the misuse and pitfalls of channelling.

In the last two paragraphs I was channelling prophetic material, which was meant to be channelled, but not for the reason of any truth connected with any future of the Earth, but for other reasons, you will learn over the coming chapters, in connection with Julie.

I typed these next three paragraphs at the time I produced the first volume, so my evaluation of Julie and what I channelled, was only what I knew then.)

I’m not too sure about the truth in what I channelled, at the end of the channelling, but maybe the same students needed to receive this kind of prophecy channelling, for their own stages of growth, as I feel they were drawn to my classes to experience what appears to be a very powerful
student, Julie.

And whether this new student was in their class or the other, they would still read of her meditation experiences and channelled communication in their own classes, and some of them would switch classes to attend her class-nights, because they liked her prophetic channelling.

I’ll have to admit, at the time of hearing my own channelling, I believed what was channelled, but now I neither believe nor disbelieve in what anyone channels, when it comes to prophecy, and understand that everyone learns and grows, no matter what is channelled, but what is channelled is still a catalyst for students’ growth, including me.

The classroom where I hold the classes is also used by other groups teaching ritualistic magic, and they had left their paraphernalia on the walls of the room. Some of my students were afraid of the influences of this other group on our healing class, and after they had voiced their concerns. I felt that my guides wanted me to channel again, about their concerns.

“Greetings my children, tonight, we hope you received the correct stimulation of your senses. Your states of mind need reassurance about the influences in this room. They are not allowed to interfere in your development. They are on a different vibration that will not affect you. We find that your circle has more influence over the circle that worries you. They are not bringing bad influences here, as we protect their circle, while they are growing in their chosen paths of understanding.”
For this class night I had received an advanced exercise to be added to the basic chakra meditation, to run concurrently together, before I gave them a new meditation where they had one of their bodies worked on while their guides took them somewhere else.

HEALING CLASS 2/10/86
ELIZABETH.
BASIC CHAKRA, THEN
ADVANCED ROTATION CHAKRA MEDITATION

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

(Ten to fifteen second pause)

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

(Ten to fifteen second pause)

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

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

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

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

“Now I want you to imagine the colour purple, coming down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in purple, except the chakras that are open already. Now open the crown chakra, this is located right across the top of your head, like a huge sunflower, on a stalk attached to the top of your spine, it’s in the shape of a flower bud, open the bud and it has approximately 256 petals, but some think there are a 1000 petals. Infuse the flower with all the purple from the inside of your body, so it is glowing bright purple.”

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

“Now, I want you to project a beam of red light, from your base chakra to the column of white light, which is still in the centre of the circle, reaching up to the point of the cone.”

“Follow this by projecting a beam of orange light, from your spleen chakra to the column of white light.”

“Now, project a beam of yellow light, from your solar-plexus chakra to the white column.”

“Now project a beam of green light, from your heart chakra to the white column.”

“Now project a beam of blue light from your throat chakra to the white column.”

“Now project a beam of amethyst light from your forehead chakra to the white column.”
“Now project a beam of purple light from your crown chakra, on the top of your head to the white column.”

“I want you to now project a red beam from your base chakra to the base chakra of the person on your right.”

“I want you to now project an orange beam from your spleen chakra to the spleen chakra of the person on your right.”

“I want you to now project a yellow beam from your solar-plexus chakra to the solar-plexus chakra of the person on your right.”

“I want you to now project a green beam from your heart chakra to the heart chakra of the person on your right.”

“I want you to now project a blue beam from your throat chakra to the throat chakra of the person on your right.”

“I want you to now project an amethyst beam from your forehead chakra to the forehead chakra of the person on your right.”

“I want you to now project a purple beam from your crown chakra to the crown chakra of the person on your right.”

“Now all the coloured beams, from your chakras to the column of white light will stay still and fixed. The energy will flow from the white column into each of your chakras, then the coloured beams around the circle are connecting up everyone’s chakras, like the rim of a cartwheel, and the energy will start to flow from left to right, from chakra to chakra, in a circle around, and will get faster and faster. It will continue to do this through the rest of the class-night.

Before we come back from the guided meditation, our
guides will remove all the coloured beams, from the circle, leaving the correct energy within each of our chakras, for our healing practise at the end of the class-night”

**DIAMOND BALL MEDITATION**

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

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

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

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

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

**RAYMOND AS THE CHANNEL**

“Greetings my children, you have been developing your chakras tonight in the circle, and we wish to help you accelerate your development, as mediums and healers.”
You have experience tonight a form of energy, that we in spirit call, ‘Rotation.’ It was for your spirit bodies that we did this tonight.

Your vibrations were adjusted to handle higher energies that we bring through you, when you perform a healing, and we want you to open your chakras to allow the energies through to heal your patients. This is very important when you do your healing.

This circle in the Temple was to introduce higher colour vibrations that are essential for your development. These colours are not perceived on the Earth, and are special in spirit for your further development. You were taken to a special development Temple, where we could develop you further than in your circle, down here on Earth. Your physical bodies were being taken care of while you were in the Temple.

Elizabeth, you have been developing in a very special way, and you will be needed for your channel of communication, that is being developed for you. It will be better if you can come on Friday with Glenn and Jane. There are not as many in the class, and you will develop faster in that class.

Some of you experienced different things, your minds were tuning in on different levels. It doesn't matter at this stage if your minds are not in tune with your meditations, as the meditation is still working. Just as Raymond is here watching you all, he is also in the Temple on the bed.

You are slowly being developed, and you have many experiences to go through in your meditations, which will help transform you, faster than experiencing life on Earth, as you are mostly enslaved to the system that is in your society. We take you on these trips to eventually tune you in so clearly, that your experiences have more meaning to you. Sometimes, it can take some time tuning you in, and many of you have to be psychologically turned about.

You may not be aware that it is happening, but in your meditations you have many experiences that you do not understand, but you are unravelling the knots that you have tied up your lives in.”
This was the first night I introduced the students to this Diamond Ball meditation. As there was only one student, and she didn’t describe anything, my guides and I have decided to show you two consecutive class-nights from five years ahead, who went on the same meditation, but not the chakra meditations. And I was instructed to leave them twice as long in silence, before I brought them back.

We know that you have already read of one student’s experience of this meditation, but we want you to see how this meditation is the gateway to other ways of helping a student to develop.

I will not insert the meditation, as it has already been given to you on the page before the last one. Both the two students in this class had only attended two classes before this night.

Basic Chakra + Atlantean Temple by the Nile Meditation, and the second class-night meditations were, Meeting Your Higher-Self + Shangri-La Meditation.

**HEALING CLASS 19/2/91**

**JACQUELINE AND DELIA**

**DIAMOND BALL MEDITATION**

**JACQUELINE’S MEDITATION EXPERIENCE**

(Jacqueline) “This meditation was amazing, I was up in the clouds and headed off towards the Castle, before you even said we were going there, I could see it and I was on my way. It was more like a Castle to me than a Temple, and I saw the beds with their feet in, before you said it, this is just amazing.

I didn't have a mirror ball, I had just a dead round ball, but first, it was just a bright light, like a huge light-globe, but round, and rather than sparkling colours, mine was going round and round like a beach ball, and it went really, really slow, and I felt myself slow down with it, and then it started getting fast, and things were coming off, like woosh, you know, all different colours were just wooshing off it.

And I hung around there for a while, and watched that, and I thought, well, what happens now? You know, I want to go somewhere, and I got this,
‘Be patient.’ So I hung there for a while, and I said, ‘what am I learning, what am I doing here?’ And it was just,

‘Be patient.’ And I thought again, I want to go somewhere, and I just stayed for a while, and then I went off wandering, and I ended up back in the Temple where we went to on the first night, and I was standing by those really big crystals, just admiring those.

And then I went back into the purple room, and I was levitating there for a while, feeling all the purple. Then I went back to the crystals, and I could feel two people with me, and I just said, ‘Are you my guides?’ And they said,

‘Yes.’ But I didn't get any names, and I just felt that I was there with them. Like we were talking, but I don't know what we were talking about, and then we came back.”

“I want you to ask your higher-self if you were supposed to stay in the bed, and wait for them to give you the proper experience.”

(Jacqueline) “My impatience will get me every time.”

“Is that what they are saying?”

(Jacqueline) “Yes, yes.”

(Delia) “And there's me thinking I'm not going to get anything on this meditation, and this is probably for Jacqueline, and suddenly…”

(Jacqueline) “And when I lay down there, I thought maybe I'm having more healing, but I know I didn't get healing, I didn't get the same feeling I had, the first time I went there.”

DElia’s meditation experience

(Delia) “I was lying there on the bed staring at the diamond ball, and for a while, I thought they weren’t going to show me anything, and then I didn't leave the Temple, but it was like a beach, and sharp rocks, and I looked over the rocks, and into the distance, there was like another white Temple.

The first white Temple I went into had long columns, but this one was like domes, and I could just see the dome. It was like a beach, but I didn't see the water, but I had to swim through water to get to it, but I didn't
see the water, but I had the sensation of going through water.

I had the impression of my guide there, but I couldn't see him clearly. He had a mauve or pink robe on, and I spoke to him, and asked, ‘What do you want to show me here?’ And I got a great big huge black iron door, my heart started to bang, because I have this fear. I can't stand being shut in rooms. I go crazy at the kids, if they shut the bathroom door on me, it's irrational. So I said, ‘Why are you showing me this, what is this door?’ And they said,

‘To show you that it's nothing to be feared.’ And I went over and touched it, and it opened, and it was like light behind it, and I said, ‘Well, what is this door?’ And it took a while before I got an answer, and apparently it was a dungeon, and I said, ‘Was I put into the dungeon?’ And I was told,

‘Yes.’ And I asked why, and he said,

‘Because I stole, and I was tortured there, and I was also shackled, and I died there.’ And I said, ‘Am I supposed to release the fear of being closed in, or closed doors?’ And I was told,

‘Yes.’ And I said, ‘I'm not ready to,’ or they said,

‘I'm not ready to.’ And then I came back to my bed, and I said, ‘What do you want to show me now?’ And they showed me a giant clamshell that was opening, and it was light there, as well, and then you asked us to come back.”

(I feel that the clamshell opening, might have been represented you in some way, in connection with your growth.)

“It was important for your growth, and it was a preparation to break down the fears. Your fear before would have been more of a fear of not knowing what you fear, the fear would have been stronger, and now the fear has been reduced by knowing what it is.

So, if you ask your higher-self if this is true, you'll get a yes. Your fear has been reduced in magnitude, because you now know what it is, which will make it easier for you to release it later on.”

(Delia) “I thought I was locked in a pyramid, or something like that.”
“Did anything in volume one trigger off a reaction?”
(Delia) “Yes, I thought that's what's happened to me.”

“Well, now you can understand why it wasn’t a specifically guided meditation. This was just to cut you free, and you can have an experience that your guides will take you on. This was different, because in your other meditations you were told where to go. So this is good, you are being guided and helped.

Just remember, one of the first chapters, is ‘Fears, blocks and conditioning,’ to get rid of them early in your development, to make you free-er, and not afraid, give you more confidence.

You see, all these fears and traumas from our past, chip away at our confidence, chip away at our strengths, and make us weak with fears. So overcoming your fears slowly, and you will get stronger and stronger, and more confident.”

Both students practised channelling earth-bound spirits, who were brought to be talked into the light, rescued, and both students practised helping each other, in this process, and I kept silent, they both did very well.

As both students channelled nothing in relation to their meditation experiences, their channelling will be left until a future disc issue.

The next week a new beginners class merged with Jacqueline and Delia’s class, so for all the new students this meditation was their first time.

On this following week my guides instructed me to perform the same meditation but when they lay down on the temple bed, I told them that they would be leaving one of their bodies on the bed while they went where their guides wanted them to go.

Then, before I brought the students back to the classroom, I told the students to go back to the bed in the diamond ball Temple, and if they saw their body in the bed, they are to get back in their body before getting out of bed, and coming back to this class-room, but if there body was not in the bed they can come back straight away.
(Delia) “I was lying on the bed for a really long time, then I started to walk down the street, and I was walking alongside a wooden fence. I seem to see, a blackness ahead of me, like a cave, and I stopped and I went back to the bed again, I was there for a long while, and I thought, ‘What am I supposed to be looking at, is there anything?’

Then, the blackness appeared again, and it seemed to be a tunnel, and it had torches down the side, and I was walking down through the tunnel, and I said, ‘Is this a cave?’ And I got,

‘What do you think?’ And I said, ‘Yes, it's a cave.’ And then one of those vehicles they use in mining tunnels started hurtling towards me, and I stood there, and it seemed to crash into me, but I was still standing there, and I stood to the side, and I Just kept watching other ones coming and going, and they didn't seem to see me.

A few other things happened, I have trouble recalling everything, then I came back, and I had the feeling I was getting into the wrong body, my body was definitely on a bed, too. I thought I was getting into the wrong one, and I swapped.”

“What did you think about the cave thing, was it more like a mine?”

(Delia) “Yes, it was like a mine, and it had torches down the sides, and it seemed like I didn't want to know about it, and every time they went to show me this blackness, I’d turn away, and walk the other way. It's as if they were saying,

‘This is what we are wanting to show you, but you don't want to look at it.’”

“When this cart hit you...”

(Delia) “I didn't feel anything. I was just standing there thinking…”

“...it just went straight through you?”

(Delia) “Well, I said, ‘Am I supposed to get on the cart, am that what you mean, or am I dead now? Did this cart kill me, or do you want me to get into the cart?’ So I tried to get into the car, and I couldn't, so I
just stood to the side.”

“Did you feel anything when the cart hit you?”

(Delia) “No.”

“Any fear?”

(Delia) “No, nothing. Well, it happened too quickly, it was just there, and then on me, I didn't have time for reaction.”

“It's very unusual to see in a meditation, but it's not unusual for that kind of thing to happen to a person on the Earth, to be hit by a cart, coming down a track in a mine. Do you see what I'm getting at? So you can ask your higher-self if they were showing you briefly, of maybe how you may have died in one of your past lives.”

(Delia) “I think that's what I was told, I did ask, and I think I got a, ‘Yes.’”

“I feel they chose this scene of death, because it happened quickly. To show you that you won't suffer any pain, when you are being shown a past death situation, to take away your a fear of going through a memory of a death situation.”

(Delia) “It's the same thing again. Last week, I was told about people closing doors, and also claustrophobia, I used to walk up a really high building, before I would get into a lift.

I'm over that, but I thought maybe that was part of the same fear, and I thought I was making it up.”

“Well, you may have had different past life trauma’s which is causing the same type of phobia as the death in a dungeon, and the way they are showing you the other cause, is to show you that you will feel no pain or emotion when you are briefly shown the death in the tunnel.

Or maybe they are testing you to see how much the fears are still there, by you going down the tunnel, and like they have their fear-gauges plugged in to you, and they might say to each other, ‘Ah yes, her fear’s coming up, there's still a lot yet to release.’

And then you see the memory of the cart hitting you, and the whole thing might have been to help you accept that you are still reacting to certain situations, like dark tunnels,
and also to help release any fears of recalling a death situation, by giving you a very quick death-memory, to learn that.”

(Delia) “I think what I got, I was killed by that cart, and then I was there for a while, I stayed in that cave, thus standing to the side, and people not noticing me.”

“Ask your higher-self if as you were going into the cave area, they were observing the emotional reaction from the old fear, to see how much it had been released from last week. They heard the question; you'll get a yes or no answer.”

(Delia) “That's what I was getting, too, actually. I was getting the answer while you were saying it, that to show me reasons for fearing.”

“I know the process very well; when a person sees these kinds of things, because these are the early stages of preparing you to really get stuck into releasing past-life memories. They want to remove your fears of continuing to see.

Just as you are blocking out, as you were going down the tunnel, and your reaction was, ‘I don't want to see this,’ and you chuffed off back to your bed. How are they going to help you release past-life conditioning, if your fears keep doing that? So that's what they were doing, they were just bringing you back again.

It's all okay, they're just allowing you to go through and learn about your reactions, until you overcome the fear, and everything that you were shown, is the process of eroding your fears.

Seeing the death of being hit by the cart, and not feeling any physical pain, is to take away the subconscious fear of the fear of experiencing pain, in a death situation, in a past life recall situation, whether the fear is conscious or subconscious, and they wanted you to stay in the memory.

You see, going down that tunnel, you might have remembered the death on a subconscious level being hit by
the cart, before seeing it, and you might have though, subconsciously, ‘I’m not going through this again, and you went back to the bed. It’s just your fears of re-experiencing the memories, the memories were traumatic.

But you don't recall them in past life therapy the same way as your physical body remembers it. It's like you're recalling your spirit's memory of the experience, which doesn't feel any pain, or emotional trauma, which may have affected your etheric emotional body. This is why they got you to leave your emotional body in the bed.

Your higher-self only releases memories when your point of conscious is it connected with the correct body, which may be your mental body, to experience the memory without feeling any trauma.”

(The other day I had a patient in past life therapy, and after the patient had placed their etheric, emotional body in mine, her past life recall started to happen.

You are all becoming aware that you can leave two of your bodies elsewhere and experience your point of consciousness in another of your bodies. You left your physical body in my home. Spirit have just told me that you left your etheric body on the bed in the Temple, remember your etheric body has all the emotional memories of experiences, or traumas, as the case may be, but they get released through your mental body, as the past life therapy works.)

“In the process of past life therapy, to help you release hatred or guilt feelings, you may be shown scenes of other people's emotions, which your spirit-memories do not have, but to help you release these conditioned feelings, you can be shown from another viewpoint, like from a different camera angle, the experience or emotions, thoughts of the other people involved in your past life recall.

Because every event that has ever happened, is recorded from every dimension and every angle, including everyone's mind, emotions, and thoughts, of everyone in the world,
forever.”

(I have experienced many cases of past life therapy where this has happened. This is not an invasion of privacy thing. Because you will only be allowed to see or feel what God, your higher-self or guides permit you to see.

Just like when you are performing healing, they tell you what they want you to tell the patient, they don't tell you everything to tell the patient, just what is wise to tell them at that time.

Remember, we might be able to believe or accept knowledge that the patient can’t, and that knowledge may cause a detrimental reaction in the patient. Yes, CAUSE, because if the knowledge wasn't spoken, then they would not have had a reaction.)

(Delia) “I’ve just remembered something else. I was falling asleep last week, and I dreamt as I was falling asleep, that I was crossing a road, and I turned around and the car was right upon me, and hit me, and I woke up, and I thought, ‘Gee, that was real.’

And that made me think of another thing, where when I was fourteen, my mother was killed by a car, and after that happened, I had such a fear of crossing the road. I would just be glued to the curb, and I'd see a car way off in the distance, but I just could not step onto the road, I knew I had plenty of time, but I couldn't.”

“Yes, because the pain that you suffered with your Mother's death, in that situation, and thinking about it, most likely triggered of your own subconscious memories of being hit by the mining cart.

So, the fear became amplified, but if you had heard of someone else being hit by a car on TV, you wouldn't have reacted with as much thought, or emotions, as you did when your mother died, which may have been the triggering conditioning, that awakened such a strong fear preventing you from crossing the road, because it brought up the subconscious memory of dying in that mine.”
(Lillian) “After I got to the Temple, I zoomed off somewhere else, and I was taken to this place, and as soon as I got there, I could see quite clearly the buildings were all stone, and I saw water there, and I saw these soldiers.

When I first got there, I said, ‘Where am I?’ And I was told to Portugal or Spain, I don't know if they are near each other, but I said, ‘Where?’ And they said, ‘Portugal.’ Like I said, I saw these soldiers walking up these stairs, and I felt like one of them was me, and they had this funny looking hat on.”

“Were they all in the same uniform?”

(Lillian) “Yes, and I had this funny looking hat on, and it was like a metal hat.” “Conquistadores?”

(Lillian) “Yes, that sounds familiar.” “Yes, it was that period of time where they used to wear light armour for fighting in the wars, and things like this. Your hand gestures were the correct shape for the Spanish or Portuguese Conquistadores helmets.”

(Lillian) “Oh, were they? Because I asked, ‘Did they really dress like this over there?’ And they said, ‘Look, this is what they wear...’” “In that time period?”

(Lillian) “Yes, actually, that's what they said, ‘In that time period.’ Anyway, we walked up the steps, and I do remember looking out at the water, and thinking this is quite a fascinating place, and not a lot was going on. But then, my body started warming up in the classroom.

Then I was back at this place again, and I was above in a spirit body, I guess I was looking down at these ruins, and I guess there was a fire at this place, because it went under, because there was a lot of us in spirit, we all just got sucked up into something, into a tube of some kind.

Then I was flying around in the darkness, looking at places, before you called us back, and I was looking at countries, and I think I was passing the time.”
“Yes, you were shown a past life-time, and a death in that life-time, just to give you a snippet or what you will be to be experiencing, but for more guided purposes, with past life therapy, when you get the hang of it, but you are just being shown a bit.

Your description of a way that they were all taken away, is nearly identical to what I have experience with another student, and few years back. She was recalling a past life as a sailor on a battleship in World War I, and it got sunk, and she was trapped inside, and eventually she floated out in her spirit body, and there were all these spirit bodies floating in the water, of the other sailors.

As she saw a bright white beam, like a searchlight that came down into the water from above, and when it touched the bodies, they seem to be sucked up into like a tube, and she got sucked up when it came to her.”

(Lillian) “I didn't see anybody when I got back to the hospital bed.”

“That's okay.”

(Lillian) “And I just came straight back.”

**ALFRED’S MEDITATION EXPERIENCE**

(Alfred) “When I was looking at the diamond ball, I got a dizzy sensation, and the next thing I know I'm in a rose pink coloured room, with a half round table, with people all around it, with scrolls on it, and I got the thought of confusion, being confused and turmoil there.

And they were running around doing this, and I was getting impatient, and I asked, ‘What's the purpose of being here?’ And they said to me,

‘Knowledge and wisdom.’ And then they got back to the scrolls, and left me just sitting there.

And I got the feeling of it's a meeting, at time for meeting, but I also felt the presence of someone else with me there. They saw me, but they were busy with the scrolls on the table, and passing scrolls around.
They knew I was there, so I took it to be that they were working on something more important at the moment, but I was brought there for a meeting. I got the feeling I was there to congregate, to be introduced,

I'd say I was just left to sit there, but the room was very nice to be in and relaxing, and a calming sensation. I also got a warm sensation, but it was coming from within, going on to the head and flushing out.”

**JACQUELINE’S MEDITATION EXPERIENCE**

(Jacqueline) “I was lying in the bed, but I didn't go anywhere. I was aware that I wasn't in my body, and I felt like I was floating, and I know somebody was with me, and I just floated around in blackness.

I was floating, and I was happy to stay there, it didn't seem like a long time, or anything, and then when you said to come back, I went back to where the bed was, and sure enough my body was in the bed, and I got in it, and I came back, but I don't know where I was. At one stage I felt the heat, and got so hot.”

“Spirit energy does come to you in classes, you have to get used to that.”  

(Lillian) “But I cooled down once I left that life-time.”

“You see, your vibrations have been raised, and every time your vibrations are raised, the side-effects are felt by your physical body, until you cope with it, and your body adjusts, and it goes away.

I mean, if you were to do weightlifting, your muscles would ache like mad the next week, but after that your muscles grow back stronger, and the aches go away, but you are stronger and bigger, so a bit of heat, and discomfort is what you feel as your body reacts to the raising vibration.

Ask your higher-self Jacqueline, have you got your higher-self in the picture? I’ll ask the questions, and you get the answers, for now, until you think up questions yourself.

Ask your higher-self, if what they were doing with your body, while it was lying in the bed, they were doing further healing, that's going to come through to your physical body?
They wanted you there to lie on the bed, while they were doing some more healing, there were healers around your bed doing stuff like that?”

(Jacqueline) “I got, yes, before you even finished talking.”
“Right, they just wanted your body up there, so they could do some more work on it, so it will come back and affect your physical.”

(Jacqueline has had multiple sclerosis, but was now in remission, which is very rare, but Jacqueline talks about this later on.)

“Well, last week, they might not have been able to do this healing, because, remember you chuffed off and took your body with it.”

(Jacqueline) “I took off, yes, that's right.”
(Melissa) “I just asked, and they were doing work on my body as well, but it wasn't healing, or chakra work.”
“But yours, Jacqueline, was to come back to your physical.”

We would like to keep all Melissa’s meditation and channelling experiences over the coming class nights for another disc issue, as it is long and complicated, for instance tonight's channelling by Melissa was approximately twenty-eight pages long.

Where the students asked some questions about their meditations, I will put Melissa's channelling answers in here now.

**MELISSA CHANNELLING HER HIGHER-SELF**

(Jacqueline) “Can you see my guides, or who they are?”
“When you ask questions like that, okay, she wants to disconnect from her higher-self. The lower self, doesn't want to accept that she's talking to me. So, I want something to build your confidence, that's a little bit too much of a step for her, if we can build it up in any other way.”
“The questions are too hard; my questions are nearly all the right questions.”
“Yes, that's right.”

“When the conscious mind has a long list of different names, the fear comes up, whether they are going to have the right name coming to the front, or the wrong name, and that causes fear blocks, and the question is a bit too hard at this stage of a person who is practising channelling, for only the second time. Even the spirit can get a name screwed around, sometimes.”

“Yes.”

“They might know a person in spirit by another name, spirit might have told you a name, that they want to be called by you, but they may be recognised in spirit from a previous incarnation and name.”

(Alfred) “I've had a few experiences of my higher-self…”

“Yes, you have.” (Alfred) “…lately. Are they a significant…?”

“Of course.” (Alfred) “…change in my life?”

“Yes.” (Alfred) Do you know who my higher-self is?”

“You know who your higher-self is.” (Alfred) “I do, yes, I do.”

“That's right, don't. Ask these questions, you know, your higher-self, you ask your higher-self.”

“It’s a lot easier getting the answers through when Melissa doesn't know the questions.”

(When a student thinks a question, before they ask it, spirit has already received the question telepathically, but when they give the answer, the student channelling may channel the answer before the question had been asked, by the questioning student.

And very often if the student that is channelling reacts with fears to the question that is spoken, this is what I mean when I say sometimes spirit can get through with the answer easier, when the conscious mind of the channeller doesn’t know what the question is.)

“Oh, I forgot, yes, it is.”

“Because then the conscious mind can't interfere with fears, because you are just blurting out the answers. I mean, when I've done channelling in the past, a student has asked mental questions about problems, or their development, and then the
answers have come through, just in the general course of what spirit had to say, and the student at the end of my channelling sessions, says,

‘I had that question on my mind, and you answered the question I had in my mind.’

“You see what happens is...” “Is what I'm saying, correct?”

“Yes, yes, you know, okay, yes.”

“Is this the higher-self’s impatience, or Melissa's impatience?”

“It’s the higher-self, alright. You're talking to me.”

“No, I mean, is it Melissa’s emotional reaction to what I'm saying?”

“Yes, you see what's happening is, the information is coming through to Melissa from the higher-self, but Melissa is just adding something to it. Yes, this is how it goes, you're asking her higher-self a question, and it’s coming through, but I know, because the higher-self knows the answer to everything.

Melissa saying, ‘Are you stupid, why don’t you know this, who do you think you are?’

“I know it's Melissa reacting to this, the higher-self doesn't react like that, but you have to remember Melissa, that the process of helping the others to grow, you have to have patience. Melissa doesn't seem to have much.”

“Yes, Melissa wants to go fwiite.”

“Well, she's the youngest in the class, isn't she?”

“In physical years, yes.”

“Yes, well, you lose that impatience, the older you get. Has Melissa got any parallel lives alive at the moment?”

“Yes.”

“Are you watching over all the parallel lives, or is there a higher-self watching over each of the other parallel lives?”

“She is not letting me answers that, it's not coming through.”

“It's a bit hard, it's alright.”

“Yes, she won't let that come through. I’m sorry about that, I apologise.”

“Do you want to tell her how many parallel lives...?”
“She won’t let that come through.”
“That's alright, fears coming to the surface, that’s okay.”
But it’s a shock, too, to her to be...
“Yes, it's very difficult for a person for their first channelling of their higher-self, they don't realise the amount of fears that can affect the channelling.”
“Yes, it can distort the information.”
“I mean, even I do distortions, everyone does to some extent.”
“Yes, there always will be distortions, always, no matter how perfect you get, there always will be distortions. Melissa won’t accept that.”
“It’s like a person having a pet belief in what the future is going to happen to this planet, and whoever is channelling through, will sometimes have the same beliefs as a student, so they think that their channelled future prophecy, is the true future.
But when you have read all four volumes, you will see the different pet theories, that have purportedly been channelled through about the coming event’s of this planet, and I don't know if my theories are correct, either.”
“Yes.”
“I mean, it could be that I am picking up what is going to happen to a parallel Earth's future, and I'm picking up on that, as well.”
“Yes.”
“All this is wishful thinking, because I would like a big change to happen in the world. It's not happening fast enough for me.”
“Yes, it is. Yes Raymond, it’s very fast for you. It’s the fastest that you can handle. You wouldn’t be able to handle it, if it was any faster.”
“What, the changes in the world, or the changes in me?”
“You.” “Changes in me?”
“Yes.” “I feel like the changes have been put on hold.”
“No.” “My developments been put on hold, I mean.”
“It will appear as if it is... You're only seeing what's on the surface. You don't know what's underneath, do you? It's like a loaf of bread, you don't know how the slice in the middle is, do you?”
“I know that my other bodies are up to things that I don't consciously become aware of, but they are certainly busy buggers.”
“Well, that's supposed to be like that.”
“It doesn't really matter if we have one student really practising a lot, with the higher-self channelling through, for this week. Then we might give more time to another student, to practice next week.
Because doing a little bit of channelling here and there, we don't seem to be progressing past the rescue stage.”
“It's all a learning experience for you; anyway, I know you all enjoy it.”
(Jacqueline) “Yes, we do.”
“But I know that. Melissa’s not really sure, she’s feels really bad about taking so much of your time, but I know you're really loving it.”
(Jacqueline) “Tell her she's very clever.”
“Whatever you set your mind on, you can achieve. Okay, remember that. Whatever you think of, go for it.”
“Was I guided by spirit to leave you in the hot seat, and not ask questions tonight, and literally make Melissa speak the words?”
“Yes.”
“I thought it was.”
“Don't think, feel more.”
“That’s what I did.”
“Okay, good”
“But I can't switch off my analytical mind.”
“Well, you're doing well, anyway.”
(Melissa) “The higher-self keeps saying, ‘Jacqueline’s got a question.’”
(Jacqueline) “I'm thinking things, but to be honest I don't know whether I've got a question, I'm just...”
“Yes, you do, why don't you say it. You're scared that you don't believe that it's a question you believe is worthy.”
(Jacqueline) “I'm just thinking it. It was a very personal one, really, I was thinking, is following this path, and what we're doing now, am I on the right track. You know, to make me well and healthy, and happy, and
everything else that comes with the good life? Is this the solution?”

“I think you know the answer to that.”

(Jacqueline) “I think I do to, but I guess I need reassurance.”

“Yes, well, everything is not going to be on a plate, and everything is not going to be a nice easy road.”

“It is to help.”

(Jacqueline) “Is this why I got sick, because I had to know this path?”

“You must know the answer to that question? Yes, of course.”

(Jacqueline) “Why doesn't it happen to everybody else?”

“It is. Other people have things coming through, that they haven't physically manifested, but they are getting prepared, they’re coming through, the bodies.”

“There are a lot going to be sick in this world to come, in the next twenty years. There are a heck of a lot of the world, that are going to go through major illnesses.”

“Yes.”

“I mean we’re the advanced guard, because we've come to help the others to cope with what they're going through.”

(Jacqueline) “But did this happen, just to get me on the right course, or did I do something to deserve this?”

“Is it a weakness within Jacqueline that's manifested this disease, or is it a disease she's chosen to have before she was born, so that it would wake her up, and get her into doing this development?

Because I've heard too many of these ****** **** freaks, who keep saying every illness, and every disease is caused by a weakness within the spirit?”

“No, no, no.”

“Edgar Cayce channelled, lots of cases where the person chose a specific illness to have, to help with the lessons...”

“Yes.”

“...of the family, and

“Yes.”

“...and stuff like this.”

“Yes.”

(Spirit channelling through Edgar Cayce, explained to some of his clients,
that their illnesses or disabilities, they chose to have, to help teach their family, as an aid to spiritual progress, and vice-versa, as the illness or disability helps to increase the humanity in everyone in the family.)

(2010 INSERT. My guides are telling me as I retype this section on this disc, that at the time of my class, my guides pushed my buttons, because Melissa, and to some extent Jacqueline, and also the other students, have been to different degrees very much influenced in believing that illness and disability, is the fault of their spirit or from their past lives, and that most of them had been influenced by either reading the same best selling book, or they have been influenced by other healers who also distortedly believe the same series of books.

This was the main reason Jacqueline had asked her question about her multiple sclerosis.

And the guides wanted to set up an example of a student who also believed the same theory as the books, and knew that the student would channel the same beliefs, when the channelling spirit drew back.

So you will have to excuse me if I go a bit over the top, as I am very emotional about healers who judge healers or patients as not being successful or popular, or qualified, or shouldn’t be healing or teaching, because they have a disability, and the healers believe the illness is a reflecting a stain on the soul or spirit, and I have come across a lot of different causes and reasons over the years, because remember this class night isn’t the first volume.

This class night was after I had been teaching for five years, and produced five text books, so because of all my awareness of all this, they cop a right earful from me.

My guides seem to have brought me into contact with these kinds of healers, either to motivate me even more to teach healing, or to set up examples for these text books. As I feel that they knew that volume one needed to be expanded with so much more material, before the books went out to the world.)

“I'm afraid there are a lot of healers and spiritual healers who believe that every illness is caused by weakness within the person, and they will not accept a person who hasn't
overcome an illness, like in my case, with my Candida.”

(Jacqueline) “I’ve been told all of those things as well, and I guess that’s what I don’t know. I’ve been told that I chose this myself, and I’ve been told so many different stories…”

“Sure.”

(Jacqueline) “And depending on what you read, and who you like to believe…”

“Don’t. Believe yourself.”

“So, illnesses like Jacqueline's multiple sclerosis, is not a weakness within the spirit, that's manifested the illness, but she chose to have it…”

“There is no weakness in the spirit, the spirit is perfect.”

“Yes, but what I mean is, say conditioning from past lives, or anything like that?”

“Oh, right, yes.”

“Or any fears from past life-times, or anything that causes the physical manifestation. In other words, is the cause coming from her spirit, or is the cause just because she chose to be born into that baby, who's body has a weakness for that physical illness, anyway, like a genetic thing?

Or is her spirit choosing the circumstances for the disease to come to the surface, to become active, to go through the lessons taught by that disease?

I mean with me, you know about my Candida, it hasn't been killed, I tried everything under the sun, and then spirit says it’s karmic and it's there for a specific length of time, and then it will go away.

And yet I've had all these other spiritual healers, who say, No, there is a weakness within you, you're not dealing with it, you're not healing it, and if you can’t heal yourself, you don’t have the right to be healing other people.

And it gets me, when you get told this by healers that aren't even teaching, and most of their beliefs they get out of you could call them. Healing recipe books, like ***** ****.”

(Lillian) “Wouldn't each one be individualised?”
“Yes, exactly, it's all individualised.”

“But they are putting labels on it, by saying you're not a good enough healer, you shouldn't be doing healing or teaching, if you don't heal yourself, you're not a very good example, this shit, they lay on me.”

(At this point Melissa started channelling her opinions, or her beliefs that she was quoting, without consulting her higher-self about my individual case. Until she eventually let her higher-self come through, and say the truth about my Candida, which she did later on.)

(Melissa) “If you can heal yourself, then you are a good enough healer.”

“Yes, but I haven't healed my Candida, and spirit say that it's karmic. The spiritual healing hasn't cured it.”

(Melissa) “No, well spiritual healers are not going to cure it. You're going to cure it, right.”

“Yes, when the time is right, maybe.”

(Melissa) “Well, whenever you accept the time, whenever you create the time for it.”

“Yes, but isn’t the higher-self controlling when I get healed of my Candida?”

(Melissa) “Well, get in balance with your higher-self, so you can get healed of the Candida.”

(I never said that I was out of balance with my higher-self, and spirit in the past has never said that I was out of balance with my higher-self.)

“Well, we're back to the same old thing then, the same as what all of the healers are saying that I'm not good enough to, if I haven't healed my Candida.”

(Melissa) “You are not good enough to what?”

“To be healing, or teaching healing, if I am not setting any and example, by healing my own Candida problem, and yet spirit came through and said it was karmic, and it was there for a
specific length of time.

What’s the truth, but what you are saying is one thing, which isn't the same as what I've been told before. You are implying that I am out of balance with my higher-self, and that’s why I am not getting the healing of my Candida.”

“Sorry, I'm back again, I left for a while. That was Melissa.”
“Did you go away to check, to find out what the low-down is?”
“Well.”
“You went to consult someone else?”
“Sort of, she, yes, about getting through to Melissa.”
“Did you hear what I was talking about with the Candida?”
“Yes, I know now.”
“And what did you find out about this Candida thing, with me?”
“Karmic, yes.”
“Yes, is it there for a specific length of time?”
“Yes.”
“And I'm not failing in healing it?”
“No.”
“Thank goodness for that.”

(Lillian) “There we are. That will give you a boost, that'll knock the doubt out of you.”

“Well, you know what I'm talking about, I mean you get these healers who just do laying on hands, that's all they ever do type situation, and they've read all these books, and maybe because one of the books becomes popular, they think it must be true, but people don't analyse or question.

There are a lot of diseases not listed in her book, because it doesn't fit into her nice category that we cause all our illnesses, and those illnesses are not a weakness in the individual, especially when they are affecting a wide range of individuals.”

(I have met so many healers, that swear by ******** **** books, and when I ask them what is the cause of all illnesses, they all tend to say, the patient cause their own illnesses, and yet listed at the top of all the pages of lists of causes of the illnesses, are the words ‘probable cause,’ and there are well over thirty pages of lists, from A to Z.

Here is what ******** **** lists the probable cause for A.I.D.S.
“Denial of self, sexual guilt, a strong belief in not being good enough.”

I only wish the healers would use their minds and try to figure out how all the different people who have had blood transfusion, for many different reasons, and have contracted A.I.D.S from contaminated blood, including babies that have been inside a woman who had a blood transfusion.

Where is their sexual guilt, or not feeling good enough, in a baby that hasn't been born yet? Or a nurse, or a doctor, that becomes infected by accidentally being stabbed by infected needles.

Are these healers still going to be only believing what ****** **** has written, if a large percent of the human race has the virus, positive in their bodies, like when they had the Black death in Europe.

Then if a large percent of mankind has suddenly come down with a strong belief in not being good enough, yet twenty years before, all these A.I.D.S victims thought they were good enough, because A.I.D.S has only recently been transmitted to become a communicable disease.)

“I know that everyone who contracts A.I.D.S. has chosen before they were born to experience this disease, but it isn’t a specific weakness in the individual, because otherwise you're going to have a whole community, millions of people with the same weaknesses, and they don't have the same weaknesses, because everyone is different, yet they are all coming down with that disease, and this has happened before in times of plagues.”

“And there will be times of plagues.”

“Yes, so this thing about ****** ****, she's tried to lay this thing on the people that have got A.I.D.S, saying that they can't deal with their guilt...”

“That's why it doesn't work.”

“It's not true, what about the children who might get A.I.D.S from blood transfusions?”

(Lillian) “But aren’t you yourself classifying it as one particular thing, or are you generalising that they've all planned this before they came back?”
“Yes, well, before they were born, they knew what they were going to experience, whether they are going to go through the growth experience of having A.I.D.S, or they going to help others of their family to go through that growth experienced by sacrificing themselves.

There are all different reasons for having the A.I.D.S, but yet people like ***** ****, writing these books, are literally saying that the A.I.D.S, and a whole list of diseases are caused, or the reason being a weakness within the person.”

(Lillian) “Like not being able to love themselves, or something like that?”

“Yes, and they are saying that it’s their belief feelings of guilt, and not being able to cope with their sexuality...”

(Lillian) “Yes, that's just it…” “...laying all these trips on them.”

(End of tape)

You have just experienced an example of the opinions of the channeller coming through, when a student is channelling. I didn't have any doubt in what I had been told by my own guides and higher-self about my Candida, but I was letting the fishing line out, to show you how much the belief systems of students interfere with the channelling. And that this is how sometimes channelling is believed as gospel.

You see, it is better for me to be the one that you could say is used as an example, because my guides know my faith is very strong in my communication with spirit. And they know no matter what is said by the channeller, I will feel the truth, and they know I won't go quiet, and stop asking questions, but continued to say what's on my mind, to continue to draw out the channeller, to paint a more complete picture for the students or reader to see, metaphorically speaking. So the students can see how much they were taken in by what the channeller believes, and thus saying what they said, while channelling.

If the student, like Jacqueline was used as an example, it might have unbalanced her too severely, and she might have a taken longer to recover. Melissa is doing very well, for only her second week in the class, and as she would find out, she is an advanced old soul.
In this chapter, the meditation I received for the students to go on, was to help the students understand some of the reasons behind illness and disease. As in other chapters this knowledge should be understood with no judgement upon any individual, because many people may have identical diseases in their bodies, but the causes may be quite different.

Spirit would like to warn you, about telling a patient what you deduce may be the causes, based on your knowledge of disease from external sources, (e.g., current medical theories) or from previous patients causes, as you may be to wrong. In such cases, your advice may thus interfere with, or retard the patient's healing.

HEALING CLASS 9/10/86
TEMPLE ON THE LAKE MEDITATION

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

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

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

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

(Approximately ten to fifteen minutes silence)

“I want you to now leave your chairs, and leave the Temple, and come back across the lake, and back to this room. Come back now, take three deep breaths, have a stretch if you want to.”

RAYMOND AS THE CHANNEL

“Greetings my children, tonight you were put through a programme that will eventually be installed in the memory banks of your higher consciousness. Later, when you are healing a patient and your healing guides want you to communicate to the patient, the cause of his or her illness; the guides can retrieve the correct memory from your higher consciousness, and communicate it to more easily.”

(If your guides can install in your memory banks more causes for the same illness, then they can pull out the correct cause for the illness, but you may have to learn the individual cure of that cause, if it is complex, like past-life therapy, or the healing of a specific subtle patient’s body.)

“You will also find that you will accept this knowledge, which you have to communicate to the patient, as you will feel that this knowledge is right. This is because in your higher consciousness, you may now have the total knowledge about the circumstances of the patient's problem, although your guides may want you to explain only a small part of this knowledge, at that particular time. As we will explain next, there are many reasons why you are not consciously allowed to know, the disease signature in the aura of the patients.
Many of you wonder why and how mankind acquires disease. When people live their lives with negative habits, they create diseases that are firstly, in the aura, and then secondly within the body. The diseases are also tailor-made to produce the correct circumstances and influences, to teach the patients the negative effects of their thoughts and behaviour, so that they will try to correct their behaviour.

When they learn and change their behaviour patterns, and correct the imbalance in their consciousness, then the patients are allowed healing if the disease is active within the body.

If the patient's behaviour has not changed, they are still perpetuating and creating the diseases, and if we take away the diseases with healing, the lessons and teachings that they would otherwise have experienced to overcome their failings, would not run their course.

(And if the patient was the cause of the illness, the patient will most likely create the illness again.)

“Therefore, we do not heal some patients.

Many of you are wondering how and why children and babies are born with diseases. When a soul's behaviour pattern becomes negative and creates the disease, and they die without learning the correct behaviour, it (The spirit) is then born into the body of a baby which has a genetic weakness for the corresponding disease.”

(All life is available for spirit to grow from incarnating into physical life-forms, and far from certain religious beliefs a baby is not always born with perfect health, so a spirit may choose to incarnate into a defective baby for its personal growth.)

“Many doctors believe that diseases are genetically transmitted to the child, from the parent. This is not wholly correct, a father with a certain behavioural disorder, which created and caused a disease within him, changes his genetic code by adding the weakness
for the disease to his genetic code. So, if he has a baby, the baby will have an inbuilt genetic weakness. It is arranged that the appropriate soul, with the same behavioural disorder as the father, is attracted and incarnates into the body of the baby.

If the behavioural disorder in a previous life, has resulted in the soul inflicting harm on others, this soul will receive the appropriate lessons from a parent with the same disorder, who inflicts it the child, and on others. This will enable the child to experience, learn and grow, and decide not to behave like the parent.

If the child grows, learns and changes, then the disease which is latent within the child will not become activated, and the child’s offspring will not have that genetic weakness. Thus we change our genes and chromosomes as we learn, grow, and change our behaviour and attitudes in life, just as the body is completely renewed every seven years. This is very basic; you may have many questions, would you like to ask them?”

(Silence)

“This knowledge does not apply in a hundred percent of cases, as there are many variations, and is not the reason for all diseases, because some of them have other reasons.

We thank you for listening tonight, God bless you all.”

Of course, the soul with a negative behaviour problem, voluntarily allows itself to incarnate into a situation like this. No soul is compelled by anyone but himself, to undergo any incarnation like this, or into any other life, for that matter.

At the time of channelling this, the prevailing view from the scientific community, was this, if at any time in a husband-and-wife life, if they have a baby, the genetic makeup of that child will always be the same. But spirit has just explained, that just as the body is renewed every seven years, or so the DNA of an individual changes, depending on the influences that affected the body or mind.

Before I originally wrote this chapter, I thought that everyone knew that this was true. But on the 12/3/89 I read in one of our Sunday papers, that a scientist through experiments on animals, has found out that the inheritance of acquired characteristics is possible.
He has written a book about this, here is a quote from the newspaper article.

“According to the commonly accepted view of evolution, living things start life with a fixed set of genes, when they reproduce, the genes of the male and female parent, is mixed together in another set of fixed offspring. According to the scientist, if the RNA has been genetically altered by the environment, this information can feed back and change the DNA.”

Up until that date, I had never heard of this scientist or anything about this subject, other than what spirit channelled through me about it.

I repeated this meditation, the next night and read out what spirit communicated to the classes here are the transcripts for this night. I explained to Susan that she was to relax and speak slowly at first, the words that spirit wanted to say to us, but I think most of what Susan channelled is Susan, so I have left it in normal font, but it was her first time to practise channelling.

I never included this extract of Susan’s in my text books, I think you will understand why, it might give you a head-ache trying to understand it. Oh by the way, Susan speaks about thirteen languages, and makes a living as a translator.

(HEALING CLASS 10/10/86, SAME MEDITATION CONTINUED ON NEXT PAGE)
HEALING CLASS 10/10/86
SUSAN, JANE, GLEN, JOHN.

TEMPLE ON THE LAKE MEDITATION

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

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

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

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

(Approximately ten to fifteen minutes silence)

“I want you to now leave your chairs, and leave the Temple, and come back across the lake, and back to this room. Come back now, take three deep breaths, have a stretch if you want to.”

SUSAN AS THE CHANNEL, FIRST TIME.

(Susan) “Well, then a healthy funny person, can attract a soul in its child,
that would be a healthy sunny child, but then, if a person who’s apparently healthy, there could be some interaction between them and the other person, the other parent, and therefore, those sort of projection’s and so on, can come onto the child. So it's very hard to guarantee what sort of children we might attract to us, if we decide to have a child. We have to... its better if we can become very healthy ourselves, before we attract a soul to become a child, and through us.

What Raymond was talking about, the people learning from their illness, sometimes the great healer becomes very ill, physically and mentally, for a number of years, and they fall apart, and then after they come together, they come together as a healer, it seems as pendulum movement of going through extreme pain, even madness and ill-health, and out of that, emerging and moving very high in health and wholeness and ability to heal other people, and I have an image of a city of Angels, the future, will future’s the wrong word, of a community, because this world is in fact many, many worlds, visible and invisible, each one of us, is many worlds.

There are worlds of wealthy people like us here, and worlds of horror and things we couldn't imagine, here in our present human planet. So we are actually a million worlds, and each one of us is a million worlds in the visible and invisible plane.”

**JANE AS THE CHANNEL**

“We sometimes forget that the lessons we learn from diseases trials and errors, have beauty, even though they seem cruel and hard, because ultimately they bring us closer to where we are going, to oneness with God.

So although at the time you are going through them, they may seem bad, in themselves, they are not.

(Because the outcome is positive)

They are beauty and light, because everything we do is achievement, gain, and therefore light, and heading on the path, everybody treads on their correct path to learn. You should all know that God is love, and the trials are in love, and in the name of love.”
GLEN AS THE CHANNEL

“You have already been told, resistance is impossible when you are needed, when we ask things of you, we expect that you will do them in love, in faith, and carry them through.

For we have chosen you to do these things, as much as you may try to fight against is, it's not possible. When you are chosen, you must give way to what you are asked to do.

Remember this, and just keep your faith and trust, and all will be well.”
I feel that Glen’s channelling was meant for Glen.

RAYMOND AS THE CHANNEL

“Greetings my children, tonight you were brought together to experience a new form of knowledge, that you will need to know when you relate with your patients. This knowledge is only the beginning, and over the coming months more of this knowledge will be stored away in your higher-conscious mind.

It is the training that you need, in order to recognise behaviour patterns in your patients, because when you perceive the auric signatures, you will then remember the corresponding behaviour, which created the disease, and you will be more receptive to your healing guides, when they instruct you, to tell your patients the causes of their diseases.

Your communication tonight was very good, and you need more practice, and the more you accept the communication, when you are told to be the channel, then the more you will accept the communication when you are not told, such as when you are healing, or maybe when you are talking to somebody. It needs practice, so we tell you to channel.

John will be channelling very soon, we know when he is ready. He will be a very strong channel, and will be able to help many people understand the world and astrology. We are being told that you will be writing some books on astrology with our help, if you let us.
This is also healing, as the more we understand ourselves, the more we can be happier, living our lives in the right direction, not just following every Tom Dick and Harry, or your society, if it is wrong for the individual. Only the individual can know if he learns.

You have been away from this class a long time; we hope you can come regularly, for you are in need of further education, and further physical development, with the energies that are available in the circle. You will also become psychologically healed of your weaknesses, that you continue to relive, and you need to be subconsciously deprogrammed of your weaknesses, we are not talking to John about this.

We thank you for listening tonight, God bless you all.”
HEALING CLASS 16/10/86
WATERFALL MEDITATION

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

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

(Approximately ten to fifteen minutes silence)

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

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

I feel that the guides, brought, or arranged for a special visitor to channel through me, to help and encourage the students. About halfway through the channelling I realised who the spirit was.

See if you can be told from your guides who it was, but I will explain after the channelling.
“Tonight, we want you to listen to the next speaker, who will talk to you. After the communication, tune into God and a clue will be revealed to you, regarding the identity of the speaker, for proof of your development.

Good evening ladies and gentlemen. You have been listening to our speakers tonight, who have come here to teach you the necessity of overcoming the influences in your lives. I once helped change things, to remove influences that were affecting souls in distress. These influences were very negative, and the way was wrong, so I changed the way things were, and to help mankind live longer and healthier lives.

You have everything you want in this world, and I applaud you for wanting to help heal people today, as your world has many temptations and pleasures that can occupy your lives, but you have decided to become healers and workers for God.

I have been watching over you many times in the past, as Raymond has thought about me many times. He is related to me in the far past, even though he is not sure about this. You have a large job ahead of you, very similar to the problems I faced when I was here on Earth, and that is changing the establishment in the hospitals. You may find that it will take many lifetimes to change your hospitals, but you are making the effort.

I will visit you from time to time, thank you for listening to me tonight, goodbye.

We thank you for listening to your visitor tonight, God bless you all.”

About half of the students worked out who it was, from the clues that they receive from spirit, see if you can?

When I was a child, my mother said I have a famous ancestor, she said that she had been to Somerset House, in London and that she had read that one of my ancestors was Florence Nightingale.

So when I got older, because I lived in Chester, a very tourist
oriented city, because of the Roman and Medieval buildings, I was able to check it out, and it was true, but I didn’t know where the name Nightingale came from, I speculated that she may have married a Nightingale, or maybe she was always singing, or maybe it was something to do with the night, as she was known as ‘The lady of the lamp.’

Anyway, last year 2009, I was performing healing at my local Spiritual Church fund raising day, and while I was having a break I was looking at the second-hand book stall and I saw a pictorial biography of Florence Nightingale, so I bought it for two dollars.

But when I read it, it explained her family, the Nightingales who chose Florence’s name from a trip they had to Florence in Italy, and there was no mention of the Shore father, and because the book mentioned that her parents chose her birth name from a holiday they had in Florence, that ruled out her having a previous father who might have died, and then her mother remarrying.

So I was a bit disappointed, and thought that this pictorial biography was wrong. So I got a shock when on the next day, Sunday, at my local spiritual church service, the medium at the time of demonstration, said she had a nurse with her, and she described this nurse wearing period clothes from the 18th century, and she is telling me she is related to someone in the audience, so the medium asked do any of you have a deceased relative who had been a nurse. One of the congregation said she had a relative who used to be a nurse.

But by this time I thought it was too much of a coincidence with the book I had bought the day before, and being a bit upset that Florence wasn’t related to me, and my analytical mind thought, if she is related to this other woman in the audience, why isn’t she wearing clothes from the 19th century, but the medium said the 18th century, and then it hit me, it might be Florence, or the spirit who had lived a life as Florence, so I asked my higher-self, is that nurse Florence, and my higher-self said, ‘Yes.’ So I put my hand up, and when the medium came to me, I said the nurse might be for me, I think she might be an ancestor of mine.

But the medium felt the nurse was for this other woman in the audience, and she started passing a message to her from the nurse, so I closed my eyes and zoned out like I normally do when a medium is doing
the readings, as I don’t put any object to be psychically read by the mediums in a paper bag anymore.

But while I totally relaxed my body I felt the presence of spirit come close to me, and the words formed in my mind, Are you Florence? And the next words that formed were,

‘Yes Raymond.’ I then felt that she wanted to transfigure over me, so I asked her if that is what she wanted to do, and I got,

‘Yes.’ I then started to feel different clothing on my skin and started to feel a lot more hair on my head, but it was somehow pinned back, and as I have a receding hair line, and a balding patch on the crown, and always keep my hair really short, I noticed the difference.

Then I felt she was laughing because I felt I had grown a pair of breasts, because I was feeling them like they were an extension of my body, under the clothes, and the feeling of their presence, was having an automatic response lower down, and I said to her I can’t help it, I’m a man.

Then I felt my ear lobes were getting heavier, and when I shook my head, it felt like there were things attached to them, and I got the flash of hanging earring’s, with a pearl on the end of each, I was feeling the shape of my face was different, and she was wearing a pearl necklace, and I thought, I bet you weren’t wearing the pearls when you appeared to the medium, she said,

‘No I wasn’t, but there was another nurse for the other audience member, we arranged this, so that it would give you proof that we are related, and so that you would allow me to transfigure.’ So I asked, ‘Was your father’s name Shore, and she said,

“Yes, it was.’ She then said,

‘There was a change of name.’ And I said, but who changed their name?’ And she said,

‘Look for it in another book, and then you can set the record straight for your text book, as I know you don’t like loose ends, or a mystery. But I will come again to visit you.’

And then I felt her sensations fade away as she left, but there was so much more that I haven’t described, like I smelt her perfume, as well as other feminine smells which I recognise, but my posture changed, and I
changed the position of my hands, and I felt her love and other emotions, and when she laughed at my reaction to feeling her breasts, I don’t mean with my hands, but I felt my body and jaw was laughing.

But when I was asking her about the karmic balancing, a flash of awareness came into my mind, that the health measures she pioneered in her hospitals, saved a lot more lives than in her hospitals in the Crimean war, but decades to come in many more hospitals, which would eventually be implemented in hospitals in nearly every commonwealth country, and would be copied by other countries in Europe. No wonder she was a happy spirit.

So I went to my local library and looked up in a big thick book on Florence Nightingale, which I will read, when I get the time, after I have finished this first disc.

Anyway, Florence’s father’s last name was originally Shore, but when he was a young man, he came into an inheritance, from an uncle, and so he changed his name to Nightingale, as it was a proviso of the inheritance.

There are a lot more past lives of Florence which you will find very interesting but you will have to wait for the fourth disc, as they are complicated.
I will shade in yellow any exercises or meditations that I have already written on this disc, so that if you remember them, you can skip past the yellow high-lighted section to read something new.

But if you have forgotten the gist of the meditation, to follow what the students are referring to, it is here to read, instead of maybe losing your page, if you have to look up the meditation in the meditations chapter, as I don’t expect you to remember all the meditations and exercises, as there are 30 in volume one, and 23 in volume two.

This is to give each class night or therapy session, all what was said, for the academic study of specific students, or group of students.

HEALING CLASS 17/10/86
JANE, SUSAN, ANN, ALICE, ANITA.
ATLANTIAN HEALING TEMPLE BY THE NILE MEDITATION

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

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

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

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

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

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

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

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

(Approximately ten to fifteen minutes silence)

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

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

ALICE’S MEDITATION EXPERIENCE

(Alice) “I was first drawn to a blue room; there was a mixture of different hues of blue in there. I sat down on a cushion and waited, and then a table with casters was brought in, with the person on it. He was a man who had a problem in his throat, so I said, ‘What will this colour due to him? And how will it work on his throat?’ because it was obvious the throat was the problem, and they just said,
‘He just has to take on the vibrations, and it will do him good.’

So then I went outside, and I was attracted to one room that had a fountain in middle. Out of the fountain came a cascade of shimmering silver light, white and really beautiful, and I thought, ‘Well, that's beautiful, but what do we do with that? And then I thought of two people (guides) that I've been told are helping me with the healing, instructing or working on me.

Then all of a sudden they were not listening to me, they were drawing me away into where there was gold. It was like a certain kind of gold, and I felt the taste of gold in my mouth, and I got the word, ‘Gold salts,’ and I said, ‘What will they be good for all? And they said,

‘It will revitalise the whole body, the cells.’ So I said, ‘What about the silver light?’ Then they took me back to the silver light, and they said,

‘That is pure light, it’s the light of the spirit, and that's where you draw from spirit for purification, and for ultimate development.”

ANN’S MEDITATION EXPERIENCE

(Ann) “I visualise the Temple, but everything seemed like Grecian, everyone seemed to look like the Greeks, and when I walked in, there were beautiful fountains everywhere, and people walking round in these long white flowing robes, and you and you could tell the priestesses and the priests, because they just seem to have a lot more gold bands around their heads, and more aura about them.

And on the right-hand side I saw these rooms and big columns dividing the rooms, and I saw a beautiful green room, and then there a yellow and then an orange, and a pink, and a colour I really like, mauve, like lilacy-purple. So I went to that room, and there was a man in a white sort of toga who greeted me, and I said, ‘I really like this colour, it makes me feel calm.’ And he said,

‘Come over here, and just sit there on the couch, and I’ll do healing on you with this colour, so you will experience it and know how to then give it to someone else.’

So this mauve entered my whole body, and I immediately stopped being anxious, and I felt a lot more relaxed.”
“Why were you anxious?”

(Ann) “I don’t know, ah yes I do, I tell a lie. I said, ‘I had a fear,’ because I wasn’t sure what was happening, and then…”

“Wasn’t sure what was happening, what, when, where?”

(Ann) “There, you know, because I was a bit concerned, because he disappeared, and I felt as if my body was there, but then I went somewhere else,

(I feel that Ann left one of her bodies to receive healing, while she went off with another of her bodies.)

and then the next thing I heard a woman’s voice talking to me, and she said,

‘Don’t be afraid, we are all with you here tonight, with the group, with Raymond.’ She was just talking away, and I said, ‘What’s your name?’ and she said,

‘Athena,’ and she said, ‘Ann, the colour mauve is like tranquillity, just be calm.’ And then I felt all these lovely sensations going through, mainly around the head, and anyway she talked about flowers and things, like stocks. Colour just kept coming up with everyday things, like I’d see a stock, and it would be a mauve coloured one, and irises and things like this, and she said,

‘There’s healing in the plants too,’ anyway she said that she would come again to me, and I said, ‘Goodbye,’ and then she went and I was back in the room again, and he said, I had to see him first, so he could then take me to her. It was very complicated, but it was really lovely, and it felt really good, that was it.”

SUSAN AS THE CHANNEL

“Well, there’s a reason for your coming here tonight, you all have lessons to learn. The colour blue will bring you peace and harmony, the colour orange will bring you joy, the colour green will bring you new beginnings, the colour yellow will bring laughter, the colour red will bring energy, and black is a solemn colour, but the colour of rest.”
ANITA AS THE CHANNEL, FIRST TIME.

“It's been a long time.”

JANE AS THE CHANNEL

“We are all here for different experiences. We are all learning and developing, and that includes us the teachers. As you go through your experiences and past memories, you allow them to flow past. We have achieved a goal in opening up new channels, which can learn from, and through which the energies can flow. With every small blockage that goes past, the river of energy becomes wider and larger, and God's love can flow steadily past, instead of tumbling over rocks.

We are here to teach you love, and give you love, so that you may give it out to the world as our channels, let it flow and give warmth and happiness to many millions. Please keep your channels as open as possible, and go with love.”

Spirit didn't think I needed to channel on this night, but on the next class night, where I had to give them the same meditation, spirit got me to channel, so here it is.

HEALING CLASS 22/10/86
ATLANTEAN HEALING TEMPLE BY THE NILE MEDITATION
RAYMOND AS THE CHANNEL

“Greetings my children, tonight we exposed you to a Temple of remembrance. You have been told that you can experience previous traumatic experiences that have left an imprint on your subconscious, and which affect your conscious lives.

You will go through the correct experiences in the Temple when you are ready, and we will help you as you go through it, for we love you and want you to be healed of your conditioning from past. Because when you remove the conditioning agent from your lives,
you can start to live your own life, just like you do when you leave your parents.

You are still being developed as healers; we are strengthening your consciousness as well as your physical and spiritual bodies. As your faith grows stronger, you will feel stronger. This faith is faith in yourselves, and we help you strengthening your weaknesses. That is why many of you have beautiful experiences in your meditations.

This one is too strong in some areas, and to strengthen his weak areas we block his stronger areas, so that he will make use of his weak areas more, to develop them. There are many ways that we develop you, for you are the leaders for mankind.

We thank you for listening tonight, God bless you all.”
On this afternoon my guides were explaining that they wanted to introduce a meditation which can be used for multi-purposes. They explained that the dark ages lasted for such a long time, that most people had past-lives in those dark ages, and that they wanted me to describe to the students three main areas that they would wander through, which would allow a past-life memory to be slipped in more easily, for the students to learn, or release any conditioning, as the setting of the meditation is basically the same for all Europe, the individual students guides, can show them the akashic scenes from the town or city that they had a past life in. So here it is.

HEALING CLASS 23/10/86,  
GAYE, ANNE, SUSAN, JANE, JOHN.  
MEDIEAVAL EUROPE MEDITATION

“Tonight’s, meditation is going to be a bit different, in that you can wander wherever you want, within the area that I'm taking you, so that you may be drawn to different things in the overall picture.  
I want you to imagine you are walking down a country lane, and the countryside is set somewhere in Europe. As you walk down the country lane, in the distance, you can see a mediaeval village. As we come to the village, we see market stalls, public houses and all the life in the village going on around you. If ever you feel drawn to any area, just go and explore wherever you want to and just ignore the rest of the meditation.  
As we walk through the village, we see in the distance that the village is a suburb of a large city, and you can see a large cathedral in the city, set in the mediaeval time. As we walk between the houses we see the peasants and soldiers walking in the streets.
If you feel drawn to the large cathedral, go to it. As we go past the cathedral, in the distance we see a castle on a hill. We will go up to the castle. There are guards stationed at the entrance to the castle, where there is a moat and drawbridge. You can go inside, if you want.

Inside the castle is a big hall, where people are feasting and drinking at long tables. A Jester is clowning around in the centre, and everyone is dressed in period costumes. There's a king and his Queen.

If you feel like wandering around the castle, into the rooms, you may do so. I leave you now to wander around, Medieval Europe.”

(Approximately ten to fifteen minutes silence)

“I want you to now return from wherever you have been wandering in mediaeval Europe. Come back through the village, and back down the country lane, and come back to this room. Come back now, take three deep breaths, have stretch if you want.”

I’m afraid you will find Gaye’s use of words very hard to follow. I will try to tidy it up for you, but persevere. This meditation was good for Gaye.

GAYE’S MEDITATION EXPERIENCE

(Gaye) “Well, mine was quite an interesting meditation. I started off down the lane, and I thought, ‘This is England, but then as I continued down into the village, and I was attracted to the church, the Cathedral, I became very certain that it was Italy, I felt it was Italy, and I kept thinking, ‘No, it's got to be England,’ because it looked more English, but the thought, ‘Well, no, it's got to be Italy.’

I went into the church, and there were all these monks praying, all in white, praying very solemn, and there was singing, beautiful choir, Gregorian chants, singing very beautiful, and then anyway I went to the left, and the left wing had been burned down completely, and they were actually in the process of rebuilding it, and there were artists and different workers in various stages of work. Some are even painting,
the way I imagine, kind of Michelangelo, you know, kind of designing where the different things go, and different statues and sculptures and things. So was very busy in there, but the monks were praying.

There were no ordinary people in the church, now I was invisible, and I didn't feel that they knew that I was there, I was just kind of floating around, I felt, and just observing. There were no women there, I noticed, they were all men, just working.

So I left there and came out of the church and wandered down the village, and just saw very peasantry ordinary people, folk, just walking, and very simple place, it was. People in very ordinary basic clothing, you know, animals, chucks and things, and very basic children. I got the feeling that the people worked very hard, and they worked all day, and then they went home in the evening, and it was very simple.

In fact I was drawn to the Castle, which I felt had a kind of creek or River, I don't know if it was round it, or near it, or something, and again, I thought, ‘Well, I am invisible, I’ll just go in here, over the moat, over the bridge.’ Anyway, I went in, and it was as if they were expecting me, so I became visible, and it was as if I was coming home to a kind of family affair, because they were sitting around the table eating, partaking in a meal.

I thought, ‘This is a bit corny,’ but any rate, there I was, I felt very welcome, at home with the family, and there was some daughters. I felt there was a son or something, part of the family, and I felt welcome, as if I could come back any time, and then we went on to a balcony in the Castle, high up, and we are looking out over these lovely gentle, beautiful cornfields, and wheat fields, and a beautiful blue sky, very peaceful serene sort of a place, and I thought, just a very simple, quiet, and that's right, I always thought, well, I wonder, this is what they are like in the Castle. This is kind of, they are living well here, I'll follow one of the workers home. To see what it's like for them.

So I followed a man home, and they sort of rang a bell, or something, at the end of the day when the work was finished. So it was about six or something in the evening, and he went home to the
family. It was a very basic little house, and the meal was kind of like a vegetable soup with a bit of meat, and bread, very basic, and just simple, and that was it, the family just talked a bit, there was nothing, I mean that was the, I got the feeling that was the routine for these people. Just work all day hard, and then in the evening you have just a simple meal, and then I came back.”

“How do you feel about it, did you have any emotional feelings about it?”

(Gaye) “I felt very peaceful, I loved being in that scene, where I'd let myself drift. It was a very lovely sort of peaceful thing, just a lovely quietness, which I felt very drawn to, and so as you were all talking, I thought, ‘What does it all mean to me?’ And I felt that it would kind of, it's a statement of where I'm at, probably right now.

Where the church signifies looking for something which is solid, Church like, if you know what I mean, a kind of a firm belief, a faith in something which is just as solid as it might have been for those people, you know, tremendous faith in the church, and yet I watched something, which wasn't in the church, I just went through it and observed these people.

I went to where all the workers and the active people were, and I was fascinated, that's right, the artist Giotto, I don't know anything about him, but that name came up, Giotto, 1452 or something, and I felt that he was somehow responsible for the artwork, or some ideas were coming from him.

So to me, it’s as if that's what I'm striving for, that sort of solidity, that you get from a strong faith or belief in something, but which allows me to express myself through creativity in various activities, because that's what I was interested in, the art and the building, that sort of thing, the activity.

So, I want something to allow their expression, and then I went into the Castle. And to me that feeling of being drawn to a family, like a very warm supportive situation. I was welcome there, and again, that’s very much what I'm striving for, to have that environment in my life, of utter peace and tranquillity, just acceptance for me as I am, within a family sort of situation. So I was invisible, but they knew it
was me, that's how welcome I was. They were able to perceive my presence there, so I became visible, because I didn't have to be hidden, I could be myself, as it were. Do you know what I mean?"

“Of course, that’s why they got me to ask you how you felt about the meditation.”

**ANNE’S MEDITATION EXPERIENCE**

(Anne) “After I had walked into the city, I then was somehow or other riding side-saddle on a white horse, and I had guards on either side of me. I could see the entire village, and I had this velvety gown and cape on, and there were stalls, I could see all that. I could see the peasants and even pigs running around, and things like that.

Then I saw a court jester, and I didn’t like him, I really didn’t like him, I felt afraid of him for some reason. Then I went across the drawbridge and up into the castle. I didn't go to any temple; I went to a mediaeval castle. When I went inside, I felt as if I was nobility, not a king or queen or anything like that, but sort of up.

There was another jester there, and one half of him was bright yellow, you know how I don't like the colour yellow. Well, it was that colour yellow, and the other half was purple. He also had diamond like shapes on him, and funny hat with a bell on it, and he had this mask. There was just something really evil about him, I didn't like him.”

“Maybe that's why you don't like the colour yellow.”

(Anne) “Yes, it could be. I kept asking, ‘Why am I afraid?’ But I wouldn't get any answer. However, I did see him talking to the king at one stage, and pointing at me. I don't know what that meant, and I ask what it was, but I still didn't get any answer.

Then somehow or other I wasn’t there anymore. I went into another room, I went down to the dungeons, and I had a lantern, and I was looking for people, as they keep all the criminals there.

It was really strange, I couldn't find the person I was looking for there, so I came back up the stairs, and then I was in the room again watching the court jester. I said, ‘I really don't like it here,’ and the
next thing I know I wasn't there anymore; I was looking down on the scene and just observing everyone. I don't remember any more because we came back.

That’s all, but it’s funny, when I said I don't like it here, I was immediately taken away; I was up so I could look down. There were two guides; Athena came again, and Jonathan, who was a man."

**SUSAN’S MEDITATION EXPERIENCE**

(Susan) “I was looking at the crafts and food making, and then I found myself on a farm, making hay and picking grapes, and milking a cow and things, and country dances and that sort of stuff, and then lastly I woke up in the hayloft hearing the bird tweeting, and it was beautiful, but the life in that village was very dangerous and very cruel.

I mean you could make it or not make it. For example, if you're on a good farm that was going well, It could be alright, but if anything happened you could easily be ostracised, and when I woke up in the hayloft I felt that I was somehow like wandering person, a gypsy or somebody not really in a settled life, and I felt the beauty of waking up in the morning, and also the sadness, and then it's as if some angel parents took me and said,

‘You belong, you have found your home, and you are good, and we will take care of you and you will be looked after, and you will have everything you need.’

They weren’t really part of the farm setting, these people, they were more sort of like wearing long dresses, I can see a woman in blue, a bit like a, not a nun exactly, but a very sweet gentle person. It's as if like the worldly parents kind of never really understand you, but the spirit parents they understand you, and you are totally accepted, and totally belonging, and good, and pardoned, and all the rest of it.”

“So your feelings about nothing permanent, about the farm, how do you feel about that?”

(Susan) “I felt that farm life could be very beautiful, but it could also be cruel. I had an image of a man crushing an insect with his boot, or
it might have been a mouse or something. There are lovely animals there, but sometimes they get killed for meat, and then for example, if a girl was going to market, if somebody seduced her something, then she would you know, she wouldn't be able to, she’d be sort of put out of society, if she got pregnant or something like that. She wouldn't get a husband, and she wouldn't be having a proper farm life, and then there’d be people like the gypsies, and so on, people who didn't have enough land, people who were deformed or ill.”

“Were you one of the gypsies?”

(Susan) “I think I was having an illicit love affair with somebody, because I woke up in the hayloft. I don't think I was a gypsy, I think I was a peasant girl, well maybe even a man, but it wasn't a feeling of a household thing, it was a feeling of something like a hidden love affair, and this was beautiful but very risky from the point of view of life on the farm, and on the one hand life on the farm could be a bit boring, but then it could also be satisfying, and it's as if the spirit parents said to me,

‘That's good, that you danced with the gypsies, that's good that you had a love affair, that's good that you woke up in the hayloft, all of that is good, it's all right, and you can also have a settled life, and feel of belonging, and home life, and so on.’”

SUSAN AS THE CHANNEL

(Susan) “Blue colour, a blue nun is smiling. ‘With all the circle, and all the guardian angels.’”

JOHN AS THE CHANNEL, FIRST TIME.

(John) “Surrounded by darkness, but it's not darkness, because I can see myself or someone in this darkness, quite clearly, and I see a light, like hurtling down one of these tunnels they show on the T.V. science fiction things. Through the rocks,

‘There's nothing to fear, now come out into the world.’ Deep in the forest with branches and trees, pressing me as I go through
them, and it's a mixture of light and darkness, no knowledge where I am, just like darkness, a feeling of companionship with nature around me, and everything that is there, and I am coming to a clearing where there is some sunshine, dead leaves all over the floor, brilliant reds and russet-brown's, and dried leaves. It's good to be in the sun, get rid of one's clothes, and feel completely at one with everything that exists.

Although I am completely surrounded, I feel whole and complete, without any knowledge of where I am, accept where I am there.”

**JANE AS THE CHANNEL**

“You have all learnt something different; all have achieved something personal. We are here to bring you happiness and help you learn, and we encourage you.”

**RAYMOND AS THE CHANNEL**

“Greetings my children, we have been watching over you tonight as you have been wandering through your different meditations. You have all lived lives in mediaeval Europe, and we arranged for you to experience different memories of your life in Europe, to help you understand your lives today, and help you overcome any areas that have been affected from these lives in Europe. You will be able to tune into this European life again in the future. We hope you will do this for some of you are not quite ready to go through certain experiences of this life in Europe.

We have to prepare you, to tune you in stronger to this past life, so that you can go through the experience that is needed for your healing. It is not always apparent that you have gone through these experiences, but the required healing is going on in your subconscious, and in its relationship with your body.

You will be taken to many historical periods to stimulate memories that will unravel the knots and tensions in your subconscious, which affects your physical and emotional lives
today, and as Raymond has said, ‘Each meditation may be meant for only one individual.’ So you have to keep coming to classes, to experience the meditations that are meant for you.

We thank you for listening tonight, God bless you all.”

HEALING CLASS 30/10/86, 
MEDIEVAL EUROPE MEDITATION 
RAYMOND AS THE CHANNEL

“Greetings my children, tonight you experienced another strange meditation that Raymond took you on. You have been subjected to various experiences that will stimulate your minds into releasing the conditioning from your past. This will help you perceive the world with greater vision and understanding. As we remove your blind spots that you have avoided because of your conditioning, your perceptions of reality will increase as you develop in your meditations.

You will be able to venture into areas where you had previously avoided. Sometimes you don't know that you have avoided certain experiences, or areas. This kind of meditation will also help you to except and tolerate a greater variety of personality types that you will come in contact with, as you have all experienced unpleasant relationships with certain personality types in your past lives. They leave an imprint on your subconscious, which repels you from the same personality type.

You are fighting yourselves while you are in the vicinity of the person that we want you to be in harmony with, when you come in contact with all individuals, because then we can use you to help every individual to grow, by communicating through you, the correct stimulus for that individual.

Freeing your subconscious fears and conditioning can take some considerable time, but you will get there, and that is why we take you on these strange meditations.

We thank you for listening tonight, God bless you all.”
When I compiled the first and second text book about all this, I naïvely assumed that the books will go out to the world, as they are. But my higher-self, only recently in 2009, explained that the first text books I printed were okay to attract the advanced souls for the many more text books, which were to follow, of a more advanced nature.

And my higher-self explained that I needed to grow in wisdom and experience, so that I can analyse and understand much of what happened in the classes which were compiled into the first textbook.

So that when it was time for the text books to be released to the world, I would be able to explain so much more, for the students and readers to have a better understanding of the differences of the various channelled communication.

But first, I have never questioned any students’ reason for attending my classes, as my own original reason for developing was to be a psychic-astrologer, and that reason I don’t have any more. So you see development has a way of changing your reasons for developing, and the same goes with a student’s core beliefs about humanity.

As a student develops, these core beliefs may slowly change, as wisdom slowly trickles into the mind of the student, but the biggest changes of a student’s attitudes, fears, or hatreds, is past-recall therapy.

Notice, I didn’t say ‘Past-life therapy.’ Because sometimes a student’s mental or emotional imbalance, has been created by either childhood, or in the womb influences, as well as past-life conditioning, and sometimes if an earth-bound spirit has attached themselves to the student, either inside their aura, or in some cases has been residing inside the body, then they can also influence the student emotionally, mentally, or physically.

So I never judge or ask a student’s motives for being in the class, and I have learnt through my guides that the students guides will choose the experiences for the students to accept the truth, so the student will believe and accept help in releasing any spirits, or will experience the required lessons, tailor-made psychologically for the student to accept the lesson, to change their attitudes or beliefs.
You may have already recognised a few of these experiences, which a few of the students have already experienced, and you will come to read of quite a few students experiences on the same theme, in the coming chapters.

But emotionally charged attitudes, desires, or fears, are usually only released when the student finds out where they originated, and the student has to want to let them go, and then they are released. And this is where past recall comes in, it is very rarely that a student or a patient will be shown a past memory scene of the whole event, in fact the majority of a past scenes shown to a student/patient will be the akashic record, as if a camera had recorded the persons past life, like a witness.

But this camera like recorder, can be attached to principal relatives, friends or enemies of the students past life, so that the student can be shown the thoughts or emotions of the other interacting players in the past drama, for the purposes of defusing the conditioning from the event that happened to the students childhood, or past life.

The guides usually show the student, briefly, the memory viewpoint of the scene, like seeing the events from the eyes of the past life. To help the student to believe, in which the student will feel the truth of the memory, which is the first most important prerequisite, because you cannot release something, until you believe it is yours to release, which the students higher-self deemed the right conditioning to release.

Then once the student has accepted their past life character, usually the viewpoint of the past life will be outside of the past life, where a student may have to become aware of other peoples thoughts and emotions in the scene, to help release any resentment or negative feelings about someone else in the past-life scene, who may be a close relative in this life-time.

Every student is like a house which is in a bad way, some students houses are very fragile, and need scaffolding and props to support the house while it is being strengthened, and these are students with fragile egos, or fragile self-esteem, or fragile self-worth’s, especially if they have had an abusive childhood, and their conscious mind and emotions still have the conditioning, even though in some cases the memories of their childhood abuse are not consciously there.
I was lucky, mine was blanked out of my memories, but the psychological effect on my subconscious, was what my higher-self wanted to achieve. I and most of my students, who had these kinds of childhoods, chose to experience them, so that they could use the affects of the childhood as an enhancement of the way our minds work and perceive and view the world.

The analogy would be that normal people are looking and understand the world through rose-coloured glasses, but the abused person are viewing the world through polaroids, or x-ray, or infra-red glasses.

Meaning that depending on the conditioning, and the individual, this enhanced way of understanding the world can be different, in some it can be a block to becoming famous, wealthy, powerful, either in business, or politics, or even a doctor, psychiatrist, scientist or teacher, wherever a spirit with strong will-power and high intelligence, has had a normal childhood.

Usually this effect is the reason chosen by advanced souls who want to awaken their strengths and abilities, free of the trapping s of power and materiality, but for normal spirits this type of conditioning may assist them to gain power or great wealth, if that is the lesson their higher-selves wish to achieve, for the lessons this destiny will bring.

But for the advanced spirit, this conditioning helps them to seek out the development of not only extrasensory abilities, but the attune-meant with their higher-self, guides, or even God. For whatever purpose they are here for.

But because when they arrive in the class, their house is very fragile, the guides and higher-self have to renovate the house very carefully in the right way. The guides and higher-self, are renovating the students spirit, from the triggered off conditioning, which is mostly affecting the mind, emotions and in some cases the affect is on the physical body, creating illness.

In most cases the higher-self has deliberately chosen to bring the person into contact with experiences which we call ‘triggering events,’ which have switched on specific past-life conditioning, for whatever reason the higher-self has chosen to use the activated conditioning.

For example, If a person in a past-life playing with matches,
accidentally burnt the house down, and a sister may have died, then the remembrance of the feelings of guilt, may re-surface when in this life, in the scouts, while getting his fire-lighting proficiency badge, the fire was the ‘triggering event,’ that switches on the conditioning, and when he grows to be a man, he decides to become a fire-man to save lives.

But saving lives, doesn’t always take away the guilt driven compulsion, this is where past-life therapy comes in.

You may say, what has this to do with students and channelling, and a student’s core beliefs? Well, throughout these volumes what a student accepts into their minds to channel, words spoken by the student, as the words come into their minds, are either neutral to the belief of the student, or agrees with the belief of the student.

But if the student or teacher has learnt specific higher ethics, through experience, and with his guides, over a period of years, or past life-times, then a spirit trying to channel through that student or teacher, words that contradict the student’s core beliefs, then the student, with any conscience would stop channelling.

But that very rarely happens, as the spirits who come to channel through the student, are in harmony with the students core beliefs.

For example, if Ghandi was to channel, then the spirits would be channelling peace and passivism. But if Hitler was channelling, his spirits would be channelling about death and destruction.

So the students in your classes will all have different core beliefs, just as my students had different core beliefs, and this chapter is one of the reasons these text books have been delayed in their release to the world, as be very careful when you listen to anyone channelling.

This next extract was used in chapter one to explain the usefulness of Astrology with Numerology, to explain my numerology chart.

Please do not confuse a person’s core beliefs with a person’s Astrological birth chart, as the primary cause of the student’s core beliefs, they maybe the same as the spirit, before they reincarnated, but also they may have chosen the Astrological influence to mould them into these core beliefs, for a purpose of spiritual growth, but usually the core beliefs will appear as the same as the Astrological pattern at birth, and I am not talking about the zodiac sign of their month of birth, I’m talking about
much more complex influences, that only an astrologer would understand.

I’ll give you an example, two babies may be born at the same time in the same hospital, both Astrology charts are I identical, one spirit that incarnates into the first baby, wants to learn to be a teacher, his childhood, parents and name will support this aim for his spiritual growth, by achieving this aim.

The next spirit that enters the other baby, at exactly the same time in the next theatre, may have been a very proficient teacher in past lifetimes, but doesn’t want to be a normal teacher of children, but wants to teach something else more advanced, outside of the academic system.

So his spirit and higher-self chooses specifically the right parents, where his childhood conditioning blocks his teaching strengths or desires to teach, which influence his behaviour, so that his teachers and career councillors help persuade the young man to seek an occupation in a trade, where he find he likes, and is good at metalwork, but the teaching Astrological tools and his spirits past life teaching experiences, are still there lying dormant.

So later in life when his conscious mind is awakened to what his spirit wants to teach, which maybe something very difficult to teach, where the curriculum isn’t already in the material world, where his previous lifetimes of teaching will greatly help him to teach a very difficult subject, where the spirit of the other baby, learning to be a teacher, would find teaching the subject too uncertain or difficult.

So you see to prevent the conscious mind of the child of the experienced teacher spirit, being manipulated into a profession of teaching, which they have already had lives doing exactly the same profession, as he doesn’t need to learn it, but the drive, desire, and personality, and Astrological teaching strengths, which are the same Astrological tools that the first baby had, are still there, a Numerologist will see that in his name numbers, that his spirit isn’t learning to be a teacher, but he already is, so as this person gets older and leaves behind the academic system that is designed to teach and guide people into professions, they eventually finds that they would like to teach adults, and as this person starts teaching, they find out that they are quite good at it.
But the Astrologer-Numerologist already knew this when he took a look at their birth details. So you see the Astrological influences are really tools for a spirit to use, some are learning to use them for the first time, and some have used them so many times that they know how to use them without thinking, if you get my drift.

Oh, this is not a description of my childhood, but its close, but instead of teaching, it is books. You would not believe the books and recorded writings, which eventually got into books; it took me years for it to be revealed to me, in a very careful way.

Here are other examples, a spirit conditioned from past life-times or childhood, to be a mass murderer, may commit his murders in the Astrological style of his birth chart, but if he had accepted guidance, and had been guided to be born a different Astrological sign, he might have received correcting astrological experiences, and not committed the murders.

Or if he had decided to choose the baby to be born into, from say revenge reasons, it may be a different Astrological birth chart, but the parents he chose may be the incarnations of his enemies from a previous life-time, and the triggered off subconscious conditioning, may drive him to murder them.

This is why it is a very good idea that we allow highly advanced guides to choose our incarnations for us, as we don’t have the wisdom to choose the right baby or Astrological influence we have to experience, once we are born, as was explained in one of the very early chapters of this disc.

Do not assume that the channelling spirit, or guide, angel, or Master, will be channelling for the reasons of the highest wisdom, because usually they are channelling for many other reasons, connected with the student channelling, or the students they are meant to influence, the channelling is very often tailor-made for the level that the students are at.

And the abilities of certain spirits, who are channelling, are like the difference between you looking up something in an encyclopaedia, and someone else using the internet, to access knowledge.

So students and teachers watch out, I advise all channelling is recorded and typed up, as very often we only remember what we are strongly emotionally affected by.
But because I was chosen to write these text books, my guides and I had to allow the students to channel, without any restraints, so that you can pull-apart, analyse, go over with a fine tooth comb, every word that I or the students channel in these books.

When I printed the first volume, I wasn’t happy with one or two students channelling, the students were fine when they weren’t channelling, it was as if certain secret hidden thoughts and desires, which the student suppressed in their daily interaction with the world, had found an outlet, that they could disguise as authorised by Guides or masters, but it only appears that way.

It may be that the spirit who is channelling is harmonising what they want to say with the core beliefs of the student they are using to channel through.

I’m not saying that everything they channelled is fiction, but it was as if a guide or master will channel the words for the student to say, but the way it is sometimes said, and or the additional words were coming from the students own agenda, which may be conscious, or unconscious.

But ultimately it boils down to how much we care about our words we use towards other people, and if we don’t care about whether the words are right for that individual or not, then we will not be bothered and use the same adjectives or command words, whether the other person will accept the advice, sorry, command to do, or ‘do not’ do something, whether they are ready or not.

You see in the next chapter a new student JULIE will channel for the first time in my classes, and over the months of channelling, the words that Julie spoke while she was channelling are very very controlling.

To give you an idea of how controlling, in her first chapter, she only channelled three lines of words, and the word MUST was used on every line.

On Julie’s fifth night in the class, the word MUST was channelled 5 times, the words YOU MUST was channelled 17 times, and DO NOT, 9 times.

On the next night, Julie channelled a staggering 5 MUST’s, 16 YOU MUST’s, and 21 DO NOT’s, and this amount of controlling continued in every class that Julie attended, this is one of the reasons why this chapter
was written.

No matter how much I tell the students to be very careful in what we believe, when we listen to channelling, it’s not my job to prevent a student channelling a very psychically advanced, lower level spirit, which has access to the akashic records, and can read the students past and present, like a book, who’s motives MAY be as pure as driven snow, but if they have no wisdom, and don’t have enough experience of the human mind and weaknesses, then they can treat everyone in the circle, as if they can handle, believe, or accept any truth that they reveal to them.

And if the student which the spirit is channelling through, has also the same core beliefs as the spirit, then the spirits who are channelling through this student, and this student, are going to have the opportunity to learn many lessons.

Hopefully these channelling spirits are monitoring the negative effects of what they channelled to the students, and I hope the student reads and analyses the word choices which have been spoken in the channelling.

A student may take longer to learn the affects of allowing this kind of spirit to channel through them, and it may take more spirits of the same core beliefs before the student learns that knowledge without the wisdom, or whether it is the wrong time for that knowledge, and has the opposite effect on who is receiving this knowledge, is learnt by the student who is the channel.

But the original spirit who was channelling all this knowledge and truth, like a guru, he or she has the spirit-dimension-psychic-abilities, to be able to monitor the emotional and mental reaction of their channelling on their listeners, and therefore should learn to keep certain knowledge to themselves until they have gained more wisdom, or more psychic perceptions of where the other person is at.

On this disc, you will read of a few students who not only distort spirit communication, when they are channelling, but one student Julie, was channelling maybe apprentice Guides, or spirits who have a hidden agenda, or her guides were teaching us all, and the class students who were influenced, may have been karmically receiving what I would call, pay-back lessons, which they had volunteered to learn and go through, before they were born.
You will read of a prime example of this when a patient, who was referred to me by a Medium, came for help, and the patient was a practising psychic. Ruth came for help on the fifth month of 1990, and because her recorded therapy session, is an alternative to a channelled exercise, by the very same student that these paragraphs are about, Julie, my guides have guided me to insert it in a chapter approximately ten chapters ahead of this one.

Even I have gone through my own pay-back karmic lessons, in my childhood, when it was arranged that my growth would be arrested, so I was a head shorter than other kids of my own age, and was terrorised and bullied for many years in school, before I grew older and my true physical strength filled out, which I in part genetically inherited from my father, who was a coal miner, and part developed by myself, because of my strong will-power.

This student, Julie and the guides and spirits she channeled, my guides say that it has taken me twenty-five years to understand, and be able to show you the consequences of communicated guidance, without wisdom.

My guides say that the affects of knowledge and truth at the wrong time, can be more harmful, as a student is viewing the truth from his own emotional or conditioned understanding of the truth, but if the student was shown from a different angle all the events leading up to the truth, without the person knowing what the events would reveal,

(Which means avoiding showing or telling the person the event that will trigger off an overwhelming negative emotional reaction, which then makes it very hard for the student to release the conditioning)

then the person may learn more about the truth, which may change their feelings or belief about what that truth represents to them.

But if a truth is channelled from spirit, at the wrong time, then it will either be more likely believed, if the student doesn’t have any emotional attachment to that truth, especially if the spirit channelling has the ability to get all the answers and truths at his fingertips, so to speak, then the student may come to accept a lesser truth and lock down the belief,
because if spirit said it was so, then it must be true.

And that’s like jumping down off the fence, and then you can’t see any more on the other-side of the fence, metaphorically speaking.

Or alternatively if the truth is not believed because the student is psychologically not ready to accept the truth, at this time in their life, then it is so much harder to convince them of the truth when they are psychologically ready to accept and then believe,

(As my guides had to repair this kind of revealing of one of my past lives)

and if this truth is the foundation stone of a building, then the building cannot be built, until the foundation stone has been accepted and laid level in its place.

But if the truth, triggers off an emotional negative reaction, then this is irresponsible, on the part of the entity, whether they are a psychic or a spirit channelling the truth, I will give you an example from the class night of the 11/12/86, and Julie was channelling this question to a student.

“Do you wish to know one of your past experiences?”

(Kerry) “Yes.”

“I see a life in India, a young girl. I see you carrying water, now you are going for water, going to the river for water. Something is going to happen. There is danger, I see two men. They have knocked the water pitcher to the ground and seized you. Do you wish me to continue?”

(Kerry) “Yes.”

“It will be very painful for you. The two men in this past-life appear to be strangers to you, you do not know them. But in this present life-time, they are members of your immediate family, relatives, and you are still having difficulties with them.

In that life they raped you, and killed you. The three of you are still working this through. It was a very brief life.”

Think, how you would react if you were told this, in connection with your own immediate family relatives?

This is not past-life therapy, but I can see it causing more harm, than if
this was handled in proper past-life therapy session, If Kerry’s higher-self started to show Kerry the scene of a young girl, carrying water, in India, then Kerry’s higher-self would know that Kerry is with a responsible past-life therapist, and be guided by spirit to help her release any conditioning.

As I was to learn about six months later, that as soon as I was told by my guides that the healing session would be a past-life therapy session, once I had explained to the patient how it works, they closed their eyes and relaxed, and straight away the patient would start seeing, not remembering a memory, but their higher-self would start showing the patient the akashic records of the events, sometimes from the eyes of a witness to the events, where if they are involved in the scene, the patient will be shown the thoughts or emotions of the witness, if the higher-self knows that this knowledge will help the patient to release strong emotions connected with the witness.

I do not tune in and see the person’s past-life, and if I start seeing some of the scene, it is usually because the patients higher-self think that the patient will identify the wrong person as their past life, or hide or lie about part of the scene. So when a patient describes to me something different to what I have just been shown, I take them back to see the scene again, until the patient realises I know they have tried to deceive me.

This same student, Julie, told me I had been a certain person in a past-life; I automatically didn’t believe her, even though I was shown in great detail, both the memory of the life, and the akashic records of the events.

I still thought I was watching a video-like recording of some other spirits past-life, and it would be three years later, when two advanced students, boyfriend and girlfriend, wanted to change the class-night, because Tim had exams on the following Thursday class night.

So I said they could come on Monday night, but over the weekend, unknown to me, practising at home, they both were shown in a past-life recall meditation, a life-time together as lovers, and they were shown who their friends and relatives in this life were, in that life, and who they were in that past-life, but their higher-selves had only allowed them to see nice things about that life-time, and they didn’t get any names of their
past lives, but this was a preparation. So when I described the past-life setting, or scene, unknown to me, I was describing a past-life scene, that they had seen some of the scenes from, and the students were really chuffed, because I was describing their lives, without me knowing that they were who they were, okay I had the feeling that the students would be some of the characters I would describe, but I didn’t know who would be who.

As the scenes were being shown to the students, events unfolded and Tim’s past-life was caught up in the death of someone, but Tim’s past-life wasn’t kept in the loop about certain events which were put into motion, and after the death Tim’s past-life, who was so guilt-ridden that she committed suicide, and in further incarnations, the conditioning was subsequently triggered off a few times, and Tim’s higher-self found outlets to suppress the conditioning, and this also was shown, these connections with the following past-lives of Tim.

But Tim and his girl-friend had already been shown in previous weeks, where Tim’s past life manipulated a woman to have someone crippled, and that woman was his girl-friends past life. But the cripple eventually killed Tim’s past life. So Tim incarnated into the same karmic lesson, where he was a woman who was manipulated into having someone executed, which was the life of the spirit of the cripple, where Tim’s past life may have made a vow that he would reap revenge on the cripple who killed him. Oh and my past life was the cripple.

But these follow-on past-lives, Tim was already aware of, you see Tim’s higher-self had already prepared Tim for this big therapy night, by already showing Tim these connected past-lives, weeks in advance, to prepare him to understand where the events in those past lives were generated from, by the conditioning created in the past-life he was being shown with me.

And being shown the effects on those past-lives, stemming from the conditioning from this past-life, would also help Tim believe in the truth of the events where the conditioning originated, so that he would not only release the conditioning, but accept the famous, well known character, who he would eventually find out he had been.

Also another purpose of being shown the causes from this night’s past-
life, was to help strengthen Tim’s belief that he was those other past incarnations, in those follow on past lives, which needed to be strengthened, because they also were hard for Tim to accept who he was. So this was one huge multi-purpose past-life therapy session. The guides and higher-selves certainly know how to arrange the students’ development.

Also, half-way through being shown the opening scene of this meditation, on the afternoon before the students arrived, I thought, ‘Hang on, this is connected to that life Julie and Caroline told me I had been,’ Where I had been shown many of the scenes of the memory of that person, thought’s, emotions, and conversations I had, but I rejected that life as someone else’s memory record, but I was never shown the events Tim and Diane were going to be shown in this meditation, because my past life in connection with them, I never physically came in contact with them, as at the time of the scenes that Tim and Diane were being shown in my class, my past life was in a dungeon, so I thought we’ll just see if the students recognise or are told it was my past life, or was someone else who’s was that past life.

I had never told anyone, or wrote it in my first two volumes, about this past-life I was shown, as I consciously didn’t believe it, so Tim and Diane were unaware of whom this past-life belonged to, in connection with what they were being shown.

So I thought, I’ll be canny, and ask them if I had a past-life as two other people in the scene which they saw in the past life, who I knew wasn’t the past-life of who I had been shown, three years before. I asked, “Do I have a past life-time there?”

“Am I the ***** or the mother?”

“Diane, said, ‘Aren’t you *** *****...*** **** *** ********?’

And I said, “Where do you get that from?”

(Diane) “It just came to me.”

(Tim) “Yes, you’re * *****...*** **** *** ***.”

As both students had confirmed what I was shown three years before, I explained more about that life, from the childhood, right up to being arrested.

(No, I wasn’t Jesus)

Which also would help them believe and accept their famous past
lives, in connection with the historical event. And when later after both students had released all their conditioning from that past life, Diane channelled her higher-self to help us learn more about my purpose in that life-time, and help the students have more confidence in each other, as they would go on to founded their own development circle.

On the third disc issue, this class night, and what I have just described, and all our interconnecting past-lives part of it, which I was shown three years before will be all laid out, with all the attendances of these students, which covers 1300 pages of class transcripts.

So I was to learn, over the coming years that the truth in the hands or mouths of the unwise, can cause more harm than help.

In this first disc I will try to describe the difference in the core beliefs of myself and two other proficiently channelling students, but I still don’t have much of an idea of what the students believe, but just as seeing the outline of a shadow of a person can tell me if they are thin or fat, the predominant reading between the lines of the students channelling will help you glean a lot of awareness.

Firstly, my core beliefs in 1986, were vastly influenced by my four years of studying humanity, through my 200 books on Astrology and Numerology, followed after that with talking to my guides, God and higher-self, and all the experiences with mediums healers seminars, classes and books on all this psychic stuff.

So I understood from astrology the way people are different, but I was learning from spirit why people are different, and very much the effects side, of cause-and-effect, and if you are learning very strongly the effects of words spoken by Mediums and so called mediums, on the audience, when you are being shown the emotional effects of the person in the audience, when you are being shown the way I feel about a reading, to recognise the difference between the mediums interpretation of what little they are getting from their psychic abilities, and how much is elaboration on behalf of the medium, in the reading, and the mediums who receive from guides the message, and the so-called mediums who psychically tune in to the person in the audience, almost immediately, and consistently after they have waved the flower at the audience, and say

‘Can I come to this person, whose is this flower?’ Then I was
learning that for a student to develop they had to develop their own link with their own guides and higher-self, and that if I was going to channel, I didn’t want to become a channelling Guru, for the students questions.

Because if I know an answer to one of the questions, from what I had learnt in the past, and the answer is wrong, but I wouldn’t know that, my mind might give the student my answer and not spirit’s answer, as my channelling is only thought-words, and not a distinctive male or female spirit voice.

The only time I have heard spirit was when I was lying in bed and I was in a semi-paralysed state of consciousness, when I heard this electronic switch-like click in my head. And this male voice said,

“I want you to listen to this, Raymond.” Then a woman’s voice sang this song about my health, which I cannot remember the words to. And then I heard that click, again. No, it wasn’t my clock radio; this happened a couple of years before I started running classes.

One of my other core beliefs, is that because everyone’s fears and trauma’s, known or unknown, affect people in so many degrees of what I would call “Dear in the headlights,” kind of paralysis.

What I had learnt in the early months of running classes, was that our guides very rarely tell a student they have this fear or that fear, because firstly the telling can cause a flaring up of the emotion in the student, which in most cases, causes many kinds of defence mechanisms in the mind and subconscious of the student, to come into play, blocking not only psychic communication from a student’s own psychic link.

And if the student hasn’t blocked the link, then the fear-full mind will not believe a cure of the fear, if their guide told them of one.

In the early chapters of this book you have already come across a couple of prime examples of the way guides help students become aware of conditioning from past lives, not by telling them the effects of the conditioning, whether it be a fear, or dislike, or hatred, generated by the conditioning.

Because if the student doesn’t believe they are being affected by any conditioning, because their higher-self has kept them away from any triggering experience in this life, and that includes the observance of the same events in a movie or on television.
You will learn of many conditioning experiences, that I have recognised in students, that I have also recognised the same conditioning experience that have been used in books, which then have been made into movies, and I have asked the student, and in some cases the student is older than me, I have asked them have you seen this movie, and they have said, “No.” And yet the movie might have been on television five or six times, since the 1960s, which is where in the class, after the conditioning has been released, they find out from their higher-self, that they were influenced to not watch the movie.

But some patients I have helped, have found out that their higher-self deliberately arranged for the patient to come in contact with, or see triggering events, to activate conditioning, mostly because of a patients too strong stubborn will, has avoided releasing too much conditioning from past lives, and their higher-self has deliberately chosen not only a female body to incarnate into, but the triggered off conditioning was strongly affecting the physical emotional and mental body, to such an extent, that the body over the years had become deformed, and the person couldn’t work, and the medical profession wanted to perform surgery, but they didn’t know what was causing the deformity, and they said that if they correct the spinal deformation, and the cause was still there, the spine would again deform over the coming years, never mind the phantom pregnancy, which never went away after many years.

And this woman in her 40s was suffering from anorexia, and bulimia, but she was always taking minerals and vitamins, to keep her body healthy, so she had thin arms and legs, but looked about six months pregnant.

All her development and past life therapy will be on the third disc volume, with her interaction with other students, like Tim and Diane who had past lives with her.

But getting back to what I had learnt from my guides, which were forming my core beliefs, was that I was learning that the best way in some cases to help a student to release past conditioning, is to allow their guides and higher-self to show the scenes of the past-life cause, mostly from an outside view of the past-life, you could call it camera angle, where the higher-self and guides can turn down the strong emotions
created by the event, so the student not only observe the event from another angle, but what emotions were generated by the event are received by the student in a watered down version.

Also in some cases the students emotional body is anesthetised by spirit, but not knocked out, so that the emotional bodies emotions do not flare up at the sight and feelings of the event being shown to the student, but the degree of dampening or insulating of the student or patient, is dependent on the severity of the conditioned emotions or fears, and many variations of this method is employed.

For instance if the patient or student had been completely protected from becoming aware of the conditioning, then the higher-self and guides sometimes have to allow the student to either see similar events to trigger off the conditioning, or allow them to come into the same situation, which triggers off the conditioning emotions sufficient for the student to believe or accept that they are suffering from conditioning, and this can also start to happen a week or two before the night of the therapy session.

I and a few other students who channelled from spirit, historical knowledge of events from the past to people in general, not connected with any students conditioning, or the influences of spirit on people in the physical world, again no reference to anyone in the class being affected, or explaining how our development works, this general knowledge has a neutral affect on the students, and is safe to be channelled.

But my core beliefs are to educate, inform, channel communication to help build trust and faith in my students or patients, that their guides or guardian angels are there and real for the students to talk to verbally or telepathically, when I am not around, after protecting themselves, which you have already read about.

But basically help everyone understand what this is all about, without channelling the words, ‘YOU MUST,” “YOU HAVE TO,” “DANGEROUS,” “DO NOT,” “UNFORTUNATELY,”, as these words were very, very rarely channelled by any spirit I was channelling for.

But you may come across in your own classes a student with great psychic abilities, who may channel communication from spirits who are not as highly evolved in wisdom than your own guides or channelling spirit teachers.
I will now try and explain inferentially from observations of Julie’s conversations in and outside of classes, and also a small contribution from my guides, of Julie’s core beliefs that I had not been aware of, at any time, but my higher-self and guides wanted me to experience Julie until she left the classes, and record as much as I can for future students, all round the world.

The spirits who channelled through Julie were in harmony with her core beliefs, I don’t know why the guides and higher-self, if they were the ones who were channelling, were so wrong in some of what they channelled, or so lacking in wisdom in the way they revealed the truth about the students and myself, but my guides say that the channelling was in harmony with what Julie believed what channelling should be used for.

Which was, you have to attack a weakness head on, and that everyone can overcome their fears and weaknesses by performing the same exercises, and she believed shock tactics help people grow and overcome their fears, and in some cases a person has to be reduced to nothing, before they can be rebuilt.

And she believed that telling a student the truth about their past, including past lives, is the righteous thing to do, and lying to the students is wrong.

For example, what choice of words would a person use, if that person believed that they were superior to everyone else?

Maybe because they had gone on courses to weed out their own failings the hard way, because they were strong and the hard way worked for them, and they also have a strong belief that the ends justify the means.

They also might believe that a person has to be ground down and be broken, before they can be rebuilt a better person.

Then this person starts channelling very proficiently, what type of words will be channelled repeatedly, **MUST’s, DO NOT’s**, and many more phrases I will draw your attention too, or maybe Julie’s mind had a greater influence on the channelling, by the way of distortion, than we can ever know.

I would like to give you many examples of what Julie channelled, but you will have to wait until you come to the chapters were Julie is in the
class. But my guides for this disc now want me to critique the channelling by Julie, to help you to recognise this kind of channelling in your own circles. As I didn’t critique any of Julies channelling or meditation experiences, for the first print of volume 1.

I cannot separate what was channelled by her guides and spirits, and what was channelled by Julie, but it is the content of what was channelled that needs scrutinising, because you will find in your own classes beginners who may believe everything that one of your student channels, especially if they seem to be given the power, and seem to have been sanctioned by higher spirit beings, but that is all part of the test, or trial, if it is a long one.

But I don’t think you will ever come across one as long as this, not that she was in the class a long time, but the volume of what Julie experienced, and channelled is what I mean.

If it happens that you have one of these types of students in your circles, you can show them this disc to read, and they can compare their own typed channelling, with the channelling which came through Julie.

But hopefully all your students, who are sitting in your circles, will have read this disc, to be wary of their own beliefs, and how much of their beliefs colour their channelling.

But in my case, my guides, or my other students guides, never channelled any censure of Julie, or the spirits channelling through Julie, to allow Julie, and these spirits she was channelling, maybe so that they have the opportunity to observe the reactions on the students at the various levels, like the emotional and mental, in how much the students believe them, and also for Julie’s benefit, for her to learn from the long duration of the lesson, played out over the months that she was in the classes.

I also believe all this had to play out to the end, to be an example for students all over the world to be able to recognise this problem, before it causes too much harm in their own circles.

And the spirits of my other students may have been karmically learning their own lessons, which their higher-selves had arranged for them to learn, by being in the classes at the same time as Julie.

But their conscious minds wouldn’t all learn the lessons at the time, as
their higher-selves needed to allow Julie and her spirits who were channelling, enough rope to make the noose, if you understand my metaphor, if a student or myself had been allowed to recognise what was happening, and we said something, or protested, it would be like cutting the rope while it was too short to make the noose, and Julie might have left and joined another circle. Maybe my circle wasn’t the first circle Julie has sat in; you can ask your guides about this, I have.

But in a way the other students needed to eat too many sweets and then be sick, to learn that some things that taste nice in the mouth can make you sick. I think this metaphor popped into my head from my higher-self.

So you will read Julie’s channelling and think, ‘This is great,’ but read between the lines. The wiser the student, the more they will recognise the larger implications of what Julie’s channelling affect will have on the students, who are not that wise.

The next chapter is when Julie attended her first class of mine. All what I have written about up to now in this chapter can possibly happen in your own classes, connected with your channelling students core beliefs, and the level of spirit who can be drawn to them to channel what they believe about either the nature of reality, or maybe a cure to a problem, weakness, fear, or illness.

There are many well meaning spirits on the other-side of the veil with motives to help you to grow, or heal, but if they are limited in their perceptions and wisdom, and do not consult the higher-selves of the patients, then watch out, the channeller may become the unwitting tool of interference with the karma or purpose of the patient or student, that is receiving the advice from the channelling spirit.

When in 2010 I started agonising about all the chapters in my first volume, that Julie was in, and I started using my analysing abilities to try to understand the motives behind some of what she channelled, my guides firstly explained to me that there were multiple reasons and benefits that could be gleaned from Julie’s attendance in the class, one of them was to be able to learn by her example, and thus be able to add this knowledge to the text book, about the connection with the core beliefs of the student and the content of the channelling.
And then they explained to me what had been happening in Julie’s case, and that it would be very rare that a student would get away with the way Julie was channelling, for students who have read this disc, as the other students in the class would recognise what they have read on your disc, and pull them up about it.

But in the case of Julie at some stage, maybe her subconscious desires influenced much of what she was channelling, and if she had acquired very strong abilities of a psychic nature to acquire the knowledge about me and the students, and these subconscious desires, might have been Jealousy, and the belief that she was more qualified, and her belief that her guides had given her the power, and that I didn’t deserve to run a class like this, never mind compile a text book, and that this might have been her largest test, arranged by her guides and higher-self.

You may think I am paranoid about this, but remember I was very protected by my guides and higher-self at the time Julie was in the classes. I was so protected that the thought of Julie secretly wanting to undermine, take over the classes, humiliate me in front of the largest class attendance I have ever had, and that channelling would be used to try and give me a nervous break-down, never even occurred to me, for over twenty-two years.

It has only been in the last six months that my guides and higher-self have in a way taken the blinkers off my eyes to set the record straight, for these text book discs, and it is so obvious now, when I read her channelling, and that was to stop me from compiling these documentary text books for the world, by either psychologically interfering, or influencing me to believe I was not worthy to do this, by overwhelmingly influencing the students with great proof of what she was channelling, by proving, and using spirit, or spirit using Julie, to answer I and my students every question, with great volumes of truth, to also convince me that she and her spirits were genuine.

I feel that her guides, if they were her guides, were helping Julie by channelling exercises for the students to go on, as a way of convincing not only my students of all the classes, but myself, as her spirits may have been sometimes posing as Masters to talk to the students.

Even Julie’s meditation experiences were used to not only influence
Julie, but the students and myself. So my guides and higher-self want me to insert in some of the chapters, a breakdown of every negative affect and ulterior motive, of what Julie described or channelled, in a repeat of the channelling session, where the first version a give you, was what was recorded for the students and first volume.

But on this disc I have high-lighted what I and my guides are going to explain in the second copy of the same transcript, so you can practise seeing if you can figure out the meaning of the high-lighted sections, before you read the critiqued version, because there is so much of it. We decided to type first the original complete version, so you can see how convincing it was for not just me, but for the students.

But in some cases we have decided give you her channelling, with only the high-lighted sections, so that you can exercise your minds, and your guidance from your guides, and write down your own opinions about the high-lighted segments, and compare your version with your other students to not only see if you are receiving guidance from your guides, matching what I and my guides recognised, about what was wrong, but you may observe the different takes you get from your other students, who might have different core beliefs, or what you can accept.

And following her channelling, we will give you the same recorded channelling with the critiqued comments after each high-lighted section.

I will delineate these captions like this,

(2010 INSERT. So that you will know they are different to any green inserts, which were inserted at the time I transcribed the student record, or wrote the first volume.)

Also where my mind obviously can recognise statements that are wrong or the purpose behind the channelled or described statement I will write it in, but some of the analysis I will be receiving from my higher-self and guides.

And at the end of each of Julie’s segments all the lightly shaded negative or questionable words, like “You must,” “must,” “do not,” will be totalled, because they also have a negative impact on whoever was reading or listening to them, I will break-down everything Julie channelled, if it is a form of attack, that undermines me, so it will be
easier for you to figure out, because some statements that are a form of attack are meant to have a subconscious negative effect on me and the students, no matter how positive the statement seems.

My guides say this will be good exercise for you, the readers and students, to flex and give a work-out to your mental muscles, and in a way train your minds to help you recognise similar channelling in your own circles if you are reading your own recorded classes.

Every time I come to feel there is something wrong with what Julie has said, I will be double checking with my guides and higher-self about what I am to type from my own analysis, or their communication.

In the beginning you might think the spirits and guides, who are teaching Julie, are supporting her in her hidden motives, but maybe they are only helping Julie to learn a big lesson, and minor lessons for me and my students. After Julie no other student was appeared to be given the power to try and hurt me or my books, ever again.

Oh, again you might think I am paranoid, but I wasn’t paranoid in all the ten years of running classes, as you will read in the many thousands of pages of class and therapy transcripts you will read about in the coming years, when I get them onto disc.

My guides have just guided me to show you an extract of one of my advanced students channelling, which my guides originally had me insert at the end of Julie’s influence in my classes, from my original first text book.

Betty had never met Julie, and had never read my first volume, as it hadn’t been printed on my photocopier yet, and besides I was to use this extract to put in volume 1. I will high-light the sentences pertaining to channelling. This class night was approximately a year after Julie had left the classes.

HEALING CLASS 16/2/88.
BETTY AS THE CHANNEL

“Greetings, my friends, we are pleased to see you all here tonight, and we are particularly pleased that our newcomers have made such progress already. It is most important when one is beginning to channel, to relax and not be afraid of making mistakes or of
sounding silly. The more you practice channelling, the more easily
your words will flow, and the more accustomed you become to the
idea, the easier it is for us to make our messages known.

Tonight your higher-selves took you into some of your past-lives,
to help you to release some of your fears. Even if you think that this
meditation did not benefit you tonight, what you learn will continue
to work in your subconscious, so that the benefit may appear at a
much later date.

Try not to have too fixed an idea about what you should be
learning or what you should be channelling. But if you find that
much of your own belief systems come through, do not worry about
this too much, for this is natural when you begin. The more you
relax and open up to spirit, the more you'll begin to understand that
sometimes there is not just one right point of view.

The universe around you is not only much stranger than you
think, but perhaps more stranger than you can imagine, as one of
your scientists has been alleged to have said.

We do not want you to worry too much about the spectacle of
some channels who put on outrageous acts, or who channel what
appears to be scare-mongering material. Sometimes these channels
are fakes, although they may indeed believe themselves to be
genuine.

The well of self-deception is indeed bottomless, and sometimes
these channels are simply a genuine secondary personality of the
channeller; others are just in it for the money or the attention.

Some people are the innocent dupes of others who manipulate
them, and we do not necessarily mean others in spirit.

Some are channelling rather immature entities who are bored
where they are, and simply want some attention or something to do.
You see even they become bored even though they are in spirit, if
they are on a low enough level.

Remember that those who have unusual powers, which you call
spiritual or psychic powers, are not always highly developed people.

It is only necessary to consider the history of parapsychology, to
realise that some quite effective mediums and other types of psychic...
talents, are not necessarily extremely mature or developed personalities. Some are quite childish and indeed, the strengths of the powers of some of these people are their personalities.

We say this to you, just to warn you not to have too many preconceived ideas about people who appear to be channelling a lot of power, but at the same time, do not judge them unnecessarily. Those who appear to be on quite a low level, or even fraudulent, may quite unwittingly even channel generally useful material. You must use your judgement and your awareness.

Remember at all times, that you must remain aware of what you're doing. There is no excuse once you've taken the first hesitating steps towards development, for stumbling around blindly saying, 'I did not know what I was doing', or, 'My mother made me do it', or, 'It was my husband's idea.'

One of the first requirements of spiritual development is simply to become more aware. The more you become aware of everything around you and within you, the more compassion you will have for the foolishness of others, and for the foolishness of yourself, that even the most developed entities still have something to learn. And that is one of the reasons why we are here with you, because we too need to learn.

We thank you for coming here tonight, and we thank you for working so hard. Be happy, be well and our blessings on you. Goodnight.”

Since typing most of this chapter in 2009, my guides and higher-self showed me and channelled a lot more in an explanation for Julie and the spirits who were channelling through her.

But my guides want you to experience Julie and her channelling before I show you what my classes were being subjected to, as after you have got to know Julie and her spirits a bit more, it will make it easier for you to recognise what my guides and higher-self eventually revealed to me, as I also had to gradually untie the huge mysterious knot of Julie, so I could spread out the rope to see, understand and accept the picture, that my guides wanted to show me, if you get my drift.

So after a few more chapters all will be revealed.
On this night my guides didn’t want me to guide the students with a guided meditation, and this was the first time for a long time that this occurred.

*(2010 update. When I start typing these huge inserts, my guides and higher-self just seem to pour the words to type, into my mind, so fast that, I have to go back over it and edit the use of the occasional wrong choice of a word, here and there. I get the vision of an old fashioned tickertape machine, chattering away, as I type what comes into my mind, anyway, on with the chapter.)*

I feel that the class guides wanted me and you the reader, to observe a new students meditation experience without any influence from me or my guides colouring her experience. To help you understand a ringer has arrived in the class.

Meaning I have just found out from my guides, that Julie had sat in circles before, and they now tell me that she had been expelled from the last circle she sat in.

But for the purpose of these text books, and my protection, I had to be blocked from figuring out anything about Julie.

In the last chapter I mentioned that spirit sometimes adjust the way they communicate to a student on their meditation, for the purpose of convincing the student to accept their guidance, and this is done by harmonising the way they talk to the student with the students core beliefs about themselves and their interaction with others.

In Julie’s meditation experience the spirit or spirits who spoke to Julie were using her core beliefs in mostly two primary themes, which I will high-light in two different colours, to show you more clearly.

This high-lighted colour represents her core belief that superior beings must assert their dominance or get people to do what they want, with commands like ‘you have got to,’
‘now you must,’ ‘you can’t go,’ and ‘you can’t open,’

And of course if Julie believes that she or a spirit who is channelling is superior to who they are channelling to, then she will feel this to be the normal status for the way to communicate with everyone, who is inferior to her or her guides, like what she relayed at the end of describing her meditation experience. ‘Raymond won’t speak tonight, there’s no need for a meditation,’

The other theme is Julie’s core belief, that if anything is hard to come by, it is superior than learning something in an easier way, and this is connected with Julie’s strong belief that if you have overcome any adversity which is hard, you are courageous, or have great courage, which fuels a reason to feel superior to others who have not proved to Julie that they are courageous.

At the time I was studying astrology, while I was at work one day, I had mentioned to a big apprentice, that I was a pacifist but I will defend myself, from being attacked, but this apprentice didn’t know that I had practised Ju-Jitsu, when I was a teenager.

Anyway, on this building site, our company had a container as a storeroom for all the gas fittings, and at lunch time I used to have lunch on a fold-up beach lounger, so I could have a sleep after lunch, for twenty minutes, in this container.

Not long after I had mentioned this passivism belief to this apprentice, I found him lying on my lounger at lunch time. I told him to get off the lounger, but he just laughed, and said I was a pacifist, and he wasn’t going to get off the lounger.

I don’t know whether the other fitters put him up to this, but I think they were laughing at him, not me, because the fitters, knew me a lot better than this new apprentice, and knew about my physical strength, and willpower.

And before he could say anymore, I had wrapped my hands around his ankles, and hoisted his feet about five inches above my head, and then dragged him out of the container, for quite
a way, before I let him go, well the lounger collapsed, as he was dragged out, but I think he got a shock, by the strength he felt around his ankles, and how high I hoisted him up, and dragged him so far, which is what I intended, to make an impression, to deter him from thinking he could have a fight with me.

At the time, I recognised the pattern of his way of thinking, from what I had read about one of the signs of the zodiac. So I asked him later on, what was his date of birth. And he told me, and it was the month of Scorpio, the same sign that I had recognised in connection with his way of thinking.

So I felt that I should study Scorpio more intensely, and it came in handy on more than one occasion in my classes, as you will occasionally come across situations in these chapters, where I receive telepathy from my guides, to put me in the picture, so to speak, as Scorpio is the most secretive sign of the zodiac. And one the most difficult to guide, teach, or do past-life therapy with, and my guides have had to fill in a lot of gaps in understanding a Scorpio student or patient, telepathically, at the time.

I mention this, because just as that apprentice believed I was soft, passive, and a happy chappie, not many people become aware of my strength and willpower, in normal everyday activity.

So the way I ran my classes, was you could say very accepting of the fact that I am not superior to students or patients, because they don’t have the same experience or knowledge, which I have learnt, and they very often have experience and knowledge, that I haven’t learnt yet, and I was just another student in the classes, as they were.

But most people are conditioned to believe that if you are the teacher, then you are superior to your students, but in this kind of class, this is not the case. But students or teachers who cannot adjust to this situation, will either consciously or unconsciously follow their belief patterns about this, and some
students, which my higher-self has told me is the case of Julie, who is suffering from very strong past life conditioning in connection with certain of her core beliefs, and that they had been triggered off, earlier in her life, to be still strongly affecting her, when she was in my class, as a student.

This is why certain spirit entities chose to use Julie for their own hidden purposes, because they could use her core beliefs, when they channelled to the class, and she would accept their attitudes, because she believed in the same attitudes, herself, as you will notice, when Julie channelled later for the first time in my class, when spirit channelled the word ‘Must,’ three times, in the space of the three lines, which is all that was channelled.)

HEALING CLASS 31/10/86
JANE, JULIE, SUSAN.
JANE’S MEDITATION EXPERIENCE

(Jane) “My usual Guardian was standing in front of me, and I went straight up in an elevator through the colours, and then from the colours. I went up about four cloud levels, I saw one lot of cloud levels, then another lot of cloud levels, I’d say four cloud levels, I kept floating up, see.

When I got up there, he started giving me a talk on my personal development, and what I should be doing with my personal development, and he said, that I am at that level, say the fourth cloud level, and he pointed up, and there was a whole heap of more levels to go to, and at the top there was this beautiful light, that it was pure, really peaceful and quiet, and he said,

‘That's what you're aiming for.’ And I thought, ‘Wow, a long way to go.’ And he said,

‘At the moment your channels are open at this level,’ he said, ‘If you are at a lower level, we’d only, we’d be able, you get the light from the top, but it’s filtered through this level that you are at,’ he said, ‘If you're at the levels below, you can only open to that level, and allow that kind of like a filter.’
Well, that's what he's talking about, and he said, in the time to come you will get higher and higher, with your levels, and in a while I had to be prepared for people flocking to me, because the light is going to expand more and more, there was a small light around me at that stage, and he showed me that the light would spread around me as I got higher, and the light was spread round me, and as light spread, people would flock to me for the light.

I suppose that's for the healing and things like that, and as they flocked. I had the time. I am here now, and the things I'm learning through every channel that I am learning, not just this class, but every channel. I am learning to spread the light.”

**JULIE’S MEDITATION EXPERIENCE, FIRST NIGHT, WITH NO GUIDED MEDITATION FROM ME.**

(Julie) “There was an old man in front of me, a very beautiful old man, a very peaceful looking man. He was shining very, very brightly. He was brighter than the sun; I could hardly look at him; and he said,

‘Greetings my child, I bring you peace. You have many things to do. You’ve got lots to learn, but you’ve come a long way, as well, and now you must go on another journey, if you have the courage. Do you want to learn more?’ I said, ‘Yes, well, I can't go back now, can I?’ He said,

‘No, you can't go back.’ Then he said, ‘Alright,’ and he showed me some stairs leading up to a doorway, and he said,

‘You must climb the stairs and go through the door.’ So I climbed up the stairs and I got to the doorway, and it was shut. I tried to open the door with my hand, but it wouldn't open, and he said to me,

‘You can't open it physically; just use your mind to open it.’ So I was thinking I wanted it opened, and it opened. Then he said,

‘Now you have to step through, things will become a lot harder when you step through, but also much clearer and more worthwhile.’ So I said, ‘Okay, I'm going then.’ So I stepped through, and he was still with me, and it was all darkness, and he said,

‘Now we are going to look for someone.’ I said, ‘Who are we
‘We're looking for your guide,’ and I said, ‘I thought you were my guide.’ He said,
‘No, I'm a teacher, but I must teach other people, too.’ I was looking around, and I said, ‘No, I can't see anyone,’ and then I was back in this room and the old man was standing on my left hand side. He said,
‘Your guide is in the room with you; he is standing on your right hand side.’ All of a sudden I could feel this tremendous energy on my right hand side. I turned to look, and there was a young man standing there with a beard, and he had a long robe on, it was a blood red robe. He said,
‘My name is Joseph; you don't like the colour of my robe, do you?’ I said, ‘No,’ and he said,
‘That's why I'm wearing it, this colour will teach you things, they will be hard lessons but I'll be there to help you.’
He put his hand on top of mine and I could feel this tremendous energy shoot up my arm and go all through my body. It was really like an electric sort of energy, it really gave me a boost. Then he said,
‘I'm showing you different sorts of energy.’ Then the energy changed, and he said,
‘Now this is a relaxing energy,’ and I felt really relaxed. I felt really good, and we were sort of chatting for a while there. He said,
‘I'll be here to help you,’ and I said, ‘Have I ever met you before?’ And he said,
‘No, but I'll always be there at your side whenever you need help and guidance.’ I can still feel the energy in my hand now; still feel it in there, and he just said to me,
‘Now just relax, Raymond won’t speak tonight, there’s no need for a meditation, we've come to see you.’ That was it, and I can still feel the energy in my hand.”

(2010 INSERT. I asked my higher-self if she wanted me to channel on this night, and she said, ‘Yes.’ As I had misunderstood what Julie had said in her last paragraph.
But I had already explained to the students at the beginning
of the night, that I wouldn’t be describing a meditation, this I
why I asked my higher-self if I should channel.

My higher-self now explains that this misdirection was a
testing of the waters, by Julie’s spirits, to see if I would
channel, and if I was to say that Julie’s guide was wrong, my
guides do want me to channel, but I didn’t say anything..

Julie could have said the guide was referring to me not
going to speak the meditation.

But it doesn’t take away the fact that Julie brought it up in
the last three lines that Julie would speak, and as there was no
more students’ experiences to listen to, I would have
channelled next. So I didn’t respond to what Julie had said,
but allowed my spirits to channel through me.

All the Guides or spirits who channelled through myself
and the rest of the students, didn’t want to interfere in all our
lessons with what Julie was channelling, or describing on her
meditations, so they avoided talking about Julie’s meditation
experience and what she channelled.)

RAYMOND AS THE CHANNEL

“We brought you to your guides, for you are ready for your
initiation ceremony that we arrange for you to be at. You were
brought to your state of meditation by other means tonight, for you
are now able to tune in without the need of a talk, as you will be
able to create your own meditations, which shall be given to you for
you to experience in the class.

Then you will be able to develop yourself faster than one at a
time. This is the advanced class.”

JANE AS THE CHANNEL

“You have to be aware of yourself. You have to learn about yourself,
and gain knowledge about yourself, so that we may use you as a
channel. The more aware of yourself you become, the more relaxed
you become, not just of this life-time but of past lives as well.”

**JULIE AS THE CHANNEL, FIRST TIME.**

“Be at peace, the time has not yet come for action. We must learn patience; we must be calm in the face of storm. Raymond is not at peace tonight, we must all find peace in your own way.”

(2010 INSERT. I don’t know what Julie’s spirit was on about in her channelling. What motive would a spirit have for saying ‘Raymond is not at peace tonight,’ at the end of the class session, because it is pointless as a warning at the end of the class, but it will surely undermine the confidence of the teacher, if my guides never said it when I was channelling.

Also the linking of the suggestion about impatience, and implying that I am at the mercy of outside influences in the reference to the storm, and then linking my name to all of these quotes as the focal point, but in case anyone recognised what Julie was up to, which was to affect the students and myself with subconscious and subliminal doubts about my competency, spirit misdirected the motives of what she said, by saying ‘we must all find peace in your own way.’

Also the use of the three ‘musts,’ is reinforcing the importance of the other words on the subconscious minds of us all. I have also been told by my guides that to be fair I should include any combination of the word “not” used in a sentence whether it is CANNOT, will NOT, do NOT, should NOT. And if the word can is spoken it will also be high-lighted.

And to show you the difference, all who channel will be high-lighted the same until Julie leaves the classes.)

**SUSAN AS THE CHANNEL**

“We will be with you always; you are our friends and children. You will work with us, we will always be with you, we love you.”
Over the weekend before the next class night I had been receiving the idea of a spirit university, where many classrooms would be teaching different subjects, so I found out from my guides that they wanted me to make this into a meditation. About ninety-five percent of the meditations I receive from spirit, or my higher-self, I remember the whole meditation, and don’t have to write them down before the class, and I never read out a meditation on the class night, but this meditation, I thought I would write it down first, to make sure I didn’t forget anything, and then memorise it for the class night.

Before I started the meditation I told the students about the university, and mentioned that there were many more classrooms teaching subjects that I have never heard of, but these are the ones they want me to describe to you, and that for the advanced students, it would give their guides the opportunity to steer a student to the correct classroom that they wanted them to learn in, instead of all the advanced students going on the same meditation.

Over the next few months the students would be going on hospital meditations of various kind, from spirit hospitals for beginners, to hospitals on the earth-plane, ranging from children’s hospitals, general, and for the advanced students, psych hospitals and travelling back in time to battlefield hospitals in various wars. There would also be all these type of hospital meditations as classrooms in this university, but the order I received my meditations from spirit, have a reason, maybe for the reader of these text books, but also for the students as they develop.

Just as earth-bound spirits were not brought to my classroom to be rescued, or channelled through my students until approximately two years into running my classes, which ended up in the second volume I printed for my students.

I was guided to repeat this meditation for the class-nights of the 13th and 14th of the 11/86, so I will include them in this chapter, but I will start them on a new page, in case students want to print them off individually as case studies, so here is the first night of the 7/11/86.
“Tonight, we are going on a journey far our overseas; we will float out of this room, and fly over Australia, Northwest, for we are flying to the foot of the Himalayas in India. You can now see the majestic mountains on your right and the beautiful green fertile plains of India below you, with a few blue lakes sprinkled on the carpet of green.

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

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

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

On the second door a beautiful woman is depicted, and as you look at her on the door, she's splitting into seven clones representing the seven bodies that make up the human body
on the Earth plane: the physical, emotional, mental, the etheric, the soul, the Christ, and the spirit body. What you will learn in this room, is a relationship between each of the seven bodies, and the healing involved with them. If she beckons to you, maybe you will find out.

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

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

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

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

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

(Approximately ten to fifteen minutes silence)

“I want you to thank the teacher of the classroom that you have been learning in, and now leave the classroom, walk down the corridor and leave the Temple, and fly back across the world, and come back to this room. Come back now, take three deep breaths, have stretch if you want to.”

Before you read the students meditation experiences, remember how Jane experienced a few meditations to prepare her to find out her reason for the dislike of purple near her head, well if you remember Ann’s Mediaeval Europe meditation experience with the yellow court jester.

Well, when Ann went on this meditation she experienced the sequel to her first connection with the past-life conditioning, and as I put her experience in the same chapter as the first experience, in my first text book, I lost the date she went on the meditation, but it most likely was the 14th 11/86, but we will put it here, before you get caught up in Julie’s meditation experience.

**ANNE’S MEDITATION EXPERIENCE**

(Anne) “I could see the Temple very clearly, it was glittering, but it looked more like an Indian temple, like what Maharajas have, that type of thing. There were all different nationalities of people coming out on the steps, but most were ladies in saris. On my left, just before I went through the archway into the building, I saw my two guides; the lady with a long fair hair, and the tall man with blonde hair.

They took me inside, and as you were talking about the doors, I saw all the doors which were horse-shoe shaped. I couldn't decide which door to go into, so I walked around twice and then stopped outside the door of the room where you are allowed to go in to see past-lives.

I was attracted to the time, similar to the King Henry the eighth era, again. It was very similar to that meditation we went to with the jester, and I saw the jester again in yellow and the purple. This time I
was dressed in yellow.

I don't know what I did against the king and queen, but apparently I was accused of treason against them, and it was a jester who was blaming me for it, and I think that might be why I'm afraid of the yellow, the bright yellow. Then I said, ‘I really don't like it here, again,’ so I backed out of it.

Next I was attracted to the western era, you know, like the cowboy pioneer era. I was a white person, but I had a settler's costume on. I was the woman, and I was teaching two children on slate boards, how to do the arithmetic and write their names.

A funny thing happened, then, because I came out of myself, and it was as if I was looking at myself. Then I was talking to my guides, and it was as if I was watching myself, as I said, ‘Why am I being shown this past-life? He said, ‘It's because you should be teaching, you will be teaching in the future.’ I thought, ‘That’s interesting,’ but then I left that life and went to London in the Jack the Ripper era. I was riding side-saddle through the cobblestones of London, and I said, ‘What am I supposed to be taught here?’ And I didn't get any answer, and then you called us back. What I thought coming out of that, was that I’ve got to get over this fear of yellow, mainly before I can become a proper healer.”

(I feel the more Ann gets used to seeing her past-lives, the less she will fear seeing the cause of her conditioning.)

JANE’S MEDITATION EXPERIENCE

(Jane) “I went into the aura room, because I liked the look of it in there, I told the guides that I was having problems seeing the colours. They said, ‘You have no problems; the colours are not necessary, because you can feel an aura, and know a person by the feel of their aura, and that's all colours represent. That is what the ‘feel’ is; the colours are an indication of what the ‘feel’ is.

What you should do is ‘feel’ the person, not worry about whether you can or can't see the colours.’ Then they showed me a friend, and
they said,

‘Now, this person has certain parts that need healing, you practice what you have been taught.’ So I had to do some healing on that person, I had to look where the dark areas were, and get the dark areas shining bright. I mainly got a talk on that, on the auras, just the different colours, ‘feels,’ and things like that.”

GLEN’S MEDITATION EXPERIENCE

(Glen) “I went to the rooms; they seem to have nicely carved doors, definitely the one with the man sitting there, with the colours over his head. I just seemed to walk into a complete cloud of lovely deep pink, grayee pink colour, and the whole thing was just a mass of that. I just spent some time in that, and I wanted to go and curl up in the corner, and just stay there, because it felt so nice and soothing, but that wasn't allowed. I don't know … then different colours seemed to fill up the room from time to time, and asked, ‘Where do they come from?’

And they said that they would all come from nature, and from things that are about us. The same pink could come for instance, in the evening time, you can get that glow and you can take healing from that, and you can get the vibrant oranges in the mornings, and you can get the blue from this sky, and the green from the fields.

There seemed to be a field I went to have a look at, out the back, and came back into that. There was some person there having some trouble, though I can't imagine, I can't remember what. Very distorted, very perturbed, and I asked, ‘What colour to use?’ And they said,

‘Use some green for this.’ Then I felt the colours were all lined across, sort of like an elastic band, so that you pushed your way through, and then pushed your way back again. They all had this sort of spongy feeling, all the colours in different lines.”

JULIE’S MEDITATION EXPERIENCE

(Julie) “My guide took me to the University, we flew under our own steam. We got to the foot of the University, and there were long steps
going up to it. So went up there, and it was a huge room inside. It just seemed to consist... well, first it just consisted of an auditorium or something, just a huge room, and in the middle there was a little amphitheatre, with little steps going down.

In the middle of this amphitheatre there was a huge, huge crystal ball, and it was spinning, spinning round and round, and there were a lot of colours coming out of it. It really seemed to pull me, and the more I looked into it, the more I felt like I was really being hypnotised, and I felt myself drifting off, almost into an unconscious state.

But then you started talking about the rooms, and my guides took me along to the rooms, and I said to him that I was interested in all seven of them. But he said,

‘No, you're not going into any of the rooms tonight.’ And I said, ‘But it's all very interesting, I'd like to learn that.’ He said,

‘You've got to learn that it's not what you want, but it's what's best for you.’ I felt that it was a bit frustrating, there was an eighth room, but I wasn’t allowed to go in that either, but I just got a brief glimpse of it. It seemed to be a room where a lot of power and energy was coming out. The door just opened a crack, and there seemed to be like a furnace or something behind it. There was a lot of heat and flames coming out of it, and the door closed very fast. My guides said,

‘You're not meant to go into any of these rooms; you know where you've got to go.’ And I said, ‘Yes, back to the crystal.’

So I went back to the crystal, and I sat down, but there were many other people sitting around the crystal. Some of them were sitting there just watching it, and a lot of them were walking around and around the crystal, in sort of the same direction.

But my guides and I sat down, and then there was a real sort of eerie silence for a minute, as if everyone was waiting for something to happen.

The crystal stop spinning, and I could really feel the power coming off it; it was really pulsating. All of a sudden, all the doors of the rooms flew open, and all these colours streamed out of them, and they streamed into the crystal. It was as if it was drawing energy or something from all these rooms, and I didn't feel frightened, but it looked really awesome.

I could feel all the University was really vibrating; it was drawing this
tremendous amount of energy into itself. Then the doors closed again, and a beam of multicoloured lights shot out from the crystal to me, and I felt a tremendous rush of energy. I felt like I was burning, but it was cold.

It wasn’t unpleasant, but it felt like a sort of a cold flame, or a white flame. I could feel this energy rushing into me, and all of a sudden it just stopped. I said to my guide, ‘What was the point of that? I felt a lot of energy there, but now I don’t really feel any different.’ He said, ‘You’ve had an experience on a deeper level of your subconscious, you’ve learnt a lot in just that brief period of time.’ So I thought we were finished, and then actually my guide said, ‘No, sit down again and look into the crystal.’ The Crystal had stopped spinning round, and that I could see into it. So I looked into it, and there was a huge pyramid inside it.

The more I looked at the pyramid, it seemed to be coming closer to me, and all of a sudden I was standing at the foot of it, and it was huge. I just looked up, and I couldn't see the top of it, it was really huge. I started to look for an entrance or something, I felt that I had to get in there, but I couldn’t find any way to get in.

So, then it came to me that I had to climb up to the top, and it was quite difficult climbing up, but I eventually got there. I felt quite tired by the time I got to the top, but once I got to the top, I realise why pyramids seem to have so much energy. I could feel so much energy at the top; it was as if it was all pouring down through the top.

For a minute I stepped back and I could see myself, it didn't look like me anymore; I looked like an Egyptian prince. All of a sudden I just took off from the pyramid, I was just flying. Then I came back here, and I felt very tired. I said to my guide, ‘I feel really drained from that,’ and he said he'd do some healing on me. Then I felt a lot better.”

**JULIE AS THE CHANNEL**

“Tonight you are learning about time and space, you have begun the journeys between each. There's a long way to go, but you each have guides to help you along the way. You are learning to put tradition behind you, and open yourself up to new experiences. Keep
your mind open, everyone in this room has come a long way.

   Progress has been good, we are pleased, but you must try harder. The further you go, the harder it gets.

(2010 INSERT.
The statement, ‘but you must try harder,’ is implying that you are not trying hard enough, and, ‘The further you go the harder it gets,’ is a fear generating statement.)

“You’ve each had a vision tonight, and only you can tell what you have learnt from it, deep down you all know. Raymond is feeling better tonight, we are glad.”

JANE AS THE CHANNEL

“We are all here to learn, we are learning about you as much as you are learning about us. All the experiences you are going through are to teach you. Plus, there are many people learning from your behaviour. We know you are all individuals, and we respect you with our love. You are travelling along your roads, all to the same point and destiny, but each on a separate path.

You are all learning to travel that road with love and light. You are all becoming a much brighter spark with God’s love, and we are pleased, we hope you keep this learning up.

Raymond, you are the teacher and the bringer of the spark, you should not forget this. Without your guidance, we would have to find somebody else to carry the spark, so that everybody else’s fire may grow larger and larger.”

JOHN AS THE CHANNEL

“There are circles, many circles connecting all things, like the circle we’re in tonight. The frozen forces of the crystal, all connected. Spirit, energy, transformation, and shift of energy.

There are paths for everybody, and each is unique, but they wander like serpents. Circles and ellipses travelling with humanity,
in human-kind's direction of greater awareness. Share the warmth, be aware, and love surround you till later.”

GLEN AS THE CHANNEL

“You must loosen your bonds, give in and stop fighting us all the time. You've learnt to struggle and now it's time to stop. You're wasting the energy you have, just direct it into good use. Peace be with you and keep your faith.”

(I feel that the message that Glen channelled was for Glen, if you look at the previous channelling that Glen did, you can see the connection.)

RAYMOND AS THE CHANNEL

“Tonight, you were taken to a University in spirit. Its location is in spirit, and we welcome you to this university, where you can learn many things that you are ready to learn there. When you want to learn, you can visit and learn what you are allowed to learn, for your life work here.

There are many more rooms that Raymond had not told you about, and many subjects related to healing, for you will find that you are drawn to one of these rooms for your development, and you will be able to teach others what you learn.

For when you get the urge to tell what you have learned, it is spirit giving you the urge, as you will find that the person you speak to has wanted to know the teachings that you will give out. You will learn the knowledge in these rooms, when you decide to assert your will-power, for you have got to have desire strongly working for you.

Julie has got strong willpower and strong desires, and is very practical. You were joking about your star signs tonight; there are star signs and star signs. Some are doers, some are learners, and some are teachers. Your meditations and experiences are very much related to what you are capable of doing. You should all study astrology to study yourselves.”
(Gaye) “Well, I stopped at the second door, which had the woman who was in seven parts, and I felt she beckoned to me. I was drawn to the third one, but I felt the fellow kind of bowed down, so I went back to the second one, and this beautiful Indian woman.

So I went in with my guide, and it was just a beautiful room with cushions on the floor. I sat down and just reclined, and then the walls became like scenery, and I went into the scene. At first it was just like trees, and there was water or something. I went in and it became the landscape, so I just explored the landscape; it became like a tropical jungle.

I felt that it was like the Amazon, very rich and tropical, and I was looking at plants and different animals along the way. I was going down the pathway; very deep and a very nice feeling, just continuing down looking, going further and further. I thought that I was going to go deeper into a jungle.

Then suddenly, it just kind of opened out ... it was on this cliff-top, and there was this tremendous expanse of land in front, plains. I was up high and it was beautiful, because right on the horizon was this semicircle of the Sun, with little rays coming out of it.

I just stood there, and it was so peaceful and lovely to look out at that Sun. Then I went to the Sun, and actually went up on the rays. I felt myself just travelling up on the rays, and then as if I was going out into the universe, and exploring stars, I came back on the rays again on the Sun. I came back stood again on top of a high ledge that looked across the valley, and there seemed to be animals, people and things down there. But it was a very, very protected sort of feeling about the whole scene. It was very beautiful; I didn't want to leave it actually. I found it very soothing, very relaxing, and the sun was so beautiful.

Then I started coming backwards through the jungle, and there seemed to be more paths and things, which I could explore. But I just felt
that they were available, and I just continued coming backwards out of the scene into the room. Then I asked the woman what it was that I was supposed to be learning about, and I felt she said,

‘Five parts of the body come back next time, to learn about the last two, in a state of relaxation return again to this place.’

Then it went into something about how I seemed to be expending a lot of energy on the mental level. So in order for me to counteract all the energy I am giving out on that level, I had to go to a beautiful calming spot, often like that scene I was at, and spend time near where it was just totally relaxing. That would help me counteract the mental energy that I'm burning up.

Not necessarily a physical thing...just to go deep, and imagine myself in a beautiful thing like that, and enjoy it. Just savour it and linger there, especially when I'm feeling mentally stressed. That's kind of like the remedy, as it were, and that was about it.

I felt fascinated by this University of life; I felt that it would be a good place to come back to.”

BELINDA’S MEDITATION EXPERIENCE

(Belinda) “Well, I had a choice of two. The first door had something to do with auras, quite a nice figure smiling. He beckoned me to come through, but I said, ‘No,’ I just wanted to keep on walking down. Then I came to the door where this other gentleman was standing there. He was the fellow with all the colours of the rainbow behind him, and he was just there smiling away.

I decided I wanted to go into that room, and the colour that I was initially attracted to was the mauve, but when I went in there it changed to yellow; it was just a very, very bright yellow. Then it was just like a vacuum, like the air being taken out of me. It was just very oppressive, heavy, and very sickly. I was just there for a while, and that was it; just going through that feeling, and then it was time to come back out and come here. And that was about it.”
“Tonight you were brought through your experiences, for your own deprogramming of your other bodies. Your other bodies are not always the same size as your physical body, and we sometimes have to assist them to grow to their full size.

That is the exercise that Mila has been doing in her meditation. We, her guides, control and direct her experience, even though her mind was attracted to a different room than her experience. It doesn't matter if you are attracted to a room; your desires are for learning. The room's description will stimulate the scene on the door to beckon to you, for when you enter the room, you are in the right receptive mode for the experiences to start happening to you.

We cannot always tell you what your experience was meant to do, but we tell you how we arrange your meditations so you know that it is not all your imagination. We give you the experience that you need for your transformation from a very imbalanced cosmic being, which is primarily due to living here on Earth. We also alter your consciousness, and many, many areas of your being, that we cannot describe because there are no words in the English language to describe them.

The yellow room experience that Belinda had, was for her physical body. It needs the colour yellow, for reasons that we cannot describe, and she experienced the colour in her meditation as well as receiving the colour in her physical body.

We will take you to this University again, when we want to take you there. The description of the meditation was very clear, and we want you all to have a copy of this meditation, so that you can go there when you meditated at home.”

Jane brought Mila to the class on the last night’s class, but had to leave early before Jane and Mila gave out their meditation experiences, because they both lived, 40 miles away. Sydney is a big place, from one side of Sydney to the other is the distance from London to Brighton in length,
and where I held the classes at this time, was very close to the coast and
Jane and Mila lived 40 miles inland.

But Jane came back on the next class night presented here, so you can
hear what she had to say about last night's meditation, added to this
night's meditation experience, presented now.

**HEALING CLASS 14/11/86**

**JANE, SUSAN, JULIE, OLIVIA.**

**JANE’S MEDITATION EXPERIENCE**

(Jane) “I saw the Temple, and I went in, but I was told definitely not to
go into the first room. Then I came to the room where you see all bodies,
the seven bodies. In my meditation, last night, I had my seven bodies all
in a line. They were stacked up, you know, like the toys that children
have that are empty, which you stack one on top of the other. So I was
empty, and they were stacked up on top of each other.

But last night, my emotional body was slightly off-balance, compared
to the rest of them, so I balanced it up with the rest. Tonight, again, I was
rebalancing my emotional body, so that it was going up in a stack, level,
so that it wasn't off-balance. There was a white light coming down
through the middle of me. I didn't go into that room; that just happened
as you were describing the pictures.

The next thing I knew, you were talking about the chakras, and at the
same time, all my chakras and the colours opened up. My whole body and
all my chakras were there. On each body, the chakras were open, and I
could see the light coming from each chakra, flowing through.

Then you travelled on to all different other rooms, and I didn't seem
to take any notice. I was then taken into a room, and I said, ‘What room
is this?’ And they said,

‘The room of love.’ So I went into this room, and when I was in there,
I was still in the same state, all seven bodies stacked up like a big hollow
tube with a light coming through, with all the chakras open, and colour
flowing through all of them. When I sat in this room, this light came right
through all seven bodies and out through the chakras. I just sat there
doing that, and I felt totally at peace; that's all I did.”
For some individuals, particular exercises are recommended by spirit, which may seem contrary to the exercises that spirit instructs me to give to the rest of the class, I feel that the exercises I was given for the rest of the class, was just to familiarise them with opening the chakras, and where the chakras are. So that guides can show the students individually, advanced exercises for their own chakras.)

**SUSAN’S MEDITATION EXPERIENCE**

(Susan) “The room, I went into, was the room of learning about your core beliefs. When I went in, the person called Seth, were saying,

*‘So, what is your core belief?’* So I said, ‘What are my core beliefs? My core belief is that you have to do things, get places, learn things, when in fact, that's not so, you can just be. You don't have to be rushing around; doing, achieving, experiencing, because actually living life is a very delicate fragile thing, and when you stop, and then you can experience it much more sensitively.

Then, I had an image of myself in my home, looking at the geraniums that I have been growing outside my window, and watching each bud open, and so on, and I felt that this is life, this is really life, sensing these minute things; not rushing around unnecessarily. We don't have to get, we don't have to achieve, we don't have to learn, and we don't have to experience. Just being, is sometimes enough.

But then I asked, what about all the other people, living on this planet? Well, I really didn't get that much of an answer. It just seems that the things that are happening to world are almost inevitable.

Like now, this river is being polluted in Europe. I mean, we've all been waiting for these things to happen, and now they're all happening, and there's not a great deal it seems that we can do to stop this mad self-destruction that’s happening on our planet. We can just contribute what we can, and not worry too much. I mean, these things seem to have a momentum of their own, and there's not a great deal... we don't seem to be able to stop it from happening, even though it seems as if we should. The best thing we can do, is live as sensitively as we can, that's all.
(Sometimes, students think that when they are relaying what they experience in their meditation, means that it gives them free license to give out their opinions on their pet loves or hates.

I bring this up, because if it happens occasionally, I wouldn't say anything to the student. But if a student, consistently every week, gives out their opinions on many subjects, not related to their meditation experience, you may find that if everybody gave out their opinions of life, they wouldn’t have much time left for practising channelling, or relaying what spirit has taught them on their meditation.

And if other students think that it’s okay, because one is allowed to do it, and others start obviously giving out their take on life, or whatever, you will find it may take you away from the focus of what your guides are trying teach your students, collectively as in channelling, or individually on their meditations, which also other students can learn from.

But listen to your guides to learn how to handle this kind of student, as your guides know how sensitive your student is, as we can’t always tell by observation of a person’s personality, which may have been toughened as a defence mechanism by corrosive childhood experiences.

As you will find out, if you are a healer on many other levels than the physical body, many who are attracted to your classes may have not been accepted by average people in the world, as their higher-self may have chosen traumatic or negative conditioning in their childhoods, to help them grow spiritually faster.

In the third disc volume, you will find a strong opinionated student who used channelling, to give out her opinions, and it was very obvious, but I had to let her become addicted to the classes, before her guides showed her, her past lives, but that will all be laid out with no missing material.)

JULIE’S MEDITATION EXPERIENCE

(Julie) “The second time that I went in there, I had no choice again. There was only one room, and I went into it. It looked like a cinema, with all the seats and a big screen at the front. My guide was with me, so we went and sat down in the back row, and I said, ‘What about the other rooms,
aren't I ever going to have a look at any of those?' He said,

‘When you're learning, you will find that there is no choice, with the things you have to learn. Rest assured that you're getting what's best for you.’ So I said, ‘Fair enough.’ When we sat down, everything went dark, and I said, ‘Is there no-one else here to see this?’ And he said,

‘There are people here, but you can't see them, they are on a different vibration to you.’ On the screen was a movie about my life, the title was,

THE END OF THE BEGINNING, PART ONE.

It went right from the beginning, it went really fast. I could see everything in a flash, and looking back at my life, things became clearer; incidents that happened to me, became clearer. Then he said,

‘This was when you were a child.’ But it seemed to go right up to the present time. He said,

‘You've been a child up to this time, but now that's changing; you're maturing into an adult.’ Then he showed me guides that had been with me when I was a child, especially my grandmother; but I'd always known that she was still around me, looking after me. And he brought a lot of things into perspective. Actually, to look back at them, it was quite good, but they had this sort of narrator speaking, who said,

‘You are now standing at the gate-way, you've put your childhood behind you, now it's going to get really tough, but you're going to grow up. Now, it's going to get tougher, but you won't be alone, you'll have plenty of guides to help you through.’ So I thought, ‘That's all right.’ He said,

‘It will feel a bit like jumping into a void, just falling. You might feel a bit out of control at times, but rest assured that you're being guided.’ So I said, ‘That's alright. I see that’s only part one; when is the rest of it coming?’ He said,

‘That will be coming when it’s ready to come.’ So, that was good. Then Joseph said,

‘We've got another room for you now.’ So I said, ‘okay,’ and I went into this room, and above the door it had the words,
I said, ‘What’s in this room?’ And he said,

‘This is where you'll find the meaning of your life.’ So I went in, and it was a library. There were two rows of books, and he said,

‘You'll find the book of your life in here.’ I asked, ‘How will I know it? There are a lot of books.’ He said,

‘You'll know it.’ So I was looking at a lot of beautiful bound books there, and I was looking for mine, hoping that it might be a nice beautiful bound book. But I found this dusty little book. I had to dust it; it was a really tiny little book. I thought, ‘Oh no, I feel really humble now.’ I opened it up, and it was the middle. I could see there were pages before that, but they just opened to this spot in the middle, and it had the words:

**THE MEANING OF YOUR LIFE**

‘You are here to serve the community through healing, through the acceptance of people. From now on, you're going to have to learn to accept people who perhaps you thought that you never could get on with. You're going to learn that everyone is the same, yet individual. You’ve got to learn to be able to except people as well, as you accept yourself.

You will be meeting many different types of people, from now on, and they will all contribute to your learning. But you will also learn how to help them. The lessons will be much harder now, and the things you learn, from now on, will be on how to fulfil the meaning of your life.’ Then I said, ‘Ah, good, as long as I've got a hope, may I look at the end of the book?’ But my guides took it away from me, and then we went out, and my guides said to me,

‘You’ve finished your session for today. You can walk in the garden or do whatever you like.’ So I went out into the garden, and I could see people walking around, and I said to my guide, ‘It’s so peaceful here; I wish I could stay here.’ And he said,

‘But the peace is not in this garden, it’s in yourself to find.’ I said, ‘Fair enough.’ And we continued walking walking along; everyone was nodding to
us. I said, ‘they've got beautiful robes on, all different colours.’ He said,

‘Have a look at your own.’ So I looked down, and it was a beautiful pink colour, and he said,

‘For you, that represents love. You're beginning to learn what it means now.’ I said, ‘Yes, but it also seems to come with a lot of pain.’ I didn’t really understand what he meant, but he said,

‘If there was no pain, there would be no love,’ and just then you called us back”

(2010 INSERT. Again Julie’s two primary core beliefs are stroked, to support Julie’s core beliefs, so that Julie will think it is righteous to channel similar core beliefs for the primary purpose of an effect on me, and secondary the students, as you will see in the coming chapters.)

JANE AS THE CHANNEL

“Tonight, you have been taught many things, many things to comprehend and learn by. Many a thing that is spoken of on this Earth, it's hard for people to understand, but in a short time, the opening of the heart helps you to realise what is being said. Not in the form that you hear it, but in a form that you feel it. You must always feel things, not hear it with the mind. The mind is but an earth-bound thing; you must feel with your higher-selves. For all is done in love. And love and light is all that you need to achieve.”

RAYMOND AS THE CHANNEL

“Tonight you were taken to the University of Life again, and we watch over you while you are there, to see what you do, and where you decide to go. You will always be observed, while you are in these meditations, to assess your reactions to your experiences in these rooms.

You will be able to leave these experiences whenever you want. You still have your free will in this area, but your experience is very much organised for your benefit, and will be for some time.
The descriptions of the teachings are there for other students, who are developed sufficiently to learn the subject described on the doors. We describe them to you, so that you make decisions and enter the rooms, and going through the experiences, which is not necessarily the same as what's on the door.

Your experience, last week, Julie, was brought to you, for you are being prepared for higher development as a healer and teacher, as you will be teaching in the future. You will be able to teach healing of the mind, and of those possessed of spirit.

We will take you in your meditations to patients in the physical world, who are affected by spirit, and teach you how to recognise, and take away the influences.

We will also show you the weaknesses in the aura, which allow spirits to control, or influence people on Earth. You will be able to teach what you learn in this field of work.

We do not normally speak to an individual in your classes, but sometimes we do for many reasons. You could call them all stimulating. Yes, Raymond, you can learn in Julie's classes. We had to tell Julie, as there is no one teaching this on the Earth, because it has to be taught from spirit, and we will teach you in due time. The stronger your link with spirit develops, the higher your spirit vibration becomes.

We wish to talk to Susan now. You have been very strong in your desires, and we know that the desires are the affects of your conditioning, and we hope you will allow us to free you of your conditioning. We will talk again to you here, through others in the circle.”
Back at the end of one of the early chapters I mentioned that I would explain what the Pre-Birth meditation was all about. Well it’s a meditation that takes the students back to before they were born in this life to watch their spirits as they were advised about the life they were going to incarnate into, where they were to watch, review, and listen to the conversation that your higher-self had with your spirit, and the reason why you came into this life, before you were born.

This meditation should only be used if requested by either your class guides or your patient’s guides, if you have only one student. This is why it is situated in the advanced teacher section of the meditations chapter. If you remember in one of the first chapters, five years after my first volume I took a group of students on a rescue mission to one of the Nazi execution squads in a forest in Europe, where Shelly became aware that she had a past life as a Nazi fanatic, without any suggestion from me.

I will refresh your memory of the attendance record of the students, which will include the last class, as this is the following week.

Julia 9, Faye 8, Vera 6, and Shelly 3. Shelly was about twelve years younger than me, and was also a patient, where she didn’t want her private sessions recorded, and the other three were all about the same age, about eight years older than me.

Before the main meditation I was told to get the students to do the Basic Chakra exercise, and then link up there chakras, in a full chakra link up with their higher-selves reciprocal chakras. We were to find out that this chakra exercise was meant to help the students to practise channelling, but their negativity and fears interfered, until we persuaded them to practise.

But my guides say that this shouldn’t be performed unless the teacher is guided to do this, as not all higher-selves are in full health, there is always a minute possibility that a student’s higher-self needs healing, first.
HEALING CLASS 16/4/91 A.M.
JULIA, FAYE, VERA, SHELLY
BASIC CHAKRA THEN PRE-BIRTH MEDITATION

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

(Ten to fifteen second pause)

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

(Ten to fifteen second pause)

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

(Ten to fifteen second pause)

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

(Ten to fifteen second pause)

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

(Ten to fifteen second pause)

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

(Ten to fifteen second pause)

“Now I want you to imagine the colour purple, coming down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in **purple**, except the chakras that are open already. Now open the crown chakra, this is located right across the top of your head, like a huge sunflower, on a stalk attached to the top of your spine, it’s in the shape of a flower bud, open the bud and
it has approximately 256 petals, but some think there are a 1000 petals. Infuse the flower with all the purple from the inside of your body, so it is glowing bright purple.”

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

**PRE-BIRTH MEDITATION**

“Tonight, we are going on a journey back in time. We are going to go back to past your teens, past your childhood. Back to before you were born, when you were in spirit, before you came into this life. You are going to go back, and watch, review, and listen to the conversation that your higher-self had with your spirit, and the reason why you came into this life, before you were born.

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

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

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

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

(Approximately ten to fifteen minutes silence.)

“I want you to come forward in time, and remember what you learnt. Come back to this room, take three deep
breaths, and stretch out if you want.”

Julia didn’t see anything on her meditation, so I asked if she could channel her higher-self, but a lost soul came through, which I guided to the light. So I then decided to let the other students relay their meditation experiences first, before we went back to the channelling.

**FAYE’S MEDITATION EXPERIENCE**

(Faye) “Nothing came about, and I kept ask you why, and nothing came, just completely dead. Even my higher-self, Charlie, wouldn't even talk, so I don't know.”

**SHELLY’S MEDITATION EXPERIENCE**

(Shelly) “In another realm, there seemed to be about two or three others standing around, having a discussion, and I was there. And they were deciding why had to come down. It seemed that they were discussing it, and I was just a bit passive, a passive bystander.”

“If it was a memory, you would be.”

(Shelly) “Yes, the first reason, they said was, I had to come down to learn humility, because I've got a lot of strength, but it’s very ego oriented, and I had to come down as a female, because I had to harmonise the energies, because I’ve got this really powerful male strength, very male oriented strength.

And I came down as a female to experience the way that I've treated females in the past, as a strong male. And I set up a family situation, where I'd be surrounded by strong males, and they'd have a big influence on me, and we can meet and I have to re-balance that energy, male and female energy and lessen, decrease the size of the ego, and work more for God, and appreciate people around me, and that was about it.”

“Just relax and let your higher-self channel anything else he wants to say, to tidy up what you’ve just explained.”

(Shelly) “Yes.”

“Am I speaking to Martin?”

“Yes.”

“Can you elaborate on anything that she has missed out, that
she didn't quite grasp?”

“She's a little confused about this concept of contempt for females, and because of this she stored up a lot of resentment towards herself as a female, which is blocking her development, because as a female, she has contempt for herself.

So, she really has to come to terms with sexuality, and the fact she is a female. She really doesn't like the fact, she'd like to be... She's had a few very strong past life-times, in which she was a powerful male, and she was very chauvinistic in attitude, macho.

And it was the conditioning from those life-times, in which the female species was considered inferior, and which is still hanging around.

So she's come down as a female, and this is what... She has all the strength that she had as the male, but it has to be re-channelled, because she's not accepting it. It's there for the taking, but she won't accept it, because she's a female, she doesn't really feel she's entitled to it.

So this is one of the major things she has to learn, which ties in with the concept of humility and the ego, which go back to the male life-times. And being a female, and having experiences as a female, will probably help her to see the nature of strength in a different perspective, if she does embrace femininity.

Because she should be able to see it as a strength, as a nurturing power, instead of something to manipulate others with, and it's all still very confused. It's a big knot, and rather complicated, and she just has to unravel it all, and put it back together again. But the knot’s really tight, and is just taking a while for it to loosen. But once it does, she should develop very quickly."

“Is this one of the reason she is having trouble identifying herself, and...”

“Yes, yes, as I said, she's a female, and she has contempt for females, and it’s double contempt, because she's got contempt for the fact that she's got contempt, and she's very judgemental, and very hard on herself and others.”

“She’s a parallel life of one of Moira's incarnations, isn't she?
(You will read all about Moira in volume three, as she was another patient student. A parallel life, is when the higher-self puts a spark of its spirit into more than one baby, so when this baby grows up, the baby’s spirit have the same memories and conditioning of the other baby, which has the same spark from the higher-self.

This will be gone into and the reasons for this, in a lot more detail in volume two, where we started to learn about parallel lives.)

“Yes, she is.”

“So these are very similar problems?”

“Yes, she's recognised a lot of Moira's...”

“You being her higher-self, you know what's been happening in the class. How come they are not having very good experiences? This meditation isn't working very well for the rest of the students; do you know any reason why?”

“I think their fears are blocking out any experience. I can't really say, I'm just still finding it hard to channel for Shelly, so...”

“She's doing fine.”

“Perhaps they have to start to learn how to channel through their higher-selves, and that was why it was left blank, so they could practice. That's all I can say.”

“Thank you very much.”

“That's good.”

(Faye) “I got angry with myself, because it's frustrating.”

VERA’S MEDITATION EXPERIENCE

(Vera) “Well, when I got a blank, I decided to go to China, to this Temple, and more or less meditate and receive healing, and offering food to my ancestors.”

“Did they talk to you?”

(Vera) “No, no, I was just there, and my guide Aichiel was doing some healing on me. I felt really at peace in the Temple, and warmth from the healing.”

“Do you want to have a go at channelling your higher-self?”

(Vera) “I don't think there was anything there, to...”

“Wait and see if your higher-self want to say anything, or...”

(Vera) “He wouldn't talk to me before.”
“Yes, well, maybe he wants you to practice channelling him, at the same time, and also explain things to you about your life, or whatever...”

(Vera) “I haven't received his name, yet.”

“I didn't know, my higher-self's name until about year or two ago, and I've been communicating with my higher-self for years.”

**VERA AS THE CHANNEL**

Ralph first channelled Adrian, a 96-year-old.

“Did someone bring you here today?”

“*Julia.*”

“Have you been listening to all these conversations?”

“Yes.” “Do know what the problems are?”

“They are not yet ready to receive.”

“But this was the meditation that my guides gave me, wasn't it?”

“Yes.” “Have you been listening to them?”

“Yes.” “What have they been saying to you?”

(Vera) “Just giving me something about practising more, practice with channelling.”

“Who needs to practice channelling, all the students?”

“Except Shelly.”

“She doesn't need to; she's getting good at this.”

“Yes.” “Why are you here, Adrian?”

“To shine some love, and give peace of mind. I'm a very good teacher.” “Where have you been, before you came to Julia?”

“In the spirit world, just watching.”

“What drew you to Julia?”

“She needs some help and love.”

“Did you consult Julia's guide, before you came to help Julia?”

“Yes.” “Did her guides say you could help?”

“He said okay.”

“How come you are channelling through Vera, instead of Julia?”
“Just for Julia to learn of me.”
“It's also practice for Vera, isn't it?”
“Yes.”
“So, they are not yet ready to see the reasons that they chose to incarnate into this life, are they?”
“No.”
“But it was meant to be done, this meditation. Was it for Shelly's benefit?”
“Yes.”
“But it’s for everyone's benefit, as well, to learn about this meditation, and it does work, isn't this true?”
“Yes, except the other wasn't as fearful of what might present itself, when it comes. It just can't be released, not yet.”
“Are you saying that Shelly was fearful, but she still managed to bring it through?”
“Yes.”
“How come the guides didn't take the other students on a different meditation, instead of getting nothing?”
“Maybe they didn't ask to go on another meditation. They were concerned more with what should have happened on the first one.”
“In other words, they're desires of wanting to know, was stronger, and it was preventing them from allowing them to go on a different meditation? If their guides and higher-selves thought it was appropriate for them to find this out?”
“Yes.”
“I understand, like grasping too tightly to what they wanted to experience.”
“Yes.”
“Are they reacting to what is being said?”
“No.”
“Do you want to pass on a message on to Faye?”
“Faye’s learning very quickly, and all her problems will be solved shortly.

Vera has to have more practice, she’s still learning.
Julia still holds a fear that she has to release.
Shelly’s coming along quite well, and she probably feels more at peace now, than she did a few weeks ago.”
“Peace within herself, you mean?”
“Yes.”
“Less agitation?”
“Yes.”

“Any message for me? I don't normally ask, in case I'm getting off track.”
“Raymond still needs to learn different attitudes, that's all.”

“Do you want Vera to practice anymore channelling?”
“No, she's getting tired.”

“Thank you for coming. Now it’s Faye’s turn to practice.”

(Faye) “Yes, they just told me to open my mind. H just told me how to do it, he said,

‘Put the dark blue through, and open your mind.’”

FAYE AS THE CHANNEL FOR HER HIGHER-SELF

“The exercise for today was to clear her mind for channelling. Open her mind up for channelling. She really didn't need to see anything, she just needs to progress into channelling. So that's what you've been told to do, first for the channelling.”

“What, with the chakra link-up’s with their higher-selves?”
“That's right.”

“To help with better communication, which I knew about?”
“Yes, all that's worked.”

“Can you explain more to the students, the reason for practising and actually doing channelling, for how it can help the students, and help other people, for a communication link?”

“Channelling is all in the learning, which is how we communicate. We can't communicate unless you channel, so you have to be open. You have to block your mind and let us through. It's very hard when they are learning, they don't know how to block their mind off, enough to let us come through, to be able to help.

We can't help unless we have you to help us, but they are all learning, anyhow, and they mustn't feel disappointed, very good.”

“So, you didn't want to show Faye the reasons and purposes
for this life-time, at this stage?”

“No, she is learning, and she knows in herself, anyhow, what is to be, and letting things happen. She is learning, she's learnt a lot, she is learning about love, she has lots to give. She is learning all this.

We are speeding things up in her life now, so that she can get on, along to learn. She's here for a purpose, for others, and she knows that too.”

“So, these classes are like buying a ticket on the train of life, where they are on a journey on the train. When they are away from the class they learn new things, and they experience things that they couldn't have really, and unless they had bought the ticket in the first place.”

“That's exactly right.”

“In-between classes, they are growing, and when they are not here in the class, they are experiencing things to help them grow. Not necessarily psychic things, but with their mind expansion, they can learn things that they were blind to before they were developing, and allowing things to happen.”

“That's right; they just have to listen to themselves, and what's being said. They are being told all the time. They must listen to themselves and have confidence in what they are being told.”

“Of course, you can communicate with Faye at home...”

“All the time.”

“...to give her meditation experiences, don't you?”

“All the time. This is how she is aware of what's going to happen, and she is aware, but she is not aware. She doesn't want to listen, sometimes.”

“Is that where I come in, where I bring you new concepts that a student’s conscious mind finds hard to accept, or understand, and I show these new concepts to the students?”

“That's right. That's why you have been told about the meditations. Why we do the meditations, is to open up. They’ve each learnt about themselves today. It was a meditation to learn about themselves, to help, Shelly, for Vera and Julia have learnt without knowing it, Faye's learnt, also.”
“Yes, some students’ learn from the other students’ experiences; I am one of those, myself.”

“That's right.”

“We can learn and develop, by receiving communication in the normal way, we don't just learn by psychic communication.”

“That's right. Just listen to yourself, just listen carefully. Listen to what you're feeling, and what is happening around you.”

“Do you have any message for anyone?”

“Just for Julia. Just to tell Julia that she is progressing, not to feel robbed, it's all happening for her. She’s coming along very very well.”

“You are in communication with Julia's higher-self, aren't you?”

“Yes, we've all been here today. Julia's higher-self is saying something about a fear. She has to release the fear. She has to learn about a past life. There's a fear in a past life that's blocking her. We're very close to getting it unblocked, but it's a fear from a past life, and don't be afraid of it.

But when it comes out, it's actually nothing. So it's nothing to really fear, anyhow. It's nothing; it won't affect her, one way or the other.”

“Yes, there are no fears brought up in past life therapy, but it will release the fears that were there before.”

“Yes.”

“Everything is happening right. It doesn't matter if my students drop down to only a few students, and I get more past life therapy patients, that's okay.”

“That's fine, people come and people go, and some people can handle it, and some can't. You're all progressing very well here, and you won't stop. Just keep going, and keep listening to yourselves, go with your feelings.”
“Julia is working to clear herself, for us to come through, a few hiccups, not to worry. Give away... Part the ways, put one foot in front of the other, and you'll get there. Thank you, Raymond.”

This class-night should give you class teachers some confidence, that just because the majority of your students don’t go along with the meditations you have been guided to give your students, realise that you are not to blame if you perceive failure of your students to go on your meditation.

In my early classes most of my students failed to go on the meditations I was guided to give them, I never thought I was to blame for their failure, or the meditations were to blame. I just knew that their fears of the unknown, was the largest factor in their failure.

With the prerequisite of reading volume one, the fear of the unknown was very much taken away, and following students developed faster. So remember if you want to hold your own development circle, get your group to read the first volume before you start your circle.

In the next class-night of these students, you will become aware of the link with what you have learnt about Shelly, and you will learn about the meat in the sandwich, in relationship to Shelly’s contributing past lives to her problem of imbalanced gender, which will be in the chapter after the next.
HEALING CLASS 20/11/86
JULIE, SYLVIA.
LEMURIAN TEMPLE MEDITATION

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

This Temple was a great Hall of learning, and there are many souls that come to learn in this building. As you land you will meet your guides outside the building. When you go in together you will find many books in the library. Go with your guides and they will show you the books that you need for your development as healers and mediums. We leave you with your guides now.”

(Approximately ten to fifteen minutes silence)

“I wanted to now close the book that you are reading, and thank your guide for what you have been shown in the library, and now come back across the plains and sea, back to this classroom. Come back now, take three deep breaths, have a stretch if you want to.”

JULIE’S MEDITATION EXPERIENCE

(Julie) “Well, it’s funny that you should be talking about psychic surgery tonight, or maybe not a funny thing. I went to the Temple, and for the first time my guide wasn't coming inside with me. He was waiting at the bottom of the steps, and I said to him, ‘Aren't you going to come in with me?’ And he said,

‘No, not this time; it is for you alone.’ So I thought, ‘Oh well, here we go.’ And I went into the Temple, and it was all in complete darkness,
I couldn't see a thing. So I just stood there waiting for something to happen. Then I saw some steps leading down, quite steeply, so I started to walk down, and got to the bottom, but it was still pretty dark. So I thought, ‘Well, I'll just sit down here and wait for something to happen.’ I wasn’t sitting there for long, when I saw a light in the distance, which was coming closer, and as it got closer I saw that it was an old man carrying a lantern.

He had a long white beard, and looked very, very wise. He beckoned to me, so I got up and followed him. We walked for quite a while, and then we were coming towards the light, a larger light. As we got closer to it, it became a doorway, and we stepped through the doorway.

We stepped into a beautiful garden. It was a garden full of light. It was very beautiful, with trees and flowers. But everything seemed to be not so much in colour, but just in light. There were many animals in this garden; it was very peaceful and beautiful, and all the animals were living together very peacefully. I could see lions and tigers, together with lambs and sheep, all living very happily together. It was very peaceful, very beautiful, and the old man said to me,

‘This is the peace that you must find in yourself. You must find this garden in your own mind. Go over there.’ So I walked over, and a lion and a Tiger came up to me, and I wasn't scared at all. They seemed very friendly, very beautiful animals. I was patting them, and then I had the urge to lie down on the ground. So I lay down, and they lay down next to me, and they were stroking me with their paws, to calm me or reassure me. Then the old man came over and he produced a knife, and I was a bit worried about that. But he said,

‘Be at peace, you know, this is not going to hurt you.’ I seemed to feel a lot of energy come in to my body then, and I was looking down at myself, on the ground, and I could see what he was doing. He took the knife and he cut a small triangle in the centre of my forehead, I didn't feel any pain or anything, and he seemed to take a piece out of my head.

Then all of a sudden this light beamed down from the sky, all different colours, into the centre of the triangle. It was like it was filling it up with light, and that went on for a while, then it's sealed up, but there seemed to be a star in the middle of my forehead, on a band around my head.

(1)
The old man said to me,

‘You have received a healer's badge now; you are ready to learn now.’ So I got up again, and I left the garden, and came back down to my guide. He said,

‘You’ve been purified for your healing, now. You are ready to start your lessons now.’ And we walked out of the garden. That was it.”

(2010 INSERT. I hope the students don’t subconsciously believe that we need to attain a healers badge to be accepted by our guides to be healers, and that if we have not been purified, we are not ready to be taught lessons, and the over-use of the word ‘now,’ is reinforcing that the other students may have not been receiving any lessons before. Notice he never said which lessons, so it would be left up to the students to imagine their own lessons.

And because the teacher had never gone through anything like this, because the students knew I didn’t see on meditations, then Julie had been endorsed as qualified.)

SYLVIA’S MEDITATION EXPERIENCE

(Sylvia) “I sat on the Temple steps waiting for you to all arrive. Then when you went in, I went to have a look. Then I went off on a beam of light, I walked along a path made out of light for a long time, before someone came and joined me. I was sent down into a place that, how can I put it? It wasn’t the lower astral world, but it was where people lived in darkness.

So I asked, what they wanted me to do there, and it was to walk amongst them and bring them back to the light. I was given a shield and told to go in. So I did, and then I asked what they wanted me to do, and they wanted me to bring them back.

But I refused to bring them back to the room. So then after a while, I said, they could come with me, but we had to go to the light. So then we had a beam of light go out towards a bright place. Then I left them and let them go off. Then I came back, that's it.”
I have decided to not high-light the words like ‘must’ and ‘do not’, as it is too distracting for you, but will list the totals at the end of Julie’s channelling’s in every chapter.

It’s sometimes difficult trying to write a book like this, when you are nagged by your guides and higher-self to change something back. So the ‘musts’ and ‘do not’s,’ are high-lighted again.

Because there is so much to pull apart, in Julie’s channelling I will show you her channelling with just certain words and paragraphs high-lighted, for you to test and train yourself, for your own development classes, before I show you the breakdown.)

JULIE AS THE CHANNEL

“Greetings, you children of the universe. We are all God's children, and we learn in different ways. Tonight, you may feel you are learning slowly, but you are given as much as you can take. When you can handle more, we will give you more. Knowledge is there for the asking, you have got to ask, but we do not want to fill you up with knowledge that you cannot use at the present time, it will be useless to you.

But you must listen to the experiences of others, and try to accept it if you can. You must know that it will get harder now for you, but that is what progress is all about. You must have the strength of will to go on. This is a time of balancing for you. You have not yet chosen to go forward, you stand at the crossroads, but because you are here in this class, you'll make the right choice. We have chosen you to come here, and your free will has brought you. We can give you a certain amount of guidance, but you must do the hard work yourself. But the rewards are great.

Raymond is a good teacher. You must trust him. He knows what he's doing, even if there are times when he doubts his abilities. Raymond, we have a message for you.

You are a teacher, but you have areas that are blocked. In order to teach properly, you must clear these areas. This is purposely a
very hard time for you. It is developing your strength of character and will, but we have great faith in you. That is why we have chosen you to be the teacher. You are the teacher of souls; you guide them, but this is a very, very difficult path. You must be able to stand outside yourself, to a certain extent. You must put aside your own desires and will.

You must give yourself to others. This is very difficult to do, but we will send you the strength to come through. Do not think that we do not communicate with you.

As you know, there are different levels of communication. We have very strong communication with you, the link is strong. You receive lots of messages when you sleep, although you may not realise it at the time. Pay special attention to your dreams; they are our messages.

The meditation was good tonight. Everyone learnt something, even though you might not realise. There are deeper levels of the mind, and knowledge goes to the levels that you need. That is all.”

(2010 INSERT. And now the inserted comments.)

JULIE AS THE CHANNEL

“Greetings, you children of the universe. We are all God's children, and we learn in different ways. Tonight, you may feel you are learning slowly, but you are given as much as you can take. When you can handle more, we will give you more. Knowledge is there for the asking, you have got to ask, but we do not want to fill you up with knowledge that you cannot use at the present time, it will be useless to you.

But you must listen to the experiences of others, and try to accept it if you can. You must know that it will get harder now for you, but that is what progress is all about. You must have the strength of will to go on. This is a time of balancing for you. You have not yet chosen to go forward, you stand at the crossroads, but because you are here in this class, you'll make the right choice. We have chosen you to
come here, and your free will has brought you. We can give you a certain amount of guidance, but you must do the hard work yourself. But the rewards are great.

Raymond is a good teacher. You must trust him. He knows what he's doing, even if there are times when he doubts his abilities. Raymond, we have a message for you.”

(2010 INSERT. If the students didn’t already know that I doubt my own abilities, they certainly do now, more undermining.)

“You are a teacher, but you have areas that are blocked. In order to teach properly, you must clear these areas.”

(2010 INSERT. My guides don’t need to tell me about areas I have that are blocked, because some of them were deliberately chosen by my higher-self, like psychic vision.

But this channelling is implying that I am teaching improperly, not necessarily for my benefit, in hearing this, but again to sow the seeds of doubt in the other students, when I had already channelled many times in the past that spirit explained that we all are going through the process of unblocking different areas of our selves, like with chakra exercises, or releasing fears from past-life conditioning.)

“This is purposely a very hard time for you.”

(2010 INSERT. If the teacher is going through an exaggerated hard time, the students may think he is not as concerned with their development, and my guides never expected me to interpret, advise, or dictate with many ‘musts’ what the students don’t understand about their meditations.

But I did know, that I thought these meditations I was giving these students to go on, were great, so in my perceptions, I didn’t feel like I was going through a ‘very hard time,’ and if I was, do you think it would help me, knowing
about it, or do you think my Virgo mind would start worrying about it, which could have been one of the reasons it was said.)

“It is developing your strength of character and will, but we have great faith in you. That is why we have chosen you to be the teacher. You are the teacher of souls; you guide them, but this is a very, very difficult path.”

(2010 INSERT. This is implying to whoever is listening that I don’t have sufficient ‘strength of character and will,’ by following that with, ‘but we have great faith in you.’ This was said, as a buffer to prevent me from stating examples in my life, that I had self tested my-self in those areas, and when I asked my higher-self, if on this class night I needed to develop my strength of character and will. She said, ‘You didn’t need either, and besides we would help you develop any additional strengths, if you needed them, in ways without telling you, for obvious reasons.’

I also didn’t need any anxiety fuel, with being reminded with again a ‘very, very difficult path,’ that I was on.

How confusing is this? First spirit states, ‘It is developing your strength of character and will,’ and then spirit states “You must put aside your own desires and will.”

“You must be able to stand outside yourself, to a certain extent. You must put aside your own desires and will.”

(2010 INSERT. If you look back on everything I have recorded from my classes up to now, where are all the desires in getting the students to MUST do this, and DO NOT do that, in all of my channelling or meditations I have spoken to the students.

Again this piece of channelling is focusing on the teacher, implying that I have a need to put aside my own desires and will, is tying the phrase my own desires, with the word ‘will,’ which has a predominant negative reputation, understood by everyone.)
In coming classes the spirit or Julie became a bit obsessed with the ‘Will,’ but mostly in connection with me.

Oh and also not naming what these desires might be, is allowing free reign of imagination for the students which may be imagined that these classes are my desires, and not God’s, or my higher-self, or my guides.)

“You must give yourself to others. This is very difficult to do, but we will send you the strength to come through.”

(2010 INSERT. Also there is an implication that I am not giving myself to others, and that I will find it ‘very difficult to do,’ and they don’t think I am strong enough to do it myself.

Mind you, I didn’t have a clue about what Julie was channelling about, maybe I was to worry about that, whatever the spirit was referring to.

Now you can understand how my guides were protecting me, I feel that I was blocked from thinking too much about what was channelled, because we are affected a lot more by criticism than praise.)

“Do not think that we do not communicate with you.”

(2010 INSERT. I came bottom of my class at school, in my last year English exam, and this sentence to me is double emphasis to my subconscious mind, of the wording ‘do not think,’ and, ‘do not communicate.’ Why couldn’t the spirit channel, ‘We communicate with you? But you find it hard to tell.’)

“As you know, there are different levels of communication. We have very strong communication with you, the link is strong. You receive lots of messages when you sleep, although you may not realise it at the time. Pay special attention to your dreams; they are our messages.

The meditation was good tonight. Everyone learnt something,
even though you might not realise. There are deeper levels of the mind, and knowledge goes to the levels that you need. That is all.”

(2010 INSERT. In all of this, Julie’s channelling, the words ‘YOU MUST,’ was used 9 times, and the words ‘DO NOT,’ 3 times. And this next paragraph is what I was impressed to type at the end of Julie’s channelling in 1986, ‘Ha! It just shows you how I was insulated from recognising the mostly negative subconscious reinforcement.’)

(As you can see, if you want to become a teacher in this kind of work, you will receive plenty of encouragement from spirit, to help you develop more confidence in your ability to run a class like this.)

(When I knew that I was going to run a spiritual healers development class with the aim of producing a series of text books, I already knew how my mind doesn’t miss anything, when it comes to analysing the details.

So I asked my higher-self and guides to not only guide me in how to run the class, but block my analytical mind if it interferes with the books or classes, so this is why I wasn’t meant to jump on Julie about the number of MUSTS and DO NOT’s in her channelling, as they were needed to subconsciously influence the students to recognise that the spirits channelling through Julie may have correct knowledge, but their motives, wisdom and level of vibration was obviously lacking.)

RAYMOND AS THE CHANNEL

“Tonight, you heard a message that came through Julie, and we are very pleased with Julie for allowing the communication to come through. You can develop the ability to pass messages from your guides and teachers in the spirit worlds, to teach others what you don’t always understand in your meditations, and to explain the laws of God, and how you are affected by both spirits and mankind here on Earth.

You need not be afraid of spirit, or worry about not receiving
enough in your meditations. For you will accept more communication if you stop worrying about your mind and imagination, and just let it flow. You will be able to help other souls in need, both here on Earth and in spirit, when your communication gets stronger with your guides and teachers. For then you will receive the correct advice from highly evolved beings, to pass on to the souls in need, which you will encounter in your daily lives.

You need not tell the souls in need where this knowledge comes from, as it may hinder the help that you give them, and if they do not accept what you have told them, passed on from spirit, do not concern yourself with worry, because the magical words have been spoken to the soul, and will be activated when the soul is ready.

So, you will learn many sciences of humanity, as you develop your communication with God. Yes, you are developing a communication with your God, for only God can allow help to lost souls, if it is the right time. But God does not always communicate when lost souls who come for help, and you will learn why you cannot help a certain soul, for you are working for God, and God knows far, far more about the lost soul than you do. So God makes decisions, not you.”

(2010 INSERT. In 2010, as I compile these chapters I had noticed that in the spiritual churches that I have been visiting, quite a few of the congregation are expecting an end of the world crisis, from prophecies of ancient writings or calendars again. I say again, because I’ve been through it all before, twice.

The first time was with the astrologers, when we thought that a line up of the planets would cause major earthquakes or a pole shift, which would cause tidal waves, destroying most of life on Earth.

Then, in my class’s channelled material started to be channelled, alluding to the end of the world, and a major loss of life for most of the inhabitants of this planet.

It has taken me nearly twenty-five years to understand the complexities, and ramifications of what happened in my classes over approximately these next six months, as my first six months of
channelling, wasn’t about any up and coming world catastrophe, and after these next six months of classes, which you will start reading now, I received all new students, and for the next eight years of running classes, I or my students never channelled any prophecies again.

But I did find out that it served multiple purposes, in one way it was a test from my guides for everyone including myself, who attended the classes, and also the collective beliefs of future prophecies of some of the students were the same."

(What my guides want to tell you now, which I have only learnt in the last few months, is very important for you to know, for all the chapters you read, where the student known as Julie is in attendance.

Before I was born, when I was approached by my angelic superiors, with the request of enlightening mankind, in the form of text books of classes, to help speed up the spiritual progress of humanity. I was told that because I had to lose all my memories of my previous experiences, and also to teach by example, by being one of the common people.

“What you will be helped by us to achieve, will affect so many people in a positive, healing and revealing way, that you will be in danger of attack, or physical assassination, by powerful evilly motivated spirits.

If we completely block these spirits from gaining access to your classes, they will influence weak or aura damaged people outside of your classes, to influence these people to be in the right place at the wrong time, meaning wrong time for you to be at that place, where a driver may be distracted at the wrong time, and you are seemingly accidentally killed.

As you know your reaction times are that of a racing driver, this is why you were in the school gymnastic team, and we also got you into Ju Jitsu when you were a teenager.

So we formulated a plan, you have a saying on the earth that would give you a clearer picture of the process of this plan.

“Keep your friends close, but keep your enemies even closer.” As you know many of your group of advanced students, incarnated
with you in many life-times, and they volunteered to help you to show the world the connections with past lives, to be used in these text books.

But you are now just finding out that one of your group Julie’s spirit, volunteered to go undercover as a double agent, to deceive these powerful evilly motivated spirits, into thinking that they can use Julie as a fifth column, to sneak in with Julie into your classes, with the belief that they will be able to deceive you and the students, for the ultimate aim of influencing your students to lose faith and confidence in you, and lose confidence in yourself, culminating in using one of your childhood traumatic emotional conditionings, which was humiliation, to turn you away from achieving your mission, and if possible give you a psychotic break, and tip you into insanity.

Before Julie was born her higher-self had to choose the right baby, with the right Astrological planetary influences, and the right childhood influences, to imprint her mind with the right negative core beliefs, and other events to trigger off conditioning from past lives, to be suitable to suck these entities in to choosing Julie.

Also Julie’s guides and higher-self would have to be involved in the mission.

You and Julie had to not become aware of these entities, so you both were influenced to not have any suspicion as to the motives of these entities, or they would have picked up your thoughts, and the jig would be up, as the saying goes, and more violent outside alternative means, may have been put into action.

We didn’t have to influenced Julie’s conscious mind very much as her core beliefs, and her perception of you, was in harmony with what these entities wanted to achieve, but her conscious mind believed they were masters, teachers, guides, or whatever.

Your higher-self kept you mentally and verbally responding to what Julie channelled, with thoughts and questions, if you couldn’t think of any yourself, to also convince these entities that you were being taken in.

Your higher-self in a way kept you blinkered to the negative and
harmful advice that was channelled through Julie, you were in a way kept in a emotional strait-jacket, to numb any emotional response from you, that would harm you, or your emotional reaction, showing you in a negative light, in front of your students, which was part of the aim of these entities, because they know you judge yourself, if you feel you have made a mistake or hurt anyone’s feelings.

Also we sent you feelings that something wasn’t right, when the advice was directed at you, with a reinforcing of your beliefs about sitting on the fence, about believing what they told you about you.

A few months ago we showed you a cartoon representation in African wild animals, of Julie’s arrival into your class, and you laughed so much it made you cry. We want you to describe to the readers what we showed you.”

I will have to leave some things out, as another animal was in the cartoon, but it will have to wait until approximately five to ten chapters later, before you will be able to recognise who the other animal represented.

I saw a circle of stools, with various grazing type animals sitting on the stools, like a Zebra, a Gazelle, a Springbok and a Gunu, and they were all looking up to the elephant, which was supposed to be me.

But then a Rhinoceros arrived in the circle, with a lion on its back, and sat down on one of the stools, and the lion was whispering in the Rhino’s ear, and was looking over at the elephant, then the lion stood on the shoulders of the Rhino, so that he was higher than the elephant, and started talking to the other animals sitting on the chairs, saying I am the king of the jungle, not the elephant, the Elephant looked at the lion with a look of bewilderment, surprise, and concern.

My guides then explained that this is what the lion could see of the situation, then I saw the Elephant start to shake, and what cracked me up, was the wide eyed look on the Elephants face, as he looked behind him, where he saw this huge end of an Elephants trunk, start to materialize, which was joined to
his backside like it was part of the elephant, but the trunk was about three foot thick, and it was doing the shaking, and this trunk went up and up, and then it started to become invisible again.

But I couldn’t stop laughing, remember these were all cartoon characters, and I knew that the lion couldn’t see the true size of the Elephant in the class.

Then my guides went on to tell me that I was like the bewildered Elephant in the class, when Julie arrived with the spirits who were meant to think that I would be a push over.

But Julie’s higher-self made sure that when these spirits were using Julie to channel, the words that Julie would choose to use would queer the pitch, as the saying goes.

So subconsciously most of the students and myself would not be taken in by the personal advice that these spirits were communicating, but I was also influenced to not analyse the typed recorded class record, to not insert any comments of censure, and stop her, as you will see while you read the original transcripts of what Julie channelled and described of her meditations.

I have only on this disc analysed, high-lighted, and given you what I was shown, or figured out, which I have inserted on this disc in connection with Julie, in this year of 2010.

I will try to explain the harmonising of these spirits desires to the core beliefs that Julie’s conscious mind and feelings were multiply set up to be most suitable for these spirits.

Jesus, budda, and Ghandi were men about peace and love and understanding, and this comes from learning wisdom about humanity, and their guides and higher-selves are highly evolved spirits, with the same core beliefs.

But before they learnt and understood and released all their desires of a war like nature, through many incarnations of experience and learning, they too would have been on a lower vibration of a combative type wavelength.

I have learnt that astrological and childhood influences, as
well as past life conditioning, can twist a person so much that they refuse to change their beliefs, when they have been educated with all the reasons to change their beliefs, like schooling, and meeting other people that have explained it to them, or they have seen people on television and movies demonstrating the same thing, and they may have had lessons at school or church explaining the same thing, but they still have a serious flaw in their belief of what they believe is the right thing to say or do, in their relationship with others.

Then the opportunity is there for their higher-self and guides to guide them to a person who is the polar opposite in his core beliefs, so spirit can allow the student to not be so much lectured by the teacher, but allow the student enough rope to learn about themselves.

As a wise man once said to me, “When you point your finger at another, you have three fingers pointing at yourself.”

So when Julie describes her long and involved meditation experiences, she has plenty of material for introspection, and when she channels pages of “YOU MUST DO THIS,” and, “YOU MUST DO THAT,” and, “DO NOT THIS,” and, “DO NOT THAT,”

Then the class transcripts are like Julie being tempted into a hall of mirrors, where she will be able to take a good look at what she has allowed to channel, in the long run, as I also feel that her higher-self and guides were also delaying Julie from sussing out that the channelling was very biased.

Hopefully, her guides and higher-self will turn her beliefs into amplifiers, like a giant magnifying glass, so that she will be able to see the flaws in her beliefs, so that she can read the difference, to become aware of the lack of wisdom in the channelling, matching her beliefs and attitudes.

This recording of the classes is also a very good example of what facilitators of future classes will come across, with either facilitators or students who may have genuine accumulated similar core beliefs, where this huge example will be able to warn future circles, and this recorded example will hopefully
prevent circles like this being influenced by less than ideal motives and wisdom.

The mirrors represent Julie’s channelling and meditation experiences in the classes, and the magnifying glasses represent the higher-self and guides, but the spirits who were using Julie to channel were meant to be allowed to play their hand, and hopefully they would be changed for the better.

I also believe when the threat to my classes, books, and sanity, had passed, because of the strong clairvoyant psychic link that was established, her higher-self and guides will be able to repair Julie’s core beliefs, and show her what she had volunteered to do.

While I have been typing these last three or four pages, I had a break to watch a movie I had recorded, the true story of Schindler’s list, and I feel that my guides wanted me to see a prime example of a Nazi who originally was driven by conditioning to use the Jewish slave labour to make huge profits in his factory, but as he watched the brutality of the concentration camp commandant, and his close interaction with the factory workers, he changed, and when the camp commandant had been given orders to exterminate all the Jews, Schindler spent all his money in bribes and literally bought over 1100 men, women, and children for his new factory in Czechoslovakia, and when the train that was carrying all the women and children got mistakenly sent to an extermination camp, he went to the camp and bribed the camp commandant to get them back to his factory, which he persuaded was needed for producing shells for German tanks, which he sabotaged by producing shell casings of the wrong size, so no-one would be killed by his shells, so he spent all his money to save as many Jews as he could.

What I am trying to explain, is that our childhood and conditioning, can give us the most unlikely tools for spiritual growth, but we have to be in it to win it, another phrase we in Australia.
Now my guides deliberately didn’t inform me about what was going to arrive in the class, on one level it was a test, to see if I would follow my intuition from my guides, or react from using my analytical mind, or emotions, and put a stop to her, or kick her out of the class, which would mean I was dictating how my classes would be run, and I had explained to my guides and students that my class guides were the boss of the classes, not me.

My guides also explained that by following their unknown to me guidance, when it came to Julie, I was diverted from analysing and pulling apart the channelling while Julie was in the class. It wasn’t my job to judge her, and it would have had a very negative effect on her, which would mess up all our lessons from spirit, as Julie was the prime source of the lessons.

Also if I had put any critiqued inserts in all her channelling, when I came to compile the first text book, then that also would have had a negative effect on my first readers of the first volume, as they wouldn’t have the wisdom and understanding from the many pages of inserts from 2010, of volume’s 2, 3, 4, and 5, and much more from classes years ahead on the same disc, which can eventually be read, to offset any negative reaction for a potential student of classes being guided by these text books.

But on this disc, my guides wanted me to breakdown in analysis most of what Julie channelled, and have been inserted all through her channelling, where appropriate, so that you will not only be learning some good knowledge from Julie’s channelling, but you will be learning something else from the inserts.

So that you can watch out for it happening in your own circles, so that you can recognise it and ask your guides what you should do about it, but hopefully after all your students have read the first disc, you will not experience a student like Julie in your classes. But Julie, and what, and how she channelled, will teach a lot of you readers, on many levels.
Also what Julie channelled kept my mind ticking over at a fast pace, and not gather cobwebs, and that these spirits would channel in such a bad and wrong way, that in the same way I had learnt as a student in my first development circle how not to do this, how not to do that, from my own church mediumship circles.

The stimulation of Julie’s channelling was in a way refining and defining my spirituality for me to have more concrete ethics to teach eight and a half years more of classes, and help me follow tighter spiritual, and wiser ethics in the running of the classes, and to be written into these text books.

My guides say that the important truths were allowed to come through Julie in the channelling, when it came to events in the past or present, and was made sure that they were correct, but the choice of how the truth was revealed for the individual students, was of the same attitude and ethics of Julie who would be channelling.

But when it came to channelled prophecies of future events, the class guides wouldn’t intervene, if it wasn’t the truth of what was to come, in this reality. And we would all be learning lessons about personal and world-wide prophecies and hopefully Julie, who was channelling most of all this.

I have decided to high-light the early references that I or Julie channelled about the supposedly end of the world, termed mostly as the holocaust, with this apt colour, as a reminder not to believe any Prophetic sentences or whatever.

The higher evolved reader, or student will see wisdom and lessons in Julie’s involvement in the classes, but the lower evolved student or reader will still learn other lessons, so as you develop in your classes, if your guides want you to re-read about Julie, you may be ready to learn some more from her involvement. And my guides also started a few chapters back, channelling this prophecy material, to draw me into the lesson, so that I wouldn’t interfere with Julie’s prophecy channelling, if she was the only one.)
On the morning of 23/4/91, I asked my guides for the meditations for the morning class of housewives, which I hold in the daytime for the students who for many reasons can’t attend a night-class, and because I only worked three days a week as a truck driver at the time, I had the time to run a day class.

Anyway I was told I was to do the Advanced Rotation Chakra Exercise first, then I was shown the vision of a woman being rowed across the Thames river to the Traitors Gate of the Tower of London, as my step-father was from London I spent a lot of time as a child out all day on my own, with a rover ticket for the underground, and visited many interesting places, so I knew the implications of what I was being shown.

I was by now becoming quite proficient at grasping what they wanted me to know, so I had only one question, maybe two. Is this a past life scene of one of my students who was a wife of Henry the eighth? And I got a ‘Yes.’ Is this the meditation for this morning? ‘Yes.’

Is it necessary for me to know which wife, and which student? And I got, ‘No.’ that’s all I needed to know, and I was ready for my students.

For quite a few reasons different times on this recording will be left out until the fifth disc issue, but what is left you will be able to see the continuity with the students from the last two classes of these students.

HEALING CLASS 23/4/91 A.M.
FAYE, VERA, SHELLY
ADVANCED ROTATION CHAKRA MEDITATION
MODIFIED MEDIEVAL EUROPE MEDITATION

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

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

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

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

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

(Ten to fifteen second pause)

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

(Ten to fifteen second pause)

“Now I want you to imagine the colour purple, coming down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in purple, except the chakras that are open already. Now open the crown chakra, this is located right across the top of your head, like a huge sunflower, on a stalk attached to the top of your spine, it’s in the shape of a flower bud, open the bud and it has approximately 256 petals, but some think there are a 1000 petals. Infuse the flower with all the purple from the inside of your body, so it is glowing bright purple.”

(Ten to fifteen second pause)

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

“Now, I want you to project a beam of red light, from your base chakra to the column of white light, which is still
in the centre of the circle, reaching up to the point of the cone.”

“Follow this by projecting a beam of orange light, from your spleen chakra to the column of white light.”

“Now, project a beam of yellow light, from your solar-plexus chakra to the white column.”

“Now a beam of green light, from your heart chakra to the white column.”

“Now a beam of blue light from your throat chakra to the white column.”

“Now a beam of amethyst light from your forehead chakra to the white column.”

“I want you to now project a red beam from your base chakra to the base chakra of the person on your right.”

“I want you to now project an orange beam from your spleen chakra to the spleen chakra of the person on your right.”

“I want you to now project a yellow beam from your solar-plexus chakra to the solar-plexus chakra of the person on your right.”

“I want you to now project a green beam from your heart chakra to the heart chakra of the person on your right.”

“I want you to now project a blue beam from your throat chakra to the throat chakra of the person on your right.”
“I want you to now project an amethyst beam from your forehead chakra to the forehead chakra of the person on your right.”  (Approximately three to five second pause)

“I want you to now project a purple beam from your crown chakra to the crown chakra of the person on your right.”  (Approximately three to five second pause)

“Now all the coloured beams, from your chakras to the column of white light will stay still and fixed. The energy will flow from the white column into each of your chakras, then the coloured beams around the circle are connecting up everyone’s chakras, like the rim of a cartwheel, and the energy will start to flow from left to right, from chakra to chakra, in a circle around, and will get faster and faster. It will continue to do this through the rest of the class-night.

Before we come back from the guided meditation, our guides will remove all the coloured beams, from the circle, leaving the correct energy within each of our chakras, for our healing practice at the end of the class-night.”

After doing this chakra exercise I instructed the students to focus on an event in history. I told them that they were going to watch the events back in medieval England, I described to them a scene on the Thames River, of a couple of men rowing a boat, ferrying a woman across to the Traitors Gate, of the tower of London, and into a cell in the tower.

I said to them, ‘As you can surmise this is pretty specific, so if anyone finds they are anyone in the scenes, your higher-self or guides are going to show you, speak out what you see, or they will stop showing you it.’

I can’t remember whether I described a night scene or a day scene, of these events, but I didn’t tell the student’s anything else.

(Shelly) “I can see a man struggling with the guards, outside the cell. It seems that he managed to sneak in and got a message to the woman, and the guards wake up, and he’s struggling with them, and they take him away. I seem to be just an observer.”

(Faye) “I can’t see anything, but I’m the woman, and the guards are just saying to me, that they’ve taken me down to the cell, because,
‘Madam, you need protecting.’ And I said, ‘But you shouldn't put me in a cell, I don't belong here. Where is my husband?’ And he's saying,

‘We don't know where your husband is; maybe it’s he that’s after you.’ And I just got this really frightening feeling, and I don't want to be down there.”

(Vera) “I'm there, I am a thief, and I stole a bottle of whiskey. My husband's name is George.”

(Shelly) “I could be her husband.”

“Both of you ask your higher-selves to confirm this.”

(Faye was slipping into the memory of that life, in what she said. And later on it seemed like she was talking to herself, but my guides say that her higher-self was channelling answers, and what other people said to the prisoner, and also to Faye’s questions, so I will put them in Italic.)

(Faye) “Where is my husband?”

‘I don't know, he wants you down in the cell, out of the way.’”

(Vera) “I had to serve forty-eight days in jail.”

(Shelly) “It seemed the man was trying to get a message to her.”

“Faye, do you know who you are, as a woman?”

(Faye) “They're calling me, madam, and I can feel that I am dressed in all, very high class, and that's why I'm saying, ‘I don't belong down in the cell,’ but they keep on saying,

‘But it's only for your protection. You are here only for your protection.’

“Yes, well, that might not be true, it might be just what they are saying to you, ask your higher-self?”

(Faye) “Mmm, yes.”

“Do you know who your husband is?”

(Faye) “He's the king. ‘If he's the king, why isn't he coming? I've being tricked,’

‘He's put you down here, and wants you out of the way.’”

(Vera) “Is there a place in London called Dartmouth?” “I don't know.”

(Vera) “Well, that's where I am, at the prison. I seem to be dressed in fairly nice clothes, but stealing whiskey, and my names Elizabeth.”

(Faye) “I need to release rejection, because he rejected her. I'm trying to find out why, but I can't find out why he rejected...”
"Is he Henry the eighth?"

(2010 INSERT. You will find in your own classes, that students will blurt out things, that their guides didn’t want them to say, but because a student will recognise the circumstances, from their memories of all those wives who were executed, being married to Henry, then Shelly didn’t think that Faye should be learning this revelation from her own higher-self, when the time is more appropriate, so that they can accept this fact.)

Shelly should have consulted her Guides, whether she should mention it or not.)

(Shelly) “He just didn't want you anymore, somebody better has come along.”
(Shelly) “Yes, that's right.”
(Faye) “You’re not wanted. You’re just one of his little siblings, now.” (Siblings, in relationship to the rest of the general population.)

“Do you have to release any emotions towards the king?”
(Faye) “That I just don't feel rejected,

‘You’ve been feeling rejected. You mustn't feel that you've been rejected. Release the feeling of being rejected.’ I release the feeling of being rejected.”

“Are you still in the cell?”
(Faye) “No, I feel free; I’m walking in a garden, somewhere.”

“Ask your higher-self if you have skipped the death experience, because it's not needed to see?”
(Faye) “Yes.

‘All you had to do was just release the feeling of being rejected.’

“You're in spirit now, you can find out from your higher-self why you chose that life, and why you had to go through that. Your higher-self can explain, talk to you. How’s Vera?”

(Vera) “I have to learn a bit more compassion and understanding, in this present world.”

“Did your higher-self explain what you needed to release? Did they let you out, after a few days?”

(Vera) “No, I serve my full-term there, and then they let me out, and I felt I was going back to Surrey. I feel really like I'm on top of the world, all the freedom. I can feel it coming through, like a real energy glow-
thing, that I should let it show to the whole world, like I'm floating on a cloud, in other words.”

(Faye) “I’ve been taken to... Oh, where I was picking the flowers, it's an orphanage, and there are small children around me, and it's in the wartime, there’s bombs dropping everywhere, all around.”

I just said, ‘Is this another life-time?’ and I got,

‘Yes, it's in the war-time.’ I'm trying to see the children's faces, and I can't pick out, I think they're Asian. Where's Helsinki?”

“Finland. Ask your higher-self, if that past life memory, was on this Earth, or a parallel Earth?” (Faye) “This Earth.”

“Ask your higher-self, if anyone in this room had an incarnation with you, connected with you, or related to you, or you came in contact with anyone in that life-time?”

(Faye) “Shelly did. Shelly is with me, a soldier. They’re ruling the orphanages, they've been... I can't pick up where it is, they're speaking like a German language, or Russian language. I can't understand it.”

(Shelly) “So I'm a cruel soldier, again?”

“Are you seeing anything, Shelly?”

(Faye) “You're outside the wall, you are dominating what happens to the children, where they’ve got to be moved to, what they are going to do, and I'm trying to plead with you, not to hurt them, make sure that they’re safe.”

“Are you a woman, Faye?”

(Faye) “I’m a woman taking care of them. I keep on ushering the children all the time, away from him.”

(Shelly) “I've come to take them away, too. They’re Jewish children, aren't they?”

(Faye) “Yes, that's what they... yes. You said, they have to go, I'm saying that they are only just poor little innocent children, and you said,

‘No, they must go,’ and I keep pleading for them.”

(Shelly) “Right, so I'm arrogant and horrible, as usual.”

“You can ask your higher-self if you are the same Nazi officer, or maybe a different one.”

(Shelly) “No, it's different. I feel like I'm an officer, before I was just a...”

(Faye) “Oh yes, you are an officer, you’re high up, whoever you are.”

“Not the one in the wood, in Germany?”
“No.” (Shelly) “No, that was a young Nazi.”

“No, he has the authority to close down the orphanage, and take the children away.” (Shelly) “Mmm.”

“What are you seeing, Vera, are you still in mediaeval England?” (Vera) “He’s, just telling me what I should do in this life.” (Shelly) “Mmm, I feel no compassion whatsoever for you or the children, I’m a scumbag.”

“Yep.” (Shelly) “Yeah.”

“Yep.” (Shelly) “Yeah.”

“And I again have that feeling of being rejected.” (Shelly) “And I again have that feeling of being arrogant and superior.”

“Your conditioning from childhood affects you, to sort of make you feel that way. I mean, they were all programmed to believe that the Jews were inferior, and all the rest of it, and they had been persecuting Jews a long time before Hitler came along.”

(Yeah, I feel I've got this uniform on, and it's sort of says, ‘I can do anything,’ like the master race.”)

“Yeah, and you're speaking to the children, and you are saying, ‘Come on, get out of here, get out, get out.’”

“Like vermin, yeah, and I'm treating you pretty horribly, too, I can see that.” (Faye) “Mmm.”

“There’s other Nazi’s around, they're a bit rough-handling the kids, pushing them towards some carts outside, where they load them onto, and you’re really pleading, and I think I kick you in the face, because you are kneeling and…” (Faye) “I'm saying, ‘Please let them go, they’re only little children, please save them?’” (Shelly) “Yeah.”

“They're not going to hurt you, they can't hurt you.”” (Shelly) “Mmm, he doesn't give a stuff. Yeah, I saw myself kick you in the face. It's wicked; I think we're going to bring you a long, too. Yeah, a couple of other soldiers seem to be dragging you along, you are half semiconscious. Do you get that?” (Faye) “Yeah, I just feel utter rejection, total loss, I feel totally lost.” (Shelly) “We’re all looking at you like a piece of scum, because we’re the
master race, you know, all that sort of thing. Well, that's what we think we are.”

(Faye) “Yeah, total loss.”

(Shelly) “So, yeah, it’s our plan, you know, children and women, what the hell, they are nothing in comparison to our great plans.”

(Faye) “So, you have to learn again, rejection.”

“At least I didn't suggest this life-time.”

(Faye) “No, that was…”

“You do get lives together, which are very clear like this. Carry on, whatever you're seeing.”

(Shelly) “Off to the death camps, that's what I get, to wipe out these vermin, impure.”

(Faye) “You're speaking in the real, real nasty German language, really…”

(Shelly) “Me?”

(Faye) “You know that… spitting it, in that course German language.”

(Shelly) “Oh God, right, yeah, a megalomaniac, loving every minute of it, and just abusing you all, aren't I? Telling you what scum you are, and talking to the other soldiers about the great plan, and Heil Hitler, and all that sort of stuff.

Yes, we get to the railroad, and all these terrified little kids, I can see the soldiers just…”

(Faye) “I've got my arms all around them.”

(Shelly) “Yes, and I'm issuing really loud horrible arrogant orders, and I push a little kid off the side of the cart, you know, kick him off, and grabbing the kids by their hair, and putting them on the platform, and you're trying to protect them, and you're getting kicked as well, and I think you could be a Jew, or a Jew lover, just the same thing.”

“What’s Vera experiencing?”

(Vera) “Oh, it's fine now, I can breathe. My name is Magella; I've had a very good life in Spain.”

“Good, they're getting you used to seeing past lives, Vera, so you can work with your higher-self...”

(Vera) “There was nothing terrible in Spain, it was a nice life, except you just worked hard in those times, baking your bread and doing your cooking, and different things.”

“Yes, the more you communicate, learn from your higher-self, with these past lives, then your higher-self can explain why he
is showing these lives.

The more you do this communication, the less I need to help you, and expand your awareness of yourself, as you are releasing stuff and gaining strengths. What’s happening with Faye?”

(Faye) “No, I'm saying, I totally... I'm just accepting the rejection. I feel much calmer inside.”

(Shelly) “So, you’re all off to the death camps, and you’ve reconciled yourself to it, haven't you?”

(Faye) “Yep.”

(Shelly) “You’ve come to terms with the fact...”

(Faye) “Yep.”

(Shelly) “…that you are going to go off and be killed?”

(Faye) “We’re not afraid, none of us are afraid. ‘Don't be afraid.’”

(Shelly) “I can't see if I come back into the scene. Faye, can you see me around the place?”

(Faye) “No, it's all gone dead, now.”

(Shelly) “Yes, it seems that I was just responsible for making you feel like scum.”

“Shelly, ask your higher-self, if he wants to show you anymore, connected with that life, in that scene? Or is there any need to continue seeing more of that?”

(Shelly) “Yes, there seems to be a bit more there.”

“Right, let yourself see the scenes of what happens.”

(Shelly) “I just feel like, you know, I’ve just got so much hatred in my soul.”

“Hatred for whom?”

(Shelly) “People, and I don't know. God, I have... I’ve been horrible to people in the past. This is not good. Yes, it's all conditioning.”

“Well, you've gotten to know why you feel the way you do, today, about yourself...”

(Shelly) “I've still got the self-hatred. I mean all the hatred that is being directed into myself now, but I think it was directed outwards, as a man I tended to direct it outwards.”

“Because your guides and higher-selves are still arranging for you both to see these scenes, for the right reasons, at the right time.”

(Faye) “That's what they just said.”

“And it's helping Shelly...”

(Faye) “That's what they just said.”
“We've both been shown something, yeah.”
“So, are you still alive, Faye, in that scene?”
“No, it's gone dead black.”
“Right, ask your higher-self if you need to release anything from that death experience?”
“Only the rejection, that was all. I’ve just experienced utter rejection again.”
“Does your higher-self want to channel through you Faye, now? Or does Shelly's higher-self want to channel through you, Faye? Whatever is the most appropriate and easiest way to do it?”
“I'm not getting anything through.”
“Alright, what do you get Shelly?”
“I just got the message, that all these horrible arrogant men, that have been in the past, that have hated and inflicted pain, and rejected, this is interesting with Faye, me having made her feel like just being totally rejected.

It seems that it's all come back on me in this life-time, and I've experienced mega-rejection as a woman, that's karmic, and there are other things involved.”

“Is your higher-self saying that your suffering has helped to turn you around, in recognising the cause to release of this hatred for yourself, so that you can release this lack of identity, and not liking being a woman, and hating people, and all the rest of it. And now that you are ready to be healed, by yourself?”

“Yeah.”

“And to help you assimilate, be a woman?”

“That's right, and start to love mankind, because that hatred is so prevalent, it's just so easy to see, I can just see it for what it is.”

“Ask your higher-self if seeing this life-time, today, will help you release? It's like as if the tape has been running around in your subconscious, when you saw this life-time, it's helped so that you can take it off the tape deck, so it’s not running anymore?”

“It says, it's erased a bit of it, but there is quite a bit more to go.”

“Does he say there is anything you are supposed to release?”
“Forgive yourself, check out the blackboard and see what he is writing on it.”

(Shelly) “Forgive myself for being cruel and arrogant to defenceless women and children, and I release the guilt feelings attached to those actions.”

(Faye) “I just got the big word for Shelly, ‘Release guilt.”

(Shelly) “Right.”

(Faye) “Forgive yourself.”

(Shelly) “Guilt, yeah.”

(Faye) “She's still harnessing guilt.”

(Shelly) “Mmm, a lot of guilt. Yeah, I've got to release that, because that ties in with this terrible tendency in this life-time, to compensate for that. All the horrible things I've done, but I probably haven't been conscious of them from past life-times.

I sort of look after other people, and take responsibility for them, but that's not really releasing guilt, that's trying to atone, but yeah, I have to release the guilt. So, I release the guilt.”

“Does your higher-self say that you've released it?”

(Shelly) “It's getting there, it's embedded quite deeply.”

“Well, Faye can find out from her higher-self, if the little children, and Faye in that life-time, were having a karmic experience themselves, to pay for what they've done in the past?”

(Faye) “He said it's karmic.”

“I want you both to ask your higher selves, if there are any resentments or negative feelings that you two have to release towards Hitler?”

(Shelly) “Yeah.”

“Because if you knew the whole situation, it would be easier for you to forgive and release your own feelings, if you knew that the affects of all these experiences, are growth for everyone concerned.”

(Faye) “I just got, ‘No, not really,’ I don't have anything. I don't have to release anything towards Hitler. ‘You're not feeling any animosity or anything towards him.”

(Shelly) “Yeah, I was told I had to release my feelings of resentment towards him, for having stuffed it all up, even though he was providing, creating…”

“Situations for people to learn.”

(Shelly) “Yeah, that's right, that's what he was doing. He was providing a
situation for me to learn about this life-time, and Faye.”

(Multiply this affect by millions.)

“Because if you study mankind, when everything is going
great, the bad side of most people start creeping in, the
selfishness...”

(Shelly) “Mmm, that's right.”

“...the materiality...”

(Shelly) “The complacency.”

“The lack of caring, all comes in, when people are living
normal lives, but when people are in suffering situations. You
get, the ones that find out about their dark side, by them being
allowed to go to the extreme cruelty, they live out their dark
desires, so that they learn about their dark side, they learn that
they are bad, and then they can do something about it, and get
better.

The others, they want to save people, and they show the
world, and show these dark people, the others, that they are
selfless, and it's a big teaching thing on both sides, isn't it?”

(Faye) “Mmm.”

(Shelly) “Mmm.”

(2011 NEW YEARS DAY INSERT. In one way, all these disasters we are
experiencing this Christmas, in the time of giving, like blizzards in the
northern hemisphere, and the worst floods in Queensland’s history, are
showing us on the television, that at the same time the New Yorkers are
winging because snow hasn’t been cleared from their streets, because the
rich suburbs in Manhattan, haven’t had their streets of snow cleared.

But in Australia at the same time, the news is showing us the unselfish
giving and helping of humanity, in the flood crisis.

In the time I have lived in Australia, over thirty-three years, I have
never seen so many disasters that have caused so many people to go
through the lesson of materiality versus humanity, than in Australia. In
that so many people lose so much of their possessions, remember all the
bush fires. This is where a large percentage of our population are growing
so spiritually, where most of Europe doesn’t have the same opportunity.)

“That happens, and instead of watching it on TV, like you do
today, which isn't the same thing at all, because then we watch
it on the box. We aren't feeling what each personality is feeling, like they would be in a real life experience, like you do when you were shown an Akashi past life scene, as some of you know.

It doesn't mean that it was your immediate last life-time. You can reincarnate in different time periods. I mean, for instance, you Faye, you most likely would have already been born, when this woman was still alive.” (Faye) “Mmm.”

“So when you die, you can reincarnate back in time, and be living a life-time at the same time as this life-time that's...” (Faye) “As well, yeah.”

“How did Vera go, did you learn and release a lot?” (Vera) “Yes.” “Do you want to tell us, or...” (Vera) “Mainly what I told you before was compassion and understanding.”

“Well, even listening to these two, you are learning stuff, between what they are releasing, and learning more about past life therapy, of a first-hand experience.

Of course, volume three and four gets more involved in that, a lot more involved.”

(At this point Shelly had to leave the room and visit the bathroom, and my guides must have thought they would use this opportunity, and my questions changed while Shelly was away. And remember Faye is very often channelling in Italics what her higher-self is telling Faye and us all.)

Faye, can you ask your higher-self if there are any spirits attached to you from that life-time, or any life-time, that you've seen today?” (Faye) “I got, ‘Yes.’”

“How many spirits of the children are attached to you?” (Faye) “Many, many from that time, they've been clinging to you.’ Do they need to be released? She said, ‘They need to be released.’”

“You ask your higher-self which is the best way to do that, and you'll get the answer. Whether it’s telling them that their mothers or parents are in the white light...
“Yes, send them towards the white light.”

“Yes, well, they might not want to go, you’ve got to give them something to go to.

“They’re lost; give them something to find, some encouragement that you can’t be here all the time for them. They need encouragement to find their own people.’ Like some of them are orphans, I’m saying to them, ‘How do they know? ‘They'll pick them up from a past life, but send them to the white light.’”

“Are they going to the white light?”

“Some of them are. Some of them are still clinging, they feel very comfortable around, so they like to stay.”

“Yes, well, tell them to look in the white light, and there are figures of someone coming to see them, who they will recognise, and they'll remember these people.”

“There is only one now, who doesn't want to go, and he’s still clinging.”

“Getting him to look at the white light, and another figure will come for him, who he will know and accept.”

“It's Jesus.”

“Tell him to hold his hands.”

“He's going now, yes, he's gone. Gee, some of them didn't want to go.”

(From the time I started asking Faye about any spirits attached to her, from after Shelly had left the room to go to the toilet. I never consciously thought about choosing those questions but they came into my mind.

Maybe Shelly’s presence was too fearful for the children and that’s why we rescued them while Shelly was out of the room, as Shelly being there might have posed a problem in rescuing them, but they all got rescued before Shelly came back in the room.)

(2011 INSERT. At this point my guides and I have decided to leave a few minutes of this transcript of conversations for the next disc, as you will understand when you have read this whole disc.)

“In the first life-time, did you find out which wife you were?”

“I was Ann. I was very English, when I said, I don't like being down here…”
“Wasn't it Ann that had her head chopped off?” (Another student who is potentially interfering with the process of past life therapy, who didn’t bother to ask her Guides, if she should ask/tell this question.)

“Most of them did, didn't they?” (Shelly)

“Yes, again, that's that metallic taste that keeps coming into my mouth, all time.”

“Oh, well, it certainly came into your throat. But you can ask your higher-self if there is any connection between your metallic taste, and that life-time?”

“Yes, now there's a metallic taste, because I've been beheaded.”

“You knew about that, did you?”

“I was beheaded in a French time, too.”

“Well, ask your higher-self if there is anything to release in connection with being beheaded?”

“That's why I've got this forever metallic taste in my mouth. All the time, all I keep getting, is rejection. ‘You have this feeling of being rejected, it's the rejection that's doing it, you have to learn to release this rejection, this feeling of being rejected all the time.’”

“Well, when you get home, you can always have a session, when you are quiet, and there is no one around, you can tune into your higher-self, and ask if there is anything that needs tidying up. In other words, things that haven’t been released, other things that have to be looked at, and you might get some more stuff coming through, to help you.

This was just to get you into the picture, I knew it was some royalty that was going to be imprisoned, I didn't know who it was, or who in the class it would be. I had no idea who the woman in the rowing-boat was, and I didn't want to suggest anything. I mean, I can accept this meditation, but you may not have accepted it, if you had done it on your own.

Remember, our spirits are highly advanced, we choose incarnations, which are important, leaders, teachers, by being living examples, (Both good and bad) to affect mankind.
“Did you want her to see more about the connections with the way she feels about herself?”

“Yes. Spirit had arranged the meditation, for both Faye and Shelly to find out about these things. Yet again, this arrogance is coming up again and again, and is still having an effect on this life.

She still doesn't accept that she's a member of the human race. She just has to learn that one lesson, because I'm bringing it up again and again, to show her, and get the message through, and that's one of the major stumbling blocks along the way, because this puts up a wall between her and other people.

So this hatred is that she is cocooned in it, and it’s just poisoning her system, so she has to get rid of that hatred.”

(Shelly) “Because I'm a female, it seems to be because I've had these arrogant past lives as men. Yeah, it's self-hatred, now you know.”

“That's the major lesson she has to learn. That's about it at this time, this superiority and arrogance.

There is also something she's very afraid of bringing up, which has a lot to do with most of her past lives. It is a feeling of worthlessness and rejection, and being ignored in this life-time. We are really trying to show her that this has manifested in her life, because people ignore her wherever she goes, she's almost a nonentity, and she can be the invisible woman.

She chooses to be, because of her own self worth, and I think that a lot of those men in her past lives did also have that complex, and they made up for it with aggression and hatred.

And the intense anger Shelly feels towards people who ignore her, is just diabolical, and that's that superiority thing.

She thinks, ‘Why the hell are they ignoring me?’ I mean, she's done it, time and time again, looked around the room, and people will be having a conversation, and they will always avoid eye contact with her. They'll skip from one person there, to another person.”

(Shelly) “Yes, I suppose it's arranged that way, so I can...

“She can pick it up, and not just react and become incredibly
angry, which she's done so many times. Yes, so it's arrogant superiority, inferiority complex, that has to be dealt with, that's about it.

That's what we've been showing her, time and time again, it just has to be released, that's all.”

“She's doing very well; I mean six months ago, she wouldn't have released all this to anyone like a psychiatrist. She would have most likely thrown things at him. So she's having a great breakthrough in being able to talk about this with other people around, isn't she?”

(Shelly) “Well, like that the ignoring thing, has always been deeply embedded, and it's something I've never really told anybody, ever. It's just so obvious, I mean, I'm sure it's been arrange that way, somehow.

You know, in a social setting, or something. I have just watched and waited, and I'll be having a conversation, and without fail, the eyes will always skip from the person being talked to, to everyone, who is having a general conversation, and I just sit there and start brewing, and get angry, and I just want to get up and... I have in certain situations; it’s just really got to me.”

“Yeah, there could be lots of other reasons why they don't look at you, not just one reason. Each individual will have their own reasons as well.”

(Shelly) “I'm sure there are, but I just know from my reaction, and it’s happened time and time again, every time, this is one of the major things, major obstacles to breaking through.”

“Good. Ask your higher-self, Shelly, if there was any subconscious choice of the colours of your clothing, connected with this Nazi life-time?”

(Shelly was wearing a red cardigan, and a mostly black polka-dot skirt.)

(Shelly) “Yes, he said, ‘Yes.’ This thick belt, I wasn't going to wear, and then I put it on.”

(Vera) “It's an army belt.”

(Shelly) “For no apparent reason, you know.”

“You see when you look in the mirror, and the subconscious memories of their red swastikas on a black background, and subconsciously you liked it, and it gave you a feeling of power,
and you felt good, safe and secure, in wearing those colours.

But you didn't know that your higher-self was going to bring it all up in the class. I didn't suggest the Nazi life-time; it was just a flow-on from the mediaeval life.”

(Shelly) “But it works that way, because once you're in the mode, it takes you to see what you should see.”

(Faye) “That's the same as the other one I went into, and that one was a kind of mediaeval time, that was a kind of weakness and rejection.”

“Yes, well, until they get stronger, each life-time is connected with your belief in yourself, for being rejected, you will arrange yourself to be rejected, and that will reinforce those beliefs.

So in the next life-time if you were to perceive, which you may have incarnated into after that one, you may have also created the reality of rejection, it’s a continuation. It's like there are things that continue through until they get learned or worked out, or overcome, or strengthened, or you slowly change.

But this past life therapy can short-cut all that, by releasing the beliefs, by releasing these conditionings. If we were in an enlightened society, in a more advanced world, everyone would be releasing stuff from the last life-time, because in their last life, they would have released all the stuff from the previous one, where they also released stuff.

Maybe it was part of their school curriculum, but all through our history, there has never been any releasing of our past life-times on the Earth-plane.

So until you come across a past life therapist like this, then you’ve got to release, not one, but all the accumulated shit, that has not been released in the other life-times.”

(Faye) “It’s good that we've advanced this far, that we can do it.”

“Because this could eventually, in decades or centuries to come, be a natural process, where in schools you start releasing stuff from the past, when you are considered old enough to do it.
To take away all these irrational hatreds and fears that we know about, that's programmed in from the past. There'd be less violence, there'd be less suffering and pain, and people wouldn't feel like victims programmed to suffer.”

(Shelly) “I mean, just understanding what it's all about, most of us blindly go about reacting…”

(Faye) “We don't really realise what it's all about.”

I think you understand why this is another reason why this class-night has been included in Volume one, as maybe all the past life therapy cases and examples on these discs, will move people sufficient to eventually implement what I’ve brought up, at the end of Shelly’s channelling.

FAYE AS THE CHANNEL FOR HER HIGHER-SELF

“This is what she really needs to do, to really understand. She needs to open up her mind. What we did today was very good, good for all of you to understand, to see, to be able to do things together.

You will be doing a lot of things together, in the future. We have a whole lot mapped, progression. As you progress you'll understand a lot more. You just need to get all these shields, take all the fears away.”

“And accept very strange meditations, where you don't know if there's anything good going to come from it, and realise that it does.”

“That's what it's all about, you don't know who is involved in what meditation, but we will be guiding you. Anyhow, you'll be guided along the right path, do you understand?”

“I do.”

“You understand, you know. You know where to take them, and they know to be there.”

“I explained it very well in the kitchen, about getting them to focus on a scene, even though they all had different life-time's, not really related, were they?”

“No.” “But the first meditation was mainly for the focusing for Faye’s past life, wasn't it?”
“Yes.”

“For me to describe the scene?”

“For her to understand.”

“Because it was harder for her to accept and believe, because it was royalty, and you didn't really let her know it was royalty until later, did you?”

“No, no, she didn't have to know.”

“No, because if she had found out she was royalty, from the start, then she may have blocked seeing, because she may have not accepted herself as royalty.”

“Yes, she has come a long way, and she's had many lives of being well-to-do, knowing how to care. We just have to get her over this feeling of rejection. That's not an easy one, she's not coping.

You will be guided though, we've all got our heads together, it will happen. It will happen for Shelly and Vera. We're all together up here, working, because you have a lot of work to do in the future, for us. We have to look after you now, to be equally divided.”

(Faye) “Somebody else is talking, I can't understand.”

“Is it Vera's higher-self, or Shelly's, or mine?”

(Faye) “It's somebody with a real deep voice, I can't, it wants to come through and say something.”

“Ask your higher-self, if he's allowed to come through and say something?”

“Yes, he can talk to you. Who wants to talk?”

“Who am I speaking to, my friend?”

“It's Charles.”

“Who was Charles? I've forgotten.”

“He's one of these ones up here looking after you.”

“A guide?”

“A guide.”

“Faye’s guide?”

“Nobody’s guide in particular, just an observer in how you are all progressing. We were just talking, and saying that we are very pleased with the way everything is progressing. Everything is being mapped; you are all being prepared for what is to come in the future. Don't be afraid, it is not all bad. There are some good things to happen as well. Everybody's making out that it's doom and gloom, it’s not a lot of doom and gloom, you're all prepared to handle it, so you will be able to handle it.”
“There'd better be some doom and gloom, because the environment won't survive, if the population of the world continues to grow.”

“Oh yeah, there is doom and gloom, but you mustn't...”

“But it's selective.”

“Yes. It's not going to be as hard. It will happen in the season, and in time.”

“We might have to work harder physically, that's all, maybe to grow our own crops.”

“You have to work, but that again, what's bad about that? It's not bad, you will survive. This is what we are programming you for now, for you to survive, for you to teach, for you to help, for you to understand, to stop the killing of animals, to stop eating other animals.

They're people like we all are; they shouldn't be slaughtered and killed for food, because you can survive without that.”

“It depends on the individual, again, doesn't it? It depends on the individual's metabolism.”

“It does, but it is something that we really have to learn not to do, to have compassion as well.”

“That's true.”

“They have lives, and they are evolving, just like we are.”

“I mean, ask my higher-self, I tried vegetarianism, my higher-self said that my body will get sick if I don’t eat enough meat.”

“That's not so.”

“But everyone is different.”

“That's not so, there are many things that you can substitute, protein, growing many things. Anyhow, this isn’t going to help the rest of the world, they will learn. We'll all learn in time, it will all evolve, but this will not happen, anyhow, so you don't have to worry.”

“What will not happen?”

“In the end, there will be nobody eating animals; they’re us, just like you.”

(Shelly) “I agree.”

(Faye) “He’s gone; he got his message out, didn’t he?”

(Shelly) “That's amazing, you can really channel, can't you?”
“Does Vera need to practice channelling?”
“Yes.”
“Would you like to tell Vera anything else about Vera's meditations today?”
“She hasn't any real fears about a lot of things. There's nothing really to dispose of, in a way. She just has to show more love that she has, to people, share it, and more understanding them, compassion, which has been there in many lives. There's nothing more to channel.”

( In one of the very early chapters you became aware that everyone has bodies of different attributes connected to our physical, most people have heard of our astral body, but because we have a mental and emotional and spirit bodies, there is always the chance that these bodies can become out of harmony, and near the end of this volume, the students on a temple of healing meditation, had to place each of these bodies in separate beds, and with a temple healer they checked them out, and learn bla bla bla, while they receive some healing on them.

Also you have read of the experience of transfiguration, where a spirit will sit, or merge with a student’s physical body, for the meeting your Guides meditation, or when the students astral or spirit body is on a rescue mission back in time, where a Japanese guide transfigures over their meditation body that has travelled back in time to Hiroshima or Nagasaki, so that the deceased citizens will more easily see the Japanese guide who will guide them into the white light, which you will read in about twenty chapters later on.

In 1989 I had a new student/patient, who was the basis of the whole of volume five, which will be on the fourth disc issue, when one day I received a new meditation exercise for the students, where specific students and myself would move our required invisible bodies into each other’s physical, and experience whatever, as in every time I was to perform this exercise different bodies were exchanged, and also for different reasons.

Whenever my guides instructed me to perform this exercise, whether
it was for just a patient, or a group of three students, the results were different, but correct and positive, in the development or healing of the student or patient, and should only be performed by an advanced teacher, who can receive the accurate individual bodies and students, who have been selected to swap bodies.

For a more in-depth student experience of this exercise, it is in a chapter near the end of this volume, but where I first practised this exercise, is on the fourth disc.

So when you hear a student channelling a negative opinion of this exercise, remember I have performed it successfully every-time my guides told me too, since 1989, and this chapter class night you are now reading, is in 1991, and I always double check with my guides mentally when this occurs.

And as you will see the outcome of this exercise on this class was also positive. So, back to Vera’s channelling.)

“Do you want us all to do this body swapping exercise?”
“No, it doesn't prove or help people much.”

“Is there any purpose in the others doing it in the class?”
“Not really, not today.”

“How come I was told to do it then?”
“I don't know why. Faye and Shelly have cleared a lot of stress, or held in problems, out, and they feel lighter, or less heavy in the heart, today, and that's about all.” “Thanks for channelling.”

“Thank you.”

“I want you all to ask individually, your higher-selves, if they want you to participate in the exercise?

Which is, my spirit and mental body will link up with Shelly's body, and Shelly’s spirit and mental body will link up with Faye's body, and Faye's spirit and mental body will link up with my body, and after you have experienced the exercise, they will return to their owners body.” (Vera) “Mine said no.”

(Shelly) “Mine said yes.”

(Faye) “Mmm.” (Yes)
(Maybe Vera’s fears would have prevented the exercise working for her, if her higher-self said ‘Yes.’ But my guides say that if she had allowed the exercise to happen, the results would have been beneficial for her health or development.)

“Yes, so it's going to be between us three. I think I can see the reason why it will work. Then you will pick up perceptions, or what you are to learn, for different reasons, for the both of you.

It will not be working the same for everyone, like Shelly will perceive things from when my bodies are in hers, and also when her bodies return from being in Faye’s, and Faye will receive things from Shelly's bodies in Faye’s, and also Faye will perceive things from Faye’s bodies in mine.

I might not pick up as much, because we don't know which way the energy is going to be flowing. I mean when my bodies are in Shelly they could be infusing my positivity and strong grounding of identity, or practicality.

And Faye’s bodies perception of mine, gives you a taste of more advanced development, and that type of thing. And when Shelly's come back from experiencing Faye’s, Shelly’s will bring back more compassion and love from Faye’s, because Faye, you love yourself more, you've overcome that, you’ve learnt that, do you see what I mean, she will pick up on that.”

(Faye) “Yes, I do see that, too.”

“Your guides and higher-self will be monitoring and censoring any unwanted attributes from negatively affecting us all.

There are different effects for everyone, do you see what I mean. Some of it, you will perceive consciously, and some of it will be having a subconsciously programming, or deprogramming affect on you, then when your bodies go back it will help you positively. It will be positive; otherwise they wouldn't have told me to do it.”

(Fifteen second pause)

(Shelly) “Have everyone swapped bodies?” “Yes.”

(Faye) “Yep. I can feel really restless, really restless.”
“Ask your higher-self, if you want to know who? Your higher-self knows better than I could consciously tell you.

My spirit, being a female spirit, will harmonise more with Shelly's body, with Shelly’s problem, because her spirit is a male. So it might calm down Shelly, a bit, and influence Shelly to accept femininity more, I suppose. What are you feeling Faye?”

(Faye) “I just had this really restless feeling, and my higher-self said it just needs taming, and calming. It's just so restless, and my eyes are flitting, my insides are going like this.”

(Shelly) “It sounds like me.”

(Faye) “It just needs to have calmness put through it, and the tranquillity, it needs to be tranquil.”

“Is that what you're picking up about me?”

(Faye) “No, I'm picking up Shelly. I'm not picking up you, at all, it's Shelly.”

(Shelly) “I’m tuning in to you, Raymond. So, what's your higher-self saying, Faye? Just that it has to be tamed?”

(Faye) “It's just that real, the feeling that it's just going, and it's thinking all the time. It just needs to feel tranquillity over it, just to calm it down, and it needs love and that.

What they are telling me to do, with my fingers, to take it down over the whole way, the love, take away the restlessness, taming, it's like a little caged lion inside a body.

If you can just get the lion to feel loved, and not to feel put at risk, it's not going to be hurt, that's what it's feeling, that's what it needs.

Is that what you feel like, a lion inside a cage?”

(Shelly) “Yes.”

(Faye) “It needs someone to stroke it.”

(Shelly) “It's really accurate, it's amazing, it’s just how I feel. I can never relax, ever.”

“Yes you will, don't believe that, otherwise you will.”

(Shelly) “Well, up to now…”

(Faye) “But it’s saying, it's fine, all it needs is just love and care.”

(Shelly) “And self-love.”

(Faye) “And caressing, and it will happen easily. When it starts to happen, it will happen.”
“I don't like this exercise for people to do, but when I am instructed by my guides to do it in the class, your bodies have given permission to allow another's body into your own. That's why I asked you all to find out from your higher selves, if they wanted you to do it.”

(I have in the past perceived the other person's body when I have done this exercise. My logical mind tells me that I should as the teacher, tell the students what I pick up about them, logically and mentally you as the students might agree with me, but on the night, psychically my intuition was telling me that I must not describe what I was perceiving about you students.

At the time I was not told why, all I felt was that there were too many negative ramifications, if I was to describe your states of consciousness. My guides told me that they wanted to tell me the reasons, as they are educational, but tonight it would take too long, and would slow down the class if I was to explain them.

‘So we will leave them for when you type the recordings and then you can type them in a big insert.’ So now that I am typing, these recordings, I have been told and shown the reasons.

They want you to understand why I, or any teacher of this kind of class, must follow the guidance of guides or higher-self, in the way the class is run, or what the teacher says.

They say because I don’t tune into my students, what I’m not shown, I can't say, but whatever I am told or shown, I'm supposed to say, when it's the right time. So here are a few reasons that you and I can understand, or why, if my higher-self had allowed me to perceive both of your states of consciousness.

If I had become more psychically aware of Faye and Shelly, that information would colour and influence any guidance from spirit, in connection with the way I am guided in class, or private therapy with you both.

Spirit are showing me that it would to some degree, be like putting on Rose coloured glasses with blinkers on, and they would have the effect of distorting what spirit would try to show me, of exercises or meditations
which are designed for you to experience.

Also, when a student relays their psychic impressions of a second student, to that second student, then subconsciously the second student is more likely to sit on the fence, in reaction to what was described. Because subconsciously the second student knows that the first student is still learning, and may make mistakes.

But if the second student puts the first student on a pedestal, like students have done with Julie, in volume one, then when the first student makes a mistake, and the second student gets upset with the first student, then I and my guides can explain what has happened, without the second student being upset with me, thus I and my guides can help her adjust and bring her back to harmony.

But if I’d related my psychic impressions of the second student, to the second student, then subconsciously either the students expect the teacher to be always right, which instantly puts the teacher on a pedestal. So when the teacher makes a mistake, then the second student becomes upset with the teacher, and everyone knows how hard it is to listen to the person we perceive has hurts us.

Or the second student doesn’t agree with, or is hurt by my psychic description or evaluation of them, then I have opened a can of worms, and it is so much harder trying to get each worm back in the can, so to speak, in relation to multiple reactions of the second student to what I have described, if I had been trained to psychically tune in to students or patients.

Shelly, they knew you needed a boost of confidence, by someone else in the class giving you a second opinion about your healing and development, as subconsciously you may think that the teacher is biased, too favourably in any opinion of you.

This can also work the opposite way when I perceive a student is only intellectually interested in studying my development circle, to write a paper on, and they do not participate on the meditations, and refuse to channel, my reaction when they have hid this from me, and I have been wasting time in the class treating them like a normal student, but if I had known I could have ignored them and spent the time helping real students, but these kind of intellectual tourists take up the time with
questions and their opinions.

Also, you need the example of a teacher who runs a successful class, without the need to psychically know where the students are coming from, and who has faith in his own guidance from spirit, without resorting to psychically probing his students or patients, or needing psychic information about or from them, which sets a good example for the students to trust their own guides and higher-self.

Also, you learn of the discipline of the teacher, who still has a high degree of curiosity and thirst of knowledge and wisdom, being in control of his desires. There are other reasons, but they are too hard to describe.

My guides were thinking far ahead, so they got me to insert this long insert for future teachers of classes like these, so that they can read them in the text books.)

(Shelly) “What I'm feeling is, I'm feeling a lot more harmony, and I'm feeling very tranquil, and in control, and I think it's good, because you heard Faye's description of how she felt, maybe it's showing me, that eventually I can reach that sort of state of harmony.

It seems to be, whereas I am fighting with myself, this feeling is one of embracing. I'm fighting myself and the world, but this is a feeling of embracing the self, and the world, and being open.”
“Like I am with anyone who comes for help, with patients or students, and I am also very controlled.”
(Shelly) “Yes, very in control, I'm out of control, I can sense the difference, and it's incredible.”
“This is why this exercise was done, for different reasons. We are all like opposites, so you had to experience what it is like being in control, and happier being in control.”
(Shelly) “I think it was for a purpose to encourage me. It was for all of us, for different reasons.”
(Faye) “I can just tell you that it's going to be alright, because the little lion is lying down, really calmly, so you're going to be okay, yes.”
(Shelly) “That’s interesting. I felt really calm and tranquil.”
“Now, tell your bodies to come back now.”
I don’t remember how many students were in this night’s class, as I have lost what I haven’t used for the first text book, but there were other students, but if they did not describe what they experienced on their meditation, and did not practise channelling, then nothing is recorded to be typed up.

HEALING CLASS 27/11/86
JULIE.
UNIVERSITY OF LIFE MEDITATION

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

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

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

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

On the second door a beautiful woman is depicted, and as you look at her on the door, she's splitting into seven clones representing the seven bodies that make up the human body on the Earth plane: the physical, emotional, mental, the etheric, the soul, the Christ, and the spirit body. What you will learn in this room, is a relationship between each of the seven bodies, and the healing involved with them. If she beckons to you, maybe you will find out.

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

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

On the fifth door down the corridor, there is a man, and above his head are all the colours of the rainbow, which means that when you go in this room you can experience a certain colour, depending on what you want to experience, or what your guides want you to experience. That may stimulate certain memories, maybe past lives, or maybe just to learn what the colour represents in your healing. If the man beckons, you can ask your guides again.
On the sixth door down the corridor, there are many men and women with different costumes on: Romans, Greeks, red Indians, all different periods of history, changing all the time. Maybe you will see one that you like. If you feel attracted to a certain costume, and the person beckons, experience the room, because you will go back into your past-life experience, and learn, grow, and overcome your conditioning.

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

(Approximately ten to fifteen minutes silence)

“I want you to thank the teacher of the classroom that you have been learning in, and now leave the classroom, walk down the corridor and leave the Temple, and fly back across the world, and come back to this room. Come back now, take three deep breaths, have stretch if you want to.”

**JULIE’S MEDITATION EXPERIENCE**

(Julie) “Joseph (guide) said,

‘Your healing teaching is going to be continued.’ Joseph was standing on my left side tonight, which is unusual, as he's always been on my right side. So I said, ‘Why are you standing on my left side tonight? He said,

‘It's the left side that we are giving you information to tonight.’”

“What, the left side of the brain?”

(Julie) “Actually, I could feel a tingling all up and down the left side of my body, and very much in my left palm. Then we went up these steps and through a door, we were in a hospital type room, but it wasn't quite a hospital. There were hospital beds, but it was just bare of anything except for the beds with people in them. There was no other equipment around or anything, just bare, no other furniture or anything around.

There were two lines of people; one row of people on one side of the room, and one row of people on the other side of the room. They were awful looking. They were like corpses, they were dead white and they
had sheets over them. We could see their heads, but they look like they were on their last legs. I said, ‘Goodness me! Why have you brought me here? These people really look far gone. And he said,

‘This is where you are going to start. These are the people you're going to start with.’ I said, ‘Don't you think I should work on people that are maybe less sick? These people look really bad. And he said,

‘No, they need a tremendous lot of energy, and you'll be able to give it to them.’ So I said, ‘Alright.’ So we went up to the first bed, and he said,

‘Grasp hold of this man's feet.’ They were dead cold, and I felt was sure he was a corpse, but he looked like he was still breathing. Joseph said,

‘This man is very cold of spirit; you can feel the cold in him. I want you to send him the warmth of your soul, and I want you to imagine the colour red.’ So I just projected that at him, and in quite a short space of time he seemed to get colour back in to his skin. Not long after that he sat up in bed, and he was saying,

‘Thank you very much, I feel much better.’ So then we moved on to the next bed. All these people looked the same; they were dead white just like corpses. But again I took hold of his feet, and this time it was blue.

We went round each bed; we seemed to go very quickly. I just seemed to take hold of them, project the colour, and they were sitting up, quite well.

Oh, all the colours so far had been purple, and some of them had yellow as the main colour, but I had to vary it with other colours shot into it. It's a bit hard to explain. One of them was a red ball with orange and yellow in the centre, with rays coming out of it. I just did what he said, which seemed to do alright. But we went very quickly after the first couple, and I said, ‘Aren't there any women here?’ He said,

‘These are all people from past-lives, which is why we brought them to you, for you to heal them. As they are from past-lives of yours, you've known them all.’ So I don't know what that was about, maybe I’d hurt them or something in another life. But they were all men; actually, when I got to the end there was one different.

And then we got to the other side of the room, and after I'd done the
first bed, we came to the second one. That’s where I had a bit of a fright, because the person was really demented. He was foaming at the mouth, you know, and although he was tied down, restrained, he was really leaping up. I thought he was going to jump up at me. I was really feeling that he was like a wild animal. He looked really ugly and evil... oh! That's when I got such a surprise, as he looked so gross, really horrible, like a monster, and I was a bit worried that he might get out of the bed, even though he was restrained. But my guides said,

‘With this man you’ve got to project black to....’ and I got such a fright, because up till then we never used black on a person, and I found it very strange, when he said,

‘You’ve got to project black to this person. This person is very, very black; you’ve got to combat it with black.’ He just said that his spirit was black, blackened. They didn't really tell me much of what was wrong with them; they just seem to talk in colour terms. He said,

‘And when you send black to him, you've got to fill it with energy; it's got to be a black that’s full of light and energy.’ This seemed a bit of a contradiction, but I seemed to be able to see that, and he said,

‘You’ve got to combat the black in the man's soul, with your own black energy.’

That's when you came over to me, that's when I started sending the black. It took awhile, but he eventually calmed down, and he seemed to come back to normal, thank goodness. I felt the energy coming from you, at that time; I was still not really frightened because I knew the guides wouldn’t let me get into any danger. He just looked so ugly and so horrible. He eventually looked alright, as he calmed down and looked normal, like the rest of them. He was sitting up and he was saying,

‘Thank you very much.’”

(2010 INSERT. I had never heard of a healer using black energy before, so I asked my guides and higher-self, this question, ‘Did Julie use black energy to try to heal a suffering soul?’

‘No Raymond.’ Was Julie led to believe that this is what the situation was?

‘Yes, Raymond.’ Do you want me to continue asking
questions about what Julie was doing?

‘No, Raymond.’ You see I was receiving the thought that it was too complex to explain, and as it happened in 1986, and I was completely protected by my Guides, it was only necessary to let you know that a student can be fooled, if they use psychic vision, unless they are trained by guides to recognise illusion and thought-form creations, from true scenes in the spirit world.

But if the students have a very strong link with their guides, or have a gut feeling connection with their guides. They shouldn’t have a problem like this occurring, so long as they continue to perform the white light exercise, to purge any lower vibration spirit’s interfering with their meditations.

Remember in one of the first chapters I explained what I had learnt in connection with spirit reincarnating into a human being with the Astrological influence imprinting likes and dislikes, and strengths and weaknesses on the humans mind, body, or emotions.

Over the past 25 years I was shown the past-life spirit volunteers, who incarnated, as the villains, to help achieve great leaps forward in the spiritual and moral growth of millions and in some cases billions of person’s on the earth, in which the majority of mankind is still being influenced, because of the justice system of Law’s in the civilised world, are so well known, and followed.

My guides have given permission to tell you some of them who they incarnated into, to help with this growth, and you might be surprised.

The Egyptian Pharaoh who wouldn’t let the Israelites and Moses leave. I was shown a lot of behind the scenes set up, in connection with the life of Moses, his conditioning, and his adopted family, which you will have to wait for on the second disc. Judas Iscariot, Pontius Pilot and Napoleon. There is one other but his life is complex, and we will leave his name until near the end of this disc.)
“Then I went to the last two beds, and there were children in them. The first was a beautiful little girl in a white dress, with long golden hair. I said, ‘She looks so well... I don't think there's anything that I need to do for her.’ They said,

‘She doesn't need your healing; she is a symbol of what you are aiming for, to bring people too. She's the child in all of us, the beautiful child in all of us. When you do your healing, you’ve got to keep her image in your mind.’”

“This is what she seemed to represent, innocence and beauty of spirit. She was really shining with light. He said,

‘This is what you're trying to bring people too. Their spirits must be like this child, glowing with light.’ I went to the next bed, and there was a little boy who seemed to be just in dark colours. He was all curled up, sort of in a ball, and it looked like he was asleep. But my guides said that he has retreated into himself.

‘This child represents fear; this is what you must combat. This is the main thing that you will come up against in your healing. All sicknesses come from fear, this fear that's inside of us. This will be the main thing you have to fight against.’”

How can all sicknesses come from fear, I will not go into all the illnesses which are hereditary or all the sicknesses which are transmitted from a sick mother, like A.I.D.S. which has also been transmitted to thousands through blood transfusions, never mind the insect born diseases like malaria and a few others, or parasites which are ingested in polluted drinking water.

In all my spiritual healing I have never thought of healing
in terms of ‘fighting against’ fear or illness. Again we are coming close to the core beliefs of Julie. This statement from Julie’s so-called guide will not be the first time that one of her so-call guides has got it wrong with a cause of an illness.)

(Julie) “I said, ‘Can I do anything for him now?’ He said, ‘Not yet, that's the next lesson, where you’ll learn to work against fear.’ And that was the end of that lesson.”

(When Julie was experiencing this meditation, I sensed that she was in a difficult situation, so I asked spirit if she was alright. I was told to go and stand near her for a while, and to reassure her.)

RAYMOND AS THE CHANNEL

“Tonight you were taken to a Temple, for your first experience with your guides in your meditation. This will be just the start of your learning, and these experiences will help you to live your lives happier, and free you of your fears and conditioning.

This class is becoming stronger in the healing vibrations, which are being developed for you all to experience, so that you can channel these energies to your patients who need them. For we will be able to help you become healers and teachers of wisdom, of life that exists beyond the Earth plane.

And you will be able to leave your bodies and travel to the classrooms, and learn from the teachers who are the experts in what they teach. This class is like a doorway into a university of life, where you can learn higher knowledge and wisdom, than what your society is living.”

(2010 INSERT. Again, I will give you the 1986 book version, but with the 2010 high-lights, before you read the pulled apart version, so you can exercise your minds in recognising the flaws or hidden reasons in what Julie channelled.)
“Greetings, my name is Abraham. The soul on my left knows me. She and I have been together in another life. I greet her. We are pleased that you have come tonight, all of you.

There is much work to be done, and it must be done quickly. From now on, you will be taking shortcuts; the time grows closer. We do not have the time to be leisurely in our teaching, so sometimes your progress will be quite rapid.

Raymond.”

“Yes.”

“The time has come for you to change the classes. They must become more advanced, even for the newcomers, for the people that will be coming to the circles now, are ready for the teachings. You need not go through the basics for them, for they understand already.

We want you to participate more, Raymond. We know already that you are the guardian, but now the time has come for you to receive more teachings for yourself. From now in the classes you will experience much more.

You see, Raymond, we have been testing you. Do not be alarmed, you have passed. We are well pleased, but now Raymond we know you think it's been hard so far, but it’s going to get much harder. You will be receiving more guides now, many more at once. You will hear many voices; do not be confused, they each have something to contribute to your learning. We know the pace that you must go at, but it will be at an increased pace now.

We are troubled, we see the world and the strife is increasing day by day. That is why the teaching will increase also. Do not be alarmed by this, you will be well able to cope with it, but we will not be easy with you anymore, the time is too short.

We will not be a rough in our treatment; always gentleness, but the teachings become more advanced.

We are going to raise your vibrations to a much higher level. Raymond, you are closer to your father now, very close indeed. He stands at your right side, and he's sending much energy to the
group. This soul is feeling much energy, much light.

Your father has passed through many experiences Raymond, but he has never left you. At times he has been your guide, but at other times he has had to leave you, to help others. He has a very important job with us; he is a very great teacher.

The energy is very strong; this enables us to come through much more easily. This soul is able to generate the energy. She'll be a strong teacher, but she must free herself of confusion. She must know that we are guiding her and she cannot go wrong.”

“Do you want her to teach over Christmas?”

(I was going to visit my parents for a Christmas holiday, to New Zealand, and Julie was going to take the class.)

“Yes, but not in the way that you imagine. We will send her a teaching, but there must only be one class, but it will be a special one. Even though you will not be there, you will feel it.”

“A Thursday or Friday night class?”

“It will be a Friday. Friday is a special night to us, the vibrations are good. Yes, you will not be far from us Raymond, distances don't matter, but you will feel the energy, and when you return the class will be different.

You will be sent the knowledge to change the classes. We will send you more people, more souls, and they will already have advanced quite a way along the path. Will you accept added responsibility?”

“Yes.”

“We know you have been troubled in your own life. Perhaps this has been a burden to you sometimes, but it has been all part of the test. Someone else wishes to speak.

My name is Annabel, you know me Raymond.”

“No I?”

“Yes, but the memory of me is lost, but in your deepest soul, you know me. We were together a long time ago, and we have not met on this plane, for some time, but know that I am often with you. I worry about you sometimes; you neglect yourself, your health.

I want you to feel the colour green, a vibrating green, beautiful rich bright green. This is your colour for now, keep it
with you, close to your heart, it will help you. When I knew you, you used to wear a lot of green, it is your colour. The energy is very strong, it is good, it helps us to come through.”

“Why are the energies strong tonight?”

“The souls here, they are old.”

“Advanced?”

“Yes, they are learning very quickly, this is necessary. Someone else wishes to speak.

Greetings, my name is Joseph. I am this soul's guide. I wish to make myself known to you all, because at some time I will visit each of you. I am almost done with this soul, as she must be passed onto a higher level. She is learning very quickly, but things will become more difficult for her. She had a disturbing experience tonight, but she knew we were with her.”

(Referring to her meditation experience)

“We are well pleased with your work. Raymond.”

“Yes”

“We wish you happiness on your holiday. There is someone you're going to meet on your holidays, an old teacher. You will not recognise him at first, but he has great knowledge for you. Perhaps, you will not even like him at first, but this is also a test, you must overcome your feelings of dislike and look into his soul. He has much to teach you, he will be an older man, and he does not seem to be the sort of person you usually make friends with.

But then you will be learning to mix with many different people. This holiday will be a great learning experience for you, for you will be receiving the energy from this group, even though you are far away, it is not far for us. We will be watching over you, so that you come to no harm.

There are many people here tonight. Many people wish to speak, so much energy. This body is full of energy, it can be tapped by each of you, you must join hands. Raymond, you are also the focus, send energy back around the circle.

With this energy comes learning on a deep level. Imagine the colour pink, it is all through your bodies, filling you with peace, contentment. We do not grow tired, but we will leave you now, it
is enough for tonight, peace.”

(And now the critiqued version.)

JULIE AS THE CHANNEL

“Greetings, my name is Abraham. The soul on my left knows me. She and I have been together in another life. I greet her. We are pleased that you have come tonight, all of you.

There is much work to be done, and it must be done quickly. From now on, you will be taking shortcuts; the time grows closer. We do not have the time to be leisurely in our teaching, so sometimes your progress will be quite rapid.”

(2010 INSERT. This supposed lack of time is a tool to convince me to follow Julie’s spirit’s guidance, for the next thing they want me to do.)

“Raymond.” “Yes.”

“The time has come for you to change the classes. They must become more advanced, even for the newcomers, for the people that will be coming to the circles now, are ready for the teachings. You need not go through the basics for them, for they understand already.”

(2010 INSERT. What teachings? the whole purpose of meditation is so that each student will learn from their own guides on their own meditation pace for the individual who may be developing a speciality with their own guides, or just overcoming the past to help them live a happier life, but not from any teachings from me or a student channelling some spirit teacher. The students don’t have to become more advanced, because they are all different.

And newcomers still have to do the basics, like develop
their link with their guides and practise to see on their meditations.)

“We want you to participate more, Raymond. We know already that you are the guardian, but now the time has come for you to receive more teachings for yourself. From now in the classes you will experience much more.

You see, Raymond, we have been testing you. Do not be alarmed, you have a passed.”

(2010 INSERT. Firstly, nothing much alarms me, but this statement implies that I become alarmed easily.)

“We are well pleased, but now Raymond we know you think it's been hard so far, but it’s going to get much harder.”

(2010 INSERT. My guides were not pressuring me, and this is the second week these spirits have mentioned the word hard in connection with me.)

“You will be receiving more guides now, many more at once. You will hear many voices; do not be confused, they each have something to contribute to your learning.”

(2010 INSERT. My Guides have just told me that the statement, “You will be receiving more guides now, many more at once. You will hear many voices; do not be confused, they each have something to contribute to your learning.” Was an attempt to tempt and lull me into accepting their telepathic guidance, but my guides and higher-self said that if you had accepted, what they said, we would have blocked their telepathic voices, but you had learnt by what you had heard channelled through Julie, that something was wrong, and didn’t let your guard down.

Also saying, ‘do not be confused,’ when I have never been
confused about anything my guides have presented to me, and confusion is more a definition of too many things to handle, also implies that I can be confused, not a very good attribute for a person running development circles, who is guided by spirit.)

“We know the pace that you must go at, but it will be at an increased pace now.”

(2010 INSERT. Also I have never heard any voices, accept for that one morning about three years ago, and why do they keep saying all the time that it’s going to get much harder, unless it’s to try and get me to worry and fear, like turn up the pressure by saying it will be at an increased pace.)

“We are troubled, we see the world and the strife is increasing day by day. That is why the teaching will increase also.

(2010 INSERT. Highly evolved guides are never troubled by the strife in the world, they are all clued in to the real purpose of everything that happens in the world and that is growth for the individual soul, these statements of “strife is increasing, day by day”, is to elicit fear in the students, to pressure the students into a fearful state, so that the students will be psychologically in need of the teachings, which will be channelled exercises, channelled through Julie in the coming weeks.

“Do not be alarmed by this, you will be well able to cope with it, but we will not be easy with you anymore, the time is too short.”

(2010 INSERT. If the students living in peaceful Sydney weren’t “alarmed” by this statement of “the strife is increasing, day by day,” then saying “Do not be alarmed by this,” and Julie channelling, “we will not be easy with you
“We will not be a rough in our treatment; always gentleness, but the teachings become more advanced.

We are going to raise your vibrations to a much higher level. Raymond, you are closer to your father now, very close indeed. He stands at your right side, and he's sending much energy to the group. This soul is feeling much energy, much light.

Your father has passed through many experiences Raymond, but he has never left you. At times he has been your guide, but at other times he has had to leave you, to help others. He has a very important job with us; he is a very great teacher.”

(2010 INSERT. This statement was an attempt to get me to establish an emotional bond with my father, who I have never received a message from any medium, over the previous five years of attending spiritual church services, every week, and weekend seminars, and spending nearly three months with a clairvoyant spiritual healer, when we toured Great Britain, and went to the conference in Wales.

Also the putting of my father on a spiritual high level, was an attempt to have a reason for his guidance, through Julie, of course, for his visit’s in coming classes, in which his status would be used in an attempt to try and emotionally mess me up, but it didn’t work, you will read about it when you come to the class-night.

One other mention, my guides say that I, Julie and her spirit’s were unaware of my sexual abuse from my father, as he died when I was nine years old, and the trauma and memory of it was blanked out of my mind.

I was to learn about this childhood when I did past recall to my past life-times, through to the missing memories of my childhood, in connection with my mother and father, a
few months later, which you will read about.)

“The energy is very strong; this enables us to come through much more easily. This soul is able to generate the energy.”

(2010 INSERT. You have to ask the question, in what way does this statement affect Julie and the students in all the classes when they either hear spirit say this about Julie, or read it in the class transcripts.)

“She'll be a strong teacher, but she must free herself of confusion. She must know that we are guiding her and she cannot go wrong.”

(2010 INSERT. This was channelled to not only get the students to accept and believe what Julie channel’s, but also to damp down any self questioning Julie might have started thinking about what Julie had been channelling, by labelling her own questioning mind, as confusion, and then saying, “She must know that we are guiding her and she cannot go wrong.” to convince her.)

“Do you want her to teach over Christmas?”

(I was going to visit my parents for a Christmas holiday, to New Zealand, and Julie was going to take the class.)

“Yes, but not in the way that you imagine. We will send her a teaching, but there must only be one class, but it will be a special one. Even though you will not be there, you will feel it.”

“A Thursday or Friday night class?”

“It will be a Friday. Friday is a special night to us, the vibrations are good. Yes, you will not be far from us Raymond, distances don't matter, but you will feel the energy, and when you return the class will be different. You will be sent the knowledge to change the classes.
We will send you more people, more souls, and they will already have advanced quite a way along the path. Will you accept added responsibility?  

“Yes.”

(2010 INSERT. I never received any specific “knowledge to change the classes,” I still followed the new meditations I was receiving from my guides, nearly every few weeks, to give to the students, and the only difference in the class was that Julie would be channelling some meditation exercises for the students to go on.)

“We know you have been troubled in your own life. Perhaps this has been a burden to you sometimes, but it has been all part of the test. Someone else wishes to speak.”

(2010 INSERT. There is no explanation of what test, so why bring the subject up, unless it is to further undermine the confidence in the teacher, but couched in words of concern. Remember every class night experience, is read by all the other classes.)

“My name is Annabel, you know me Raymond.”  “Do I?”

“Yes, but the memory of me is lost, but in your deepest soul, you know me. We were together a long time ago, and we have not met on this plane, for some time, but know that I am often with you. I worry about you sometimes; you neglect yourself, your health.”

(2010 INSERT. I have always eaten a healthy balance of food, at regular meal times, and because of my experience with Candida, I have been very careful with my food. About 90% my own cooking, and the minimum of junk food, and plenty of exercise, as I was a mad bush-walker at the week-ends. This statement was to undermine my status as a teacher of healing.)
“I want you to feel the colour green, a vibrating green, beautiful rich bright green. This is your colour for now, keep it with you, close to your heart, it will help you. When I knew you, you used to wear a lot of green, it is your colour. The energy is very strong, it is good, it helps us to come through.”

“Why are the energies strong tonight?”

“The souls here, they are old.”  “Advanced?”

“Yes, they are learning very quickly, this is necessary. Someone else wishes to speak.

Greetings, my name is Joseph. I am this soul's guide. I wish to make myself known to you all, because at some time I will visit each of you. I am almost done with this soul, as she must be passed onto a higher level. She is learning very quickly, but things will become more difficult for her.”

(2010 INSERT. Promoting Julie as worthy material for running classes, and showing that Joseph “will visit each of” the students, is to increase their trust in Julie.)

“She had a disturbing experience tonight, but she knew we were with her.”  (Referring to her meditation experience)

“We are well pleased with your work. Raymond.”

“Yes”

“We wish you happiness on your holiday. There is someone you're going to meet on your holidays, an old teacher. You will not recognise him at first, but he has great knowledge for you. Perhaps, you will not even like him at first, but this is also a test, you must overcome your feelings of dislike and look into his soul. He has much to teach you, he will be an older man, and he does not seem to be the sort of person you usually make friends with.”

(2010 INSERT. I never did meet this person, but it was again referring to an implied negative character flaw in the person running the class.)
“But then you will be learning to mix with many different people. This holiday will be a great learning experience for you, for you will be receiving the energy from this group, even though you are far away, it is not far for us. We will be watching over you, so that you come to no harm.

There are many people here tonight. Many people wish to speak, so much energy.

This body is full of energy, it can be tapped by each of you, you must join hands.”

(2010 INSERT. The first statement is promoting Julie as a source of power, and then insisting that the students go along with this by trying to get them to believe that Julie can give them something desirable.)

“Raymond, you are also the focus, send energy back around the circle.”

(2010 INSERT. Mind you, the spirit hasn’t explained what we can use the energy for, but to get the students to believe in Julie, they will draw me into the charade, as a form of approval or support, that I am needed as a tool for the use of spirit, which is connected to Julie.)

“With this energy comes learning on a deep level.”

(2010 INSERT. Then in the next high-lighted statement, the spirit implies that the person who acquires this energy will increase their learning on a deep level, also implying that Julie has learnt deep things already, as her body is full of energy.)

“Imagine the colour pink, it is all through your bodies, filling you with peace, contentment. We do not grow tired, but we will leave you now, it is enough for tonight, peace.”

(2010 INSERT. 9 “Must’s” in this channelling, but only 17 variations of the word “NOT.”)
This was the first hospital meditation I received from my guides, and I feel that my guides wanted me to give it to this class tonight, before they read what Julie experienced on the last class night, as they might be frightened about going on a hospital meditation, but they wouldn’t read Julie’s experience until the following week.

HEALING CLASS 28/11/86

ESTELLE, OLIVIA, JANE.

SPIRIT HOSPITAL MEDITATION

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

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

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

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

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

(Approximately ten to fifteen minutes silence)

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

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

In this first hospital meditation I received from my guides, I feel that for the students to practise healing on patients finer bodies than their physical, the students could see more of the immediate effects of their healing, and also learn more about the causes of the imbalances of these bodies. And maybe the students would be more psychologically relaxed about performing healing on spirit bodies, than having to perform healing on a physical body in an earth hospital.

The healing that these patients received from the students, would most likely trickle down to help heal their physical bodies, if the patients’ higher-selves okayed it.

Over the coming months, in between other meditations, I would receive quite a variety of different hospital meditations for the students to go on, progressively becoming more complex, with more difficult patients to work on.

JANE’S MEDITATION EXPERIENCE

(Jane) “I followed all your steps, and went down the corridor, and there was this door with Jane written on it. A doctor was standing there with a white gown, and he took me to the first patient, was a boy of about nine or ten. On his chest was a blue-grey area; the aura was a bluey-grey, and I was told there was something wrong with his breathing.

I was told to stand with my hands in front of his chest, my hands out facing his chest, and to focus the healing on his chest, you know, the normal white light coming through, which is my normal healing, and I put a cream coloured light into him. When the bluey-grey turn to cream I was taken to the next patient.

The next patient had something wrong with the bottom area of the bladder, not the stomach, but the bottom part, the pelvic area. I felt it was more the bladder and the urethra, and it was at greenie-grey colour.
This time I was told to stand with one hand on either side of the body, on both sides of the hips. First of all I had to get a force field circulating around the whole body, between the two hands. I had to get a circular motion going around the patient's body, and then I had to beam in through my heart and head, the white colour into the circular force field, until it went to the cream colour as well.

The next one was a very small baby, and it had something wrong with its stomach, down the middle of it. All I had to do was stand with my hands at either end, with the baby between them, and that time the energy flow was down through the top of my head, through my spine to the back of my shoulders, down this arm, flowing right through the baby, and back up this arm and out through the head.

So there was a total flow through, like a cleansing flow right through. There was beam, which started off as a very thin trickle, right through the baby. Then I had to wait until the whole body was covered in the creamy glow again, and then you called us back

OLIVIA’S MEDITATION EXPERIENCE

(Olivia) “I went in, and there was a guy in bed, he didn't look very old, maybe in his twenties, and he had a bandage around his head. I went over, and was very hesitant for awhile, and I had to take the bandages off his head. He had a big hole in the middle of his forehead, and I also felt that he had a lot of emotional distress; he was very distressed.

I firstly put my hands up close to his head, and then moved them around the head, and this went on like that for a little while, over and under. Then I went around the back of him, sat him forward a bit, and went all around the back of his head.

Oh, that's right! Before I did that, the front of my hands went down to his chest, where I felt these emotions were, and then round the back of him, down his head, down his shoulders, and down his back, back up and around to the front again.

At one stage there I had my hands on the top of its head, and then when I did that, the hole was still there, you see. So then I put my hands together, with my thumbs and forefingers in line with the edges of the
hole, and gradually came in, as it got smaller and smaller, until the hole was closed. Then there was a lot of scarring and disfigurement, so I smoothed it out with my hands, and healed this tissue.

I felt I didn't have time to do anyone else, so I went to the centre of the Ward, put my hand out, and just turned right around completely. This was like healing all the rest of them, before I had to go to the door.”

ESTELLE’S MEDITATION EXPERIENCE

(Estelle) “I saw my name on the door, so a guide and a doctor showed me in. On my right, I saw a man with a leg in a cast, and I was told to put the white light through, and put my hands on his leg. So I did that until I thought he was cured, and I was standing there for a few minutes.

Then I went down the corridor, and amongst the patients on my left, there was a man with a bandage round his head, and his arm. I was told to put one hand on his head, and one on his arm, and put light through there. So I did that, and I just thought positive thoughts to get the man well. Then on the bed next to that man, was a young man with a chest complaint. So I put both my hands on his chest, and did the same thing for a few minutes. And then I was called back.”

JANE AS THE CHANNEL

“We give you love and joy, very soon this world is going to celebrate a joyous moment, and we will all come very close to you. As the coming time comes to give you more joy, light and warmth. As the time comes closer, you will feel our warmth, and you'll feel a glow within yourself. Express that glow to other people, even if it's just a smile on the street, a cheerful hello. Any little joy that is expressed and given away, comes back so many times more.

We will be very close to you, just to give you that little extra bounce in your steps, and as the time comes closer you’ll feel us. Just express that joy, and give it away as well, as we give it to you. But don't forget to love yourself, because if you don't love yourself, and fill yourself with self-love, it will be very difficult to give it away,
because you will need to hoard it.

Let’s just accept it, accept that you are in God’s eyes, perfection and love, and just be all love and joy, and let the trivia of life, with its little things and restrictions, just pass by, and express yourself with love and joy. We all love you greatly.”

RAYMOND AS THE CHANNEL

“Tonight you were taken to a hospital in spirit, where you were shown ill and sick people for you to do healing on. Each of you individually had to work on your patients, for you to learn the healing energies that you will be working with. Your first class tonight went very well, in that you learned that you are healers and can heal patients, for you saw them get better. We teach you, and show you the healing, in many different ways.

Some of you are shown with thoughts of how to heal your patient, and some of you are observers of what your higher-self is showing you. As your higher-self is wiser, and will teach you many things. As you will find that you will do things in your meditations, which you would not do normally. This is your higher-self doing these things, which you can watch and learn from your conscious mind.

You are going to practice tonight to speak with the help of spirit, giving you the thoughts and words to talk to the class. This is getting you used to communication from the other side, so you can help with advice and teachings for your patience, and people you come in contact with.

You may have no idea with your conscious mind how to help or heal a person in distress, but you know that you will be given the advice or the healing to give to them, because it is available to you as healers. We are always with you, and there are many many experts, with the knowledge for your patient. We thank you for coming here tonight, and you will do well.”

When newcomers, move up into the advanced class, spirit sometimes channels a repeat of what they have said to other advanced students, if it is time for the newcomers to practice, as in this case:
HEALING CLASS 4/12/86
ELIZABETH
SPIRIT HOSPITAL MEDITATION

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

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

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

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

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

(Approximately ten to fifteen minutes silence)

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

Come back now, take three deep breaths, have stretch if you want to.”
“Tonight you were brought to a healing Temple for your development. We took you to see patients that were suffering from many problems. We want you to know that we are with you, and you will be guided in your meditations to experience the correct stimulation for your development.

Your development is not like teaching in a classroom, or teaching you knowledge, but more subtle in the experience, for reasons that are not mental, but more emotional, and the development of the will. You will be able to learn about sicknesses and disease, when you are ready. We show you the scenes to help you understand that these scenes are real, and not a figment of your imagination.

The students who saw more, and learnt more, they are also seeing clearer in their development, and they have only been a few times.

Elizabeth, you have been developing for some time now, and we are pleased with your progress. For you have had to develop slowly, what you are developing, for it is not obvious what you are developing, and you will be able to use your gifts and abilities very soon now.

Your health has been getting better, and we ask you to have patience with your development, for you are growing stronger in your development.

I am sorry that I cannot tell you what you are developing, as it is not permitted at this stage of your development. We are just letting you know, that we have not forgotten you.

You'll all be developing in many ways, some are obvious, and some are not, you have to have patience. We will talk to you again.”

(I am not worried about the number of Not’s in mine and most students channelling, but it is the overwhelming number of command words used by the spirits or the choice of words when Julie is channelling, that does need to be brought to the students and readers attention, for when you sit in your own circles)
HEALING CLASS 5/12/86
JULIE, SUSAN, OLIVIA.
SHANGRI-LA MEDITATION

“Tonight I want you to visualise a large river set in the forest. In the distance is the Himalayan mountain range. On the banks of the River are Indian temples and ashrams. We are now travelling towards the mountains, leaving the river behind. As we climb into the mountains we put on warm ski clothing. We are now approaching a narrow pass, high in the mountains. There are a ropes fastened on to the walls of the pass, as it is very windy up here. As we walk around the bend in the past, it widens into a beautiful green valley where pink cherry blossom trees are scattered across the rich green grass.

As we walk down the path, into the valley, children and animals are playing under the trees. In the distance atop a hill, surrounded by terraces of hanging Gardens, is a beautiful shining temple, with a gold dome roof reflecting the Sun. We climb the steps up through the hanging gardens and through the gates into the temple, where we see rows of seats facing a stage. Find a seat and sit down. On the stage a bright light is going to appear, and as your eyes get accustomed to it, a Master is appearing in it. He's going to speak to us individually about the changes in the future for ourselves and the world. We will leave you in silence so you can hear what he says to you.” (Approximately ten to fifteen minutes silence)

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

Take three deep breaths, have a stretch if you want to.”
JULIE’S MEDITATION EXPERIENCE

(Julie) “I had a new guide tonight, Joseph was gone, and I had a spirit called Andrew. He told me he was on a higher vibration, or level, to take me there.”

(2010 INSERT. This is again implying Julie is qualified to go higher, to put her above the other students development, and letting the others in the class know it, and to emphasise Julie’s status, her higher-self later on said he had to raise Julie’s vibrations.)

“We went to the mountains; I went along with you up there, walking up the mountain. I was told I didn't need the warm clothes, because I could clothe myself in my own warmth; if I believed that I was warm, I was warm; and that worked quite well. I had some light clothing on; I think a robe or something. I was quite comfortable, and we went walking up, and you were still talking about the gardens, and things. You all went off on another path, and they took me up a separate path, into a cave. I anticipated your meditation here, because they said,

‘You're going to meet one of the Masters,’ and I was already sitting in front of him. When you got round to saying, ‘You're going to meet someone special tonight.’ So I thought that I'm having the same meditation for a change. The master was in this little cave. It was a blind man, actually, a blind old man, and I sat in front of him.”

(2010 INSERT. Can someone explain to me why a Master should be blind, in the spirit realm? If he was a Master, doesn’t that imply that he is the master of his own body, at least? Come on, readers, think about it. Maybe he will be believed if he comes across as a harmless, blind, old man.)

“Then Andrew left, and I was sitting there for a while. Then the master said,

‘We are going to work on your third eye; we are going to try and open it up a bit more.’ He just wanted me to meditate on expanding the
third eye for a while, so I did that. A lot more light seemed to come into my head, just in front of my eyes. It seemed to get a lot brighter, and then he said,

‘You're going to meet someone else here tonight.’ I said, ‘Who?’ He said,

‘You're going to meet your higher-self tonight. If you shut your eyes, your higher-self will be in front of you.’ So I did that, and there was a young person standing there; it was hard to tell if it was male or female, it could have been either. It had fairly short curly hair, and very white shining clothes on, some sort of white robe, or something. There was a lot of light around him, and a very purple aura, very, very purple. He said,

‘Greetings, I am your higher-self, do you have anything to ask me?’ I said, ‘For what purpose am I seeing you?’ He said,

‘Just to show you that I am always with you, and you can tune in to me, any time that you want to, and ask me any questions, or anything that you want. You only have to ask.

I have also come to raise your vibrations tonight, so that you will become a channel for those who want to speak. We have to raise your vibrations, quite a bit.’ I felt a lot of energy, then. Then he said,

(2010 INSERT. This is implying that a higher vibration soul, is going to channel through Julie, because everyone of us don’t have to have our vibrations raised to channel Guides or teachers, as we have been doing for months.

So again spirit are choosing to promote Julie, implying she is worthy of leadership.)

‘Very soon you're going to have a unique experience, and we are going to have to prepare you for it.’ I said, ‘Can you tell me anything about it?’ He said,

‘It's not far-off; you’ll know when it happens.’ I said, ‘alright.’ And he said,

‘Don't be frightened about it.’ I could feel a lot of body sensations when I was talking to this person. It was as if someone was brushing
against my body, sort of very close to me, I could feel as if my skin was tingling. It was a strange sensation, and we chatted for a while, and he said,

‘That's all you need to ask me now, so go back down.’ But I can feel this person with me more, now. I can feel as if he was right behind me, and my spirit guide was at my right hand side, when we came down the mountain. Then when we were back here, I felt as if someone was standing behind me, with their hands on the small of my back, pressing fairly heavily.

I can still feel a bit of a sensation there. I feel like they were given me some sort of energy to that part of the body, and that's it.”

RAYMOND AS THE CHANNEL

“Tonight, you were brought to Shangri-La for your further development. It was a rest and a brief holiday from your other meditations. We told you that you would meet a Master; this Master was around you while you were on your meditation. He belongs to a higher order of light, which we brought to you tonight. For you are getting higher in your development than have many souls have been before. You will feel stronger in yourself, as you progress, and we will need your strength for the work that you will do.”

(2010 INSERT. The spirit who channelled through me, was explaining that all the students were going through a raising of their vibrations, and getting higher, maybe to offset what Julie had been telling us.)

“We wish to talk to Susan. You have been developing for many years, (Meaning before this class) and will soon be ready to experience new vibrations of development, which will help you be more at ease with yourself. You will be able to channel communication very strongly, to teach what you receive from spirit. You will be held in great esteem by your student's. Will you accept this responsibility?” (Susan) “Yes.”
"We look forward to your teachings, which will make you feel more worthwhile than you are feeling now. We will let you listen to Julie now. Thank you, God bless."

(JULIE AS THE CHANNEL)

"Greetings, we are many tonight."

"Many in spirit?"

"Yes, there is always so much to say, but we do not wish to tire you. How many will we let speak tonight? There are many. Abraham again, I greet you. I wish you well in your difficult tasks, and I am here to help you. Tonight you are going to do the work. If you have questions, ask them. There are many gathered here; they can answer all that you have to ask. Whatever questions are bothering you, ask them."

"I was feeling sensations in my forehead tonight in the meditation."

"Yes, Raymond."

"What are they doing?"

"What do you think they are doing, Raymond? You know, Raymond."

"Working on my third eye?"

"Yes."

"But I've had these sensations off and on for four years."

"But did you pay attention to them?"

"Well, I knew the sensations were there, but I never saw anything."

"Do you think that seeing is everything?"

"Well, that's what I thought the third eye was just for, but I don't know everything."

"There are many ways to see. You see through your body. The third eye sees, but you associate it with this sight you have now. It is not like that, the third eye can see what you cannot see with your ordinary eyes. It sees many things on many levels, but many people's eyes are closed, they do not see."

"Like me?"

"No, Raymond. Why do you put yourself down so much? We are
very pleased with your progress. Did we not choose you to be the teacher?”

“Yes.”

“You surround yourself with too much negativity. Sometimes that makes it difficult for us to communicate with you, but you have much potential.”

A friend of yours is here; Annabel again. She's very attached to you, Raymond; she always watches over you. She does not wish to speak, but she just wants you to know that she is here, and she asks you to remember the colour green.”

“That's right, I saw it tonight.”

“Yes, she sent it to you, and whenever you see that colour, you'll know she is with you. She is one of your many guides. You have a past-life connection, a very strong karmic tie. We have a purpose for you, will you follow it, if it is not what you want?”

“Yes.”

“We are going to ask many things of you. Raymond, they may not fit in with your plans. Do not plan so far ahead.”

“What about the text book, you asked us to ask questions.”

“We are pleased with the book, which will help many people.”

“Good, at least that's one thing that's meant to be.”

“Yes. Raymond, your father is here.”

“Hello dad.”

“Raymond, it is difficult communicating with you. I wish I could channel myself through you, but is not yet possible for me to communicate openly with you. Why are you blocking me?”

“I didn't know I was.”

“You are.”

“I have always had difficulty channelling.”

“Your mother needs you.”

“Yes, well, I'll be there in two weeks.”

“She needs your help; she's going through a very difficult time. It is good that you're going to her. I worry about her, and you.”

“You worry about me, or do I worry about her?”

“We all worry. Your brother is here, you have already felt his presence many times.”

“Yes, he's a pain in the neck, that’s how I recognise his presence.”

(When he comes close to me, I feel a pain in the neck,
“He cannot talk with you at this moment, but he is with you, especially in times of great need. He is on a lower vibration than I am. I do not see him very much, but we are both with you at different times. Your mother is very sick spiritually, she is very low.”

“It's been like that for a long time, hasn't it?”

“Yes.” “Since Christopher went.” (My brother's death.)

“That is true. There is no need; we are with her, always.”

“She doesn't feel it.”

“No, that is why you are going.”

“It is difficult; she doesn't accept what I say.”

“You must help her to see, help her to know that we are with her.” “But if I tell her, she won’t accept it.”

“She has so much grief.”

“I know. In the end it's going to cause illness, if we don't watch out.”

“Yes, if she does not see, in time she will be very ill.”

“I'm really hoping the writings will help, if she will read it.”

“You must try your best for her Raymond. You see, if she will not see us, when she's on this Earth-plane, then she will come over to us. We must communicate, but she must first open herself up to us.” (Susan) “What's the best way to open myself to spirit?”

“You must open your heart chakra. You must use the colour blue; you must imagine it very strongly surrounding your heart, a blue of peace, and beautiful blue, and you must not be afraid to ask for help.” (Susan) “I have a question about my present work.”

“You may ask.”

(Susan) “In the last couple of days, I felt about the work avenue, is it time for me to change my work, or to make new arrangements?”

“No, do not change yet. There is a change coming for you, but now is not the time. We are taking care of things for you. For now, the change must be within yourself, loving your location or your surroundings. You have lessons to be learned here; it is not the job
that must change, but *yourself*. Are you willing to wait?"

(Susan) “I'm willing to wait, and I'm willing to try to open my heart.”

“That is good.”

(Susan) “Do I have children waiting for me over there, to talk with me?”

“No, *not at the moment*, ask later.”

“I have channelled many messages to Susan.”

“Yes, Raymond.”

“Susan thinks that the messages come from me. Can you enlighten us on whether they come from me, or were they exactly as they wanted the messages to come through? I don't know.”

“There are many avenues of communication open to you. *We channel through you, Raymond*. But your *higher-self* is also open to give messages. *We use you to speak to Susan*, only because she does *not let us talk to herself*, but she is coming to that. *It does not matter who sends the message*, or *what the message is*, do you understand?”

“Yes.”

“It is coming from a *higher source*. *You must trust it*, feel it in your *own heart*, which is the truth. *You must trust us.*”

(Susan) “A person recently seems to have been removed from my life. Was this person such a block to my life?”

“Yes.”

(Susan) “Is it better that I don't associate too much with this person in the future?”

“This person has *not* quite gone out of your life. *They will return, but it is a time of testing*. *You must have strength, you must resist this person.*”

(Susan) “Can you tell the name?”

“They, we know the name.”

(Susan) “Please continue with what you were saying. I interrupted you; I'm sorry, please continue.”

“This person is a test of your strength.”

(Susan) “Are there other people that I should remove from my path?”

*Your own self is the obstacle holding you back.*

(Susan) “What aspects of myself?”

*Even now, you test us, will you just not believe?*”
“Yes, I will. When ask what aspects of myself, I'm not testing you. I'm seeking to learn, so I can work on myself.”

“Yes, we understand. No one can hurt you, unless you let them. You must become strong, so that no outside influence can touch you. In the past this has happened too much. You have been tossed about in the wind, like a leaf. Now is the time to anchor yourself down to the Earth.”

“Susan started developing Trance earlier on in the year. Are they (Her guides.) still developing her towards that aim, or is it just the side-effects of her development?”

“Only the side-effects, we have much more intended for her.”

“Is it connected with her kundalini?”

“Yes, it is just to show that she is opening up.”

“Abraham, is it appropriate for me to know if I'm going to be a park ranger, over the Christmas, over January? Can you talk to me about being a ranger?”

“It will be a good experience, a learning experience. You do need to work with animals, you can learn much from them.”

“And what about running a business caring for animals. Should I just be an assistant at this stage?”

“You will develop communication with animals, you will become close to them. You will see the lessons they have to teach the world. You do not understand at this time, but we have plans. There must be more communication with nature for all of us.”

(Olivia was going through a divorce case when she started attending classes, and think she was going to, or had lost custody of her children. I don't know, the whole story, but spirit does.

I will mark any extracts that relate to her problem, over the coming classes, sandwiched between these purple stars.)

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“Why can't I communicate?”

“There are obstacles in your path. You have made them yourself, and you can remove them.”

“What happened?”

“There are people in your life that are obstructing you. You see
them as friends, but they retard your progress. You do not need
them. If you think about it, you will know who they are. There are
too many people around you. They are blocking us. You are pulled in
too many directions. You must see only one path, and you must walk
it. Walk towards us, and to the light. You are progressing, have no
doubt about that. Are you not here tonight?” (Olivia) “Thank you.”

“We give you a symbol, a red rose. Meditate on that symbol; it
will come to mean much to you.”

(Olivia) “Do you wish for me to come again?”

“Yes, of course. You mustn't stop now, you cannot. Olivia, we
have a message for you about the people who surround you. There is
someone who means you harm, a man. He speaks as a friend, but he
is not. It will be very hard for you, but you must get rid of him from
your life. At least, do not listen to his advice. Become strong with
yourself, you do not need this person.

At the moment his aura is mingling with yours, and causing you
much confusion and doubt. Once he is removed, you will see your way
clearer. We see him writing a letter to you. Disregard the letter, it is
false. Do not worry about it at all, disregard it.”

“***************

“We have something to say to Julie. She is a door, a door that we
are opening, each time we come through stronger. She's
approaching an event in her life, which she will need a lot of
strength for. That is why we have brought her to this class. She
needs the strength of others to support her in this time. We are
going to ask very much of her in the future. She will have to make
many sacrifices, but then she will gain much.”

“Do want her to teach one class over Christmas, or two or
three Fridays?”

“We have much to say, yet you only offer us a few nights.”

“No, it's only that Julie wanted to do one night, and I thought
it was more than one night over Christmas.”

“We know what she wants, but what she gets will be something
different.”

“Only I have to let the rest of them know, the rest of the
students.”

“They will be uneasy about it, not trusting her abilities.”

“At least they will be informed.”

“But you must communicate with them.”

“That's right; to let them know that there is a class.”

“There will be one special night, and one only. There are many people here who wish to speak to the class. We wish to speak to the individuals, and they must be drawn together, so that we can…”

“Over Christmas?”

“Yes, because it is a time of power.”

“What, in the months I'm away, you mean, or before?”

“You will be away, but not away.”

“I know that, yes, but I thought that you meant before.”

“No.”

“So I'll let them know that they will get individual communication, for their own development.”

“We wish her to come to the next two classes, Thursday and Friday.”

“Next Thursday and Friday?”

“Yes.”

“And the following Thursday and Friday?”

“Yes.”

(Julie never came to the following classes of the 18th and 19th of December.)

“You mentioned last week that we didn't have much time left, and the development would be getting stronger and more advanced.”

“It is hard to speak in your concept of time. To us there is no time, but we must remember that your bodies are frail, and they cannot take too much at one time. There is a wrong vibration in this room.”

“A wrong vibration?”

“Yes, it is difficult for us to come through.”

“Why, where is it coming from?”

“It does not lie in any of you; it was already here. There is sluggishness in the atmosphere.”

“How can we get rid of it, or make the room better?”

“Are you prepared to meditate for a moment?”

“Yes.”
“Very well. I ask you to imagine the colour rose pink. Imagine it in your hearts, and expand it all the way through your body. Its radiation will fill the room, and will dispel any negative vibrations that exist. Focus on that energy, become the energy; we are all creatures of energy.

That is better, keep it up. The vibrations are becoming higher, yes, they are coming cleaner. Yes, that is enough, thank you.”

(2010 INSERT. And now for the shortened critiqued channelling)

JULIE AS THE CHANNEL

“Greetings, we are many tonight.”

“Yes, there is always so much to say, but we do not wish to tire you. How many will we let speak tonight? There are many. Abraham again, I greet you. I wish you well in your difficult tasks, and I am here to help you. Tonight you are going to do the work. If you have questions, ask them. There are many gathered here; they can answer all that you have to ask. Whatever questions are bothering you, ask them.”

“I was feeling sensations in my forehead tonight in the meditation.”

“Yes, Raymond.”

“What do you think they are doing, Raymond? You know, Raymond.”

“Yes.”

“But I've had these sensations off and on for four years.”

“But did you pay attention to them?”

“Well, I knew the sensations were there, but I never saw anything.”

“Do you think that seeing is everything?”

“Well, that's what I thought the third eye was just for, but I don't know everything.”
After being sufficiently put down, spirit didn’t answer my question, when I asked “What are they doing?” I already knew they were working on my third Eye, but I had never been able to see clairvoyantly, so I assumed they were developing something else, hence my question. Then spirit saying, “But did you pay attention to them?” Is implying I don’t pay attention to sensations I feel, coming from spirit.

Then spirit saying, “Do you think that seeing is everything?” Is implying that I value clairvoyant seeing above any other form of development, another subtly way of demeaning my qualification to run a development class.

Why couldn’t spirit, who should know why I asked the question in the first place, say either, you are being deliberately blocked from clairvoyantly seeing for spiritual growth reasons, as I still have no clairvoyant vision, as I type this, or they don’t know, which at the time the spirit who was channelling through Julie, was being blocked from psychically checking me out in that area.

Then spirit proceeded to lecture me on the different ways of clairvoyant vision, which I had already read about over the four years of sitting in development circles. But I was still willing to declare, “but I don't know everything.”

“There are many ways to see. You see through your body. The third eye sees, but you associate it with this sight you have now. It is not like that, the third eye can see what you cannot see with your ordinary eyes. It sees many things on many levels, but many people's eyes are closed, they do not see.”

“Like me?”

“No, Raymond. Why do you put yourself down so much? We are very pleased with your progress. Did we not choose you to be the teacher?”

“Yes.”
“You surround yourself with too much negativity. Sometimes that makes it difficult for us to communicate with you, but you have much potential.”

(2010 INSERT. Not as much as the negativity I receive from Julie’s channelling, whether I ask a question or not, like the repeated use of the word “unfortunately,” “do not,” and “cannot.”)

A friend of yours is here; Annabel again. She's very attached to you, Raymond; she always watches over you. She does not wish to speak, but she just wants you to know that she is here, and she asks you to remember the colour green.”

“That's right, I saw it tonight.”

“Yes, she sent it to you, and whenever you see that colour, you'll know she is with you. She is one of your many guides. You have a past-life connection, a very strong karmic tie. We have a purpose for you, will you follow it, if it is not what you want?”

“Yes.”

“We are going to ask many things of you. Raymond, they may not fit in with your plans. Do not plan so far ahead.”

“What about the text book, you asked us to ask questions.”

“We are pleased with the book, which will help many people.”

“Good, at least that's one thing that's meant to be.”

“Yes. Raymond, your father is here.”

“Hello dad.”

“Raymond, it is difficult communicating with you. I wish I could channel myself through you, but is not yet possible for me to communicate openly with you. Why are you blocking me?”

“I didn't know I was.”

“You are.”

(2010 INSERT. At this stage in my life I hadn’t become aware of my first nine years of my life, which were a blank memory to me, which you will learn about when you read all about it further in this book, when I found out. But at this point in time, my subconscious memory was blocking my father, because of what happened.

(Variations of the word ‘Must,’ was channelled 23 times, and the word ‘Not,’ 35 times.)
My guides and I have decided to insert this class-night here for numerous reasons, the usual one of giving you a break from Julie and I, but also we would like to give you a glimpse of how Shelly’s guides and higher-self help Shelly, without any guidance from me.

After the last two class-nights which you’ve read, you might have thought that Shelly was not being helped much. Since the last Shelly class-night in this volume, this class-night is approximately 11 months later, and her 28th class-night, and nearly just as many private sessions, but they were never recorded at her request.

Also this class-night will introduce to you three new students who were about Shelly’s age. These students are also old souls in young bodies, as you will see with the kind of meditations that my guides get them to go on, and you will read of two new kinds of experiences that the students and I learn about on this class-night.

Because this was these new students’ 6th class night, except the 5th for Rachel, they were sufficiently developed to go on a rescue mission through time. They first performed the basic and advanced chakra exercise, then they had to put on white spirit robes with huge white angel wings attached to them, before their spirits were to fly back through time.

I then described them flying back through time to a WWI field hospital, in a European village church, without specifying which nation they would be going too.

In the past I had given this meditation to other students, but without the angel wings, and they were practising healing with their guides, on most of the victims who were going to physically live.

But this time the students were to practise guiding the spirits of the recently departed into the white light, I also explained if their guides took them somewhere else, go along with it, and that my description was just to get them to the theatre of action, but their guides and higher-selves will be the ones helping them learn things.
“I want you to imagine the colour red, coming down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in bright red. Now open the base chakra, this located and attached to the base of the spine, it’s in the shape of a flower bud, open the bud, and it has approximately 4 large petals. Infuse the flower with all the colour red from the inside of your body, so it is glowing bright red.”

(Ten to fifteen second pause)

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

(Ten to fifteen second pause)

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

(Ten to fifteen second pause)

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

(Ten to fifteen second pause)

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

(Ten to fifteen second pause)

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

(Ten to fifteen second pause)

“Now I want you to imagine the colour purple, coming down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in purple, except the chakras that are open already. Now open the crown chakra, this is located right across the top of your head, like a huge sunflower, on a stalk attached to the top of
your spine, it’s in the shape of a flower bud, open the bud and it has approximately 256 petals, but some think there are a 1000 petals. Infuse the flower with all the purple from the inside of your body, so it is glowing bright purple.”

(10 to 15 second pause)

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

“Now, I want you to project a beam of red light, from your base chakra to the column of white light, which is still in the centre of the circle, reaching up to the point of the cone.” (Approximately three to five second pause)

“Follow this by projecting a beam of orange light, from your spleen chakra to the column of white light.”

(Approximately three to five second pause)

“Now, project a beam of yellow light, from your solar-plexus chakra to the white column.”

(Approximately three to five second pause)

“Now a beam of green light, from your heart chakra to the white column.”

(Approximately three to five second pause)

“Now a beam of blue light from your throat chakra to the white column.”

(Approximately three to five second pause)

“Now a beam of amethyst light from your forehead chakra to the white column.”

(Approximately three to five second pause)

“Now, a beam of purple light from your crown chakra, on the top of your head to the white column.”

(Approximately three to five second pause)

“I want you to now project a red beam from your base chakra to the base chakra of the person on your right.”

(Approximately three to five second pause)

“I want you to now project an orange beam from your
spleen chakra to the spleen chakra of the person on your right.”

(Immediately three to five second pause)

“I want you to now project a yellow beam from your solar-plexus chakra to the solar-plexus chakra of the person on your right.”

(Immediately three to five second pause)

“I want you to now project a green beam from your heart chakra to the heart chakra of the person on your right.”

(Immediately three to five second pause)

“I want you to now project a blue beam from your throat chakra to the throat chakra of the person on your right.”

(Immediately three to five second pause)

“I want you to now project an amethyst beam from your forehead chakra to the forehead chakra of the person on your right.”

(Immediately three to five second pause)

“I want you to now project a purple beam from your crown chakra to the crown chakra of the person on your right.”

(Immediately three to five second pause)

“Now all the coloured beams, from your chakras to the column of white light will stay still and fixed. The energy will flow from the white column into each of your chakras, then the coloured beams around the circle are connecting up everyone’s chakras, like the rim of a cartwheel, and the energy will start to flow from left to right, from chakra to chakra, in a circle around, and will get faster and faster. It will continue to do this through the rest of the class-night.

Before we come back from the guided meditation, our guides will remove all the coloured beams, from the circle, leaving the correct energy within each of our chakras, for our healing practise at the end of the class-night.”

**PAULA’S MEDITATION EXPERIENCE**

(Paula) “I was having trouble with the colours, but I remembered when I was little, colouring yellow, I remember thinking, ‘What a
beautiful yellow it was.’"

“Your higher-self keys in these memories to help you.”

(Paula) “Yeah, and I got that for orange, too. I remember drawing something with a crayon when I was little.

Anyway, I got to the church, and I saw that most of them had their legs or arms blown off, but the healing wasn't for me, but it was to do the spirits. I got to do one, and I had my grandmother there with me, and there was this spirit whose name was John, and he was staying next to his body, like a vigil, and he just wants to stay there, and I was at the foot of the bed, and I said to him, ‘There's not much point staying around here.’ And he said,

‘Oh, you're an Angel.’ So I said, ‘You don't have to stay around here, you can go and have another life.’ And he thought that was great, and I said to my grandmother, ‘Now what do I say?’ And she said,

‘Oh well, you know, tell him that the light is behind you.’ And I told him, and he said,

‘Oh yes,’ and that he could see it, and it was fine. Then I said, ‘Your wife's there.’ And he goes,

‘She's not there, that's not my wife.’ And I thought, ‘Oh no, I've stuffed that up.’ and my grandmother said,

‘He's far too young, it’s his mother.’ And I said, ‘Oh sorry, your mother is there,’ and he said,

‘Oh yes, yes.’ And I said, ‘Bye John.’ And off he went quite happily, and my grandmother gave me a big hug, and said,

‘Oh well, that was the first one together.’”

“You'll get confidence, the more you do these things, you're doing fine, even if you do one, you did well.”

LUCY’S MEDITATION EXPERIENCE

(Lucy) “I could feel a sensation when we got to the crown chakra, like all tingly, and I also felt it when we were projecting, as well.

When I got to the church I met that same guide, I looked around the church hospital, and actually saw Paula down near a bed, like you
said, standing at the end of a bed, and I thought, ‘Oh, there’s Paula, down there doing her thing.’ And I asked my guide, ‘Are we going to walk around the hospital?’ And he said,

‘No, we are going to go for a walk to the front line.’ And we walked all the way there, and it seemed like no distance at all, even though I couldn't hear any noise when we were there, and he was talking to me on the way there, saying,

‘You can't come to any harm here, you're an Angel. Nothing is going to happen to you.’ So we were like walking along these trenches, and I saw this mine or something, some explosion, and this man's body, just went in all different directions, and it was like his body went, but then his spirit jumped up, was there, and was like looking around frantically, trying to run somewhere, to get away from…”

“He thought he was still in the war.”

(Lucy) “Yeah, …from the gunfire, and I just walked over to this tree, and I said, ‘Hello, can you see me?’ And he turned around, and he could see me, and I said, ‘Come over here.’ And he came a little bit closer, and I told him that I was an Angel, and I said, ‘Do you realise that you're dead?’ And he said he did, and he said,

‘I just want to get away from all this fighting.’ Like he felt unprotected, because there was still gunfire and things happening, and I just did the white light, and I said, ‘Can you see this white light behind me?’ And he said,

‘Yes.’ And I said, ‘Well you don't have to hang around here anymore, you can get away from all this fighting.’ I just kept it broad, because I wasn't getting anything like your mother, or your wife.

So I just said, ‘There are friends and relatives in the white light, and angels that will look after you. If you want to get away from the fighting, just go into the white light.’ And he said,

‘Thank you.’ And off he went. Then we walked down a bit further, and there was a big canopy tent, and there was a guy, who I was told was a general, and he had all these entities attached to him, a lot of them, and I asked why? I said, ‘My God, look at them all.’ And he had led a troop who thought of him as father, confident, general. They had a lot of respect for him, obviously, and they died in some
combat, a lot of them died together.

And because they clung to him, because he was their hero, so they stayed there. So, I was sort of talking to them all, collectively.

I got a bit scared, because they were really angry about the war, you know, still wanting to fight, and all this sort of thing. And I started talking to a couple of them, and I asked them, once again, did they realise that they were dead? And they said,

‘Yes.’ And I said, ‘Well, this general is doing fine without you here. When you weren't here before he even met you, he was doing fine, in his job. You've got no reason to protect him, he's a good man, and he knows what he's doing.’ And they were basically telling me that they were there for his protection, and they were going to help him out, because he was their hero, and they didn't want him to die.

And I was saying, ‘Well, he didn't die before he met you, and he's not going to die now, even if you're here, or not.’

Obviously, he didn't die in the war, because I seemed pretty sure that he wasn't going to die. Anyway, I sort of got a bit overwhelmed, because there were so many. So I used my guide for backup, and I was saying, ‘What do I do now?’ Because they were arguing with me, and he said,

‘Just build a big white light behind you,’ and it had to be a huge one, and I sort of could feel it. And it was bigger than one I've ever done before, and I was talking to them a bit more, saying, ‘He's a wonderful man, I know he's like a father to you, but he doesn't really need your help. You know, you're dead, there's not much that you can do, you're not alive anymore, and he's got men that are alive, who will look after him, and there's no need for you to be here,’ and they were okay about that.

So I told them all to hold hands, and basically to leave. I didn't say that there was anyone in the light, and I said, ‘You can all go together, you can all hold hands, and just go into the white light.’ And they all did.

Then we were walking back to the hospital, and I was waiting at the door for everyone else to finish what they were doing, and then came back.
I gained a bit of confidence, because I was at wits end, I thought, ‘They're not listening to me, what am I going to do now?’ And he just said, ‘Just put the white light behind you, and they will see it.’ So I got quite a lot of confidence when I did. I envision the white light, and it was just huge, and I thought, ‘Well, I did that.’ So that boosted my confidence. I knew then that I was going to be able to get them into the white light, by the size of it.”

Rachel didn’t see anything on her meditation, so it was Shelly’s turn.

**SHELLY’S MEDITATION EXPERIENCE**

(Shelly) “In the meditation I ended up in Spain, or Mexico. Mexico I think, and it was totally divorced from the whole meditation. I tried to go on the meditation, but I kept on getting dragged back to this scene.

I was still wearing these Angel wings, and I could see a church as well, but it was one of those lime-washed churches. It was about 50 years in the past, and wearing these Angel wings I descended through the church ceiling into the body of this priest.”

(See how your higher-self brought you in through the ceiling, straight into the body of the priest, before, you can say no to it happening.)

(Shelly) “It was all confused, it was quite confusing, but what happened, happened. Then this young woman ran into the church, to see the priest, and I think the priest was temporarily changed, or something, his mentality, to help the woman.”

“You were doing Transfiguration.”

(I should have said, possession, but I didn't know at this stage)

(Shelly) “Because she was in crisis, and she needed his help. She murdered her husband, stabbed him, when she caught him in bed with
a lover. It was a Catholic Church, and I tried to get her to forgive herself, and get rid of the sin concept, you see that the sin concept was something that she’d carry through to the next life, if she held onto it, and it was like that was the job that had to be done, because the priest would have condemned her.

She was going to go to jail, anyway, but it was trying to get rid of this whole thing, before it got a hold on her, and I’ve realised releasing anger towards men in general, it's like a past life therapy, the priest and this woman.”

“You mean you are releasing anger towards men…?”

(Your guides knew you had learnt about the conditioning of guilt in your own life, coming from your own past life experiences, and the process of helping this woman, explaining how guilt will affect her was in a way helping you to seal any cracks in your own acceptance of the strength of your releasing of your own guilt conditionings.

You helping this woman, is like having the effect of you inserting, reinforcing steel in wet concrete, to make it stronger, in helping you release any lingering unacceptance, of the conditioning of guilt from your own past life-times.)

(Shelly) “The woman, I asked who it was, and they said it was a parallel life.”

(Shelly) “Of your own?”

(Shelly) “Yeah, she had to release the anger and the guilt. It's just like a past life therapy session, but instead of the priest giving her a big guilt trip, and then she’d go to jail, and then be even more angry at men, and hateful towards men, and mistrustful, she'd get that out of the way, so she wouldn't carry it on, as baggage, or something. It's quite strange, but that's what happened.”

“How did the priest take it?”

(Shelly) “Well, the priest sort of vacated, he wasn't aware of what was happening.”

“Ah, he was shunted out, like in a trance-medium?”

(Shelly) “Yeah, temporarily.”

(Lucy) “Did she accept everything that you were saying?”
“Yes, I told her that it was my parallel life, and that there were psychic links there, which enabled her to release the stuff. I was wondering why she'd be able to do that, as well, if she was a staunch Catholic. So there was a psychic communication going on.”

“Did your higher-self say anything about it?”

“Yeah, it's a parallel life, and I had to just learn the technique of helping, of being able to release, that sort of thing. And I was helping myself in a way, in helping this other person.”

SHELLY AS THE CHANNEL FOR HER GUIDE

“The opportunity was taken this evening, because a lot of blocks had been removed by assuming the guise of an Angel, and taking on the service of rescue. It was an opportunity to help this part of the spirit, so it was a demonstration of the possibilities.

In fact, the possibilities are pretty well unlimited, and if the topic is appropriate for the subject to learn and accept something, then we'll take them to that situation, while we can.

The theme of this experience coincides with themes that have to be dealt with in the life of this person.”

“What are those themes?”

“Being some resentment towards men, and guilt, and...”

“And what did that have to do with Shelly being an Angel, using a priest to save her parallel life of guilt’s?”

“It showed her that she had the power to help someone else, and had to demonstrate that she had the power to help herself, that's all. In assuming the guise of an Angel, it de-personified the experienced, to a degree, which allowed her to accept the experience as valid. It would have been more difficult if she was to do that in her own identity.”

“It will have a more positive effect on Shelly, the self-esteem of being an Angel doing this, you mean?”

“In terms of confidence, of what can be done, and what she can do to help herself, it will give her a boost.”

“Does that mean that she could do this Angel bit with
anyone, or was it only allowed because it was a priest?”

“Yeah, the priest had been... The priest was open to the experience, because it was communicated to him that he was not being invaded by anything that would harm, but it was the force of God, because he was open to... The priest's higher-self was spoken to.”

“Did the priest remember what you said, when you were channelling through the priest to the woman?”

“Yes, he did remember.”

“Did that go against his own beliefs, which he would have said to her?”

“He believed in forgiveness, but not in the case of an individual forgiving themselves. So it was along the same themes as his beliefs, so it didn't go against the grain of what he fundamentally believed.”

“It just expanded on it?”

“Yes.”

“Will she have to go back again later, because the priest is going to visit this woman again, isn't he?”

“Shelly might have to go and talk to the priest.”

(Shelly) “It made sense the bit about and assuming another identity, not relating to it being me actually doing the thing... having on the costume, and the guise, and the mission. So it wasn’t me actually doing it, they grasp the opportunity of me being... It was like dress-ups, sort of playing dress-ups. They took the opportunity of me being off-guard, with no self-consciousness to do that, it makes sense.”

“But it will rub off on you, the positive effect on you, confidence wise.”

(They were also showing you the importance of the purpose of releasing guilt at the same time as showing you what you can do in a meditative state, even though you were assisted by your higher-self.

Don’t just think you were a passenger in this mission, this was as much for your benefit, as the parallel life of yours, the way you have just described it, is like someone else did all the work, in a way you are denying your own help in the situation.)
“Nobody’s guide in particular, just listening. I noticed that it was easier for everybody to take the guise of an Angel. As Shelly's guide says, taking the costume of an Angel can almost make you feel like one, in these meditations. So it is boosting confidence, but we all have to remember that it was you in the costume, not an Angel, in the sense.

Lucy left out a piece of her meditation. When she was taken back to the hospital she helped a spirit go to the light, who was on an operating table. She didn't have to do anything special here. She was guided to sit by a patient, and to take the spirits hand, and lead him to the light.

So, you see, you don't have to perform miracles in saving or helping spirits to the light. Sometimes just a gentle word, or holding a hand of the spirit, can be enough to reassure them."

“The costume is very important, though, to help with the convincing. It's no good going in the clothes we wear now; they would wonder who we were.”

“Oh yes, yes, that's right. Some people in the hospital meditation, some of the soldiers saw angels. One of them even thought he was going to die, because he was seeing an Angel.”

“Whose angels were they, our angels or real angels?”

“No, no, it was the students. He was reassured by this Angel, who told him, no, you're not going to die, not yet, anyway.”

“Was I there?”

“Yes, you were there. I think at this stage of the students' development, they are focusing on what they are there to do, more than looking around for their classmates.”

“But Lucy sees Paula quite often.”

“Yes, twice now.”

“Yes, Paula needs your confirmation that it's not her imagination, to help her know that she was actually there.”

“Yes, that's right. It's not important whether you see your classmates in a meditation or not."
“I just wondered if I was there doing anything, because I don't see anything.”

“Yes, you walked around. You stayed in the church. You were healing, many patients, no rescues, just healing.”

“Did Rachel get there?”

“No, Rachel didn't get there.”

“She might have had to do something else with her development.”

“Yes, Rachel's guides tried, I actually helped to take Rachel on another meditation, to release her will a little, but to no avail, but we'll keep trying. As long as Rachel keeps coming, we'll keep trying, that's okay.”

“There's plenty of time. There are life-times ahead of you. Time is unlimited.”

“Rachel should stop trying so hard, thinking that she has to compete, maybe with other people in the class, it is not important. What's important is yourself, and what you gain, and how far you go, not what everybody else is doing. We all reach our levels at our own time, there's no rush for anybody.”

“Just because you don't see on meditations, it doesn't stop you growing and developing. Look at me, I'm a prime example. Tell them about me, I mean, I didn't see on meditations, or anything like this.”

Yes. Rachel's learnt a lot already, she knows that. She just feels inadequate, because she can't teach others what she's learning from them, but she will, she will one day.”

“A person teaching with all the knowledge from my books, doesn't mean to say that they're going to be in tune with spirit, to be able to teach straight away.”

“No, you need to have wisdom, not just knowledge. Knowledge is always an advantage, but there are people that are knowledgeable, but are not wise with the knowledge. Not aware of what they are meant to do with the knowledge. So for these people, it's useless.”

“So Rachel has to wait.”

“Yes.”

“Get wise.”
“Yes.”

“Getting the knowledge doesn't get you the wisdom, either. You can read the books in a few weeks, but it won't give you the wisdom, will it?”

“No, she should just relax.”

“Lucy is doing fine channelling.”

“Yes, not so well tonight.”

“It's alright. The meditation was good.”

“I was very interested in this meditation, which is why I'm here tonight. As I was in World War I, that's why I'm here, the subject interests me. I was interested to see what you are going to do.”

“How did you know I was going to do a World War I meditation? Was it on the grapevine?”

“Oh, we are guided, too.”

“So, you were guided to be here, because I was guided to do that?”

“That's right. I was one of the men attached to the general in Lucy's meditation.”

“So, you came back after you'd been rescued, you came back to hear this meditation.”

“Yes.”

“Learnt a bit, did you?”

“Yes, definitely.”

“You've learnt a lot, then, to be a guide, or are you still learning to be a guide?”

“Yes, I have a long way to go.”

“And this is part of your apprenticeship.”

“Yes, I was guided to come here.”

“Well, there aren't many people who do this, even if you are a guide of someone, a person may never come in contact with these kinds of classes. So, what would the purpose be of coming to learn about these classes, because they're pretty rare, but maybe you have been working with someone else, who is going to be in classes like this?”

“I was guided here to become aware that spirit rescues take
place in the past as well as the future and now. A concept that I hadn't related to well. Now I understand. I saw, so I understand.”

“And you may have thought that Lucy was an Angel, and you found out that she wasn't, that she was just a human being.”

“Oh yes, I did, we all did, we all thought she was an Angel.”

“And now you found out that she was just posing as an Angel.”

“Oh, yes, yes, I understand now.”

(Lucy) “My higher-self told me that he was the one who was arguing with me the most, and he was the one who eventually got the rest to hold hands, and go into the light.”

PAULA AS THE CHANNEL

Paula channelled her guide, a very old woman who claimed to have known everyone present in various past life-times.

“It makes me happy to see people coming to these classes, doing work on their souls. They are all old souls.”

“I don't think some of them knew that, did they?”

“No.”

“What’s the difference between an old soul, and a young soul?”

“Experience of lives, and higher vibrations.”

“I suppose we've all had a lot of life-times?”

“Yes, aspired to different levels.”

“We've been higher?”

“Yes, and it's nice to see you all together again.”

(Paula) “I'm getting where I met this soul before, in that past life we did in New Zealand. She’s showing me that she was singing-curser.”

“Like a shaman?”

(Paula) “Anyway, I think she just came to say it was nice to see everyone together.”
“Rachel tends to lose the plot quite easily. She's actually going through bigger changes than she realises, at the moment. She's feeling a lot of support here, and that's why she's going to keep coming every week.”

“Yeah, I'm getting a lot of support from Rachel.”

“How do you mean, Raymond?”

“Financially, I made her pay for the notes.”

(I make all the students pay for the class transcripts)

“Yes, she didn't mind that, though. No, she actually wants to support you a lot, Raymond. You are doing wonderful work, and it hasn't gone unnoticed. It's appreciated by everyone.”

“The hardest work is the typing; it's not hard work doing the classes, not for me now, not after six years.”

“Rachel hasn't offered her services there, because she used to do a lot of typing, and that was probably one of the reasons why she's here, because she wanted a change in life, something to complement her, rather than oppose her reasons for being here.”

“It looks like Rachel is on a special path, where she is not being allowed to develop with seeing, and stuff like this. Is it part of Rachel's way of development, where she has to accept the way things are?”

“Yes, I think she has to feel her way through things. She's always been too impetuous; she wants everything to happen at once. She doesn't understand what waiting means. I don't think she should look too far ahead, but it certainly is encouraging for her to be here, to be around people who have a lot of love and time. She just needs to have faith.”

(Lucy) “I got something for Rachel, then, from my higher-self, while she was channelling. That you should let go of your physical body, a lot more than you are, start recognising the sensations in your physical body, and start recognising them in your spiritual body, and then you'd have a better communication.”
HEALING CLASS 11/12/86
JULIE, OLIVIA, ALICE, KERRY, GLEN.
SPIRIT HOSPITAL MEDITATION

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

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

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

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

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

(Approximately ten to fifteen minutes silence)

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

Come back now, take three deep breaths, have stretch if you want to.”
JULIE’S MEDITATION EXPERIENCE

(Julie) “In the Temple I was taken to an operating room, and I was told I was going to learn a bit about psychic surgery. It was a very empty room, like the hospital I was in that other time, though it was very bare. All I could see was the woman in a white robe lying on a table, and there was a man standing next to her. He was also in a robe, so I took him to be the doctor. They (guides) said,

‘Now you'll see this man perform some psychic surgery on this woman. She has a tumour on the left side of the brain, and you can feel where it is.’ I could feel the pain starts in that part of my body. I said, ‘Yes, I can feel it.’ And they said,

‘The psychic surgeon is also feeling that,’ but he didn't even touch her, he wasn't even that close to her, he was standing by the table, but not really... I felt that he would talk to her or something, but he just seemed to close his eyes, and he was meditating. I could still feel the pain; not so much of a pain, but a sensations, really, like an ache, not really a terrible pain. Then I could see this grey spongy stuff come out of her head. It sort of popped out of her head.”

“With no hands near it?”

(Julie) “No hands near it, no. I was very surprised because he was just concentrating, and it just popped out. Oh... it was horrible too, oh Yuk! And he said,

‘Examine her head.’ And I could see no point of exit it or anything. It was completely healed over. He had this stuff in his hand, which he had picked up, and I said, ‘What are you going to do with that now?’

(Julie laughed because I was laughing)

Don't laugh... I was completely at sea in this place. It was really strange... Oh, it was horrible; it was sort of almost beating... Oh, it looked horrible. I thought, ‘What are you going to do with that?’”

(As Julie was describing this grey stuff, she laughed continuously from the time I started to laugh till now. I have been told that my impulse to laugh came from my spirit teachers to dispel the heavy vibrations that would be generated by the other members of the circle, who were not yet ready to experience this kind of meditation, first-hand.
The Laughter was to clear their reaction to hearing what appeared to be an unpleasant experience, as described by Julie's meditation.)

“He said, ‘Follow me,’ and he went into this next room where there was a man lying on the table. He said,

‘You're going to put this into his head,’ and I thought, ‘Oh no I'm not.’ I said, ‘Why, I thought we were supposed to help people, not give them tumours?’ He said,

‘To heal is also to teach a lesson. This man is going to learn a lesson in the form of this tumour in his brain.’ I said, ‘Aw yuck!’ I had it in my hand, it was horrible. And he said,

(Julie started laughing, as she said this last line.)

‘Just put it near his head,’ so I did. And he said,

‘Give it a bit of a push,’ and it just went in, it was horrible, yuck! I said, ‘I don't think I’m cut out for this sort of thing.’

(Laughter from Julie.)

“This is all part of your lessons.”

(Julie) “I said to them, ‘I can't even bear to watch operations on the TV, or anything. I don't think I'm really cut out for this sort of thing.’

(More laughter) He said,

‘You have to overcome your dislike of blood and guts. Well, you don't actually see the blood and things like that, as we perform very cleanly.’ I said, ‘But that was horrible.’ He said,

‘Right, off to the next room, we'll do another one.’ (Laughing) And I said, ‘Aw no!’

We went into the next room, where there was a child on the table, and I said, ‘Oh no, are we going to perform an operation on a child?’ He said,

‘Yes, the child has a pain in the abdomen,’ it wasn't a tumour, he said, it was eating away the insides. He didn't exactly put it technically, but he said it was like a snake eating away inside him.

‘Just put your hand over the body.’ I put my hand on the place, and I could see the skin part, I could actually see the insides, all yuck, but there was no blood or anything. It was just a clean part, and I could see the inside. I kept my hand over it, and then this long horrible sort of long thing came out, winding out like a snake.
It looked like a snake and it was just coming out. It was like a worm or something, but perhaps it was a worm. I don't know what happened to it, it just wound its way out. I don't know where it went to, it was quite interesting. It was quite good, because there was no blood or anything. I could see all the inside organs quite clearly, and he said,

‘Just put your hand over the body and over the wound again,’ and I did, and when I took my hand away it was completely healed, no scar or anything, all gone. He said,

‘That was a successful operation,’ and I said, ‘Oh good.’ I looked at the child, it was a little girl, and she was smiling, she was quite happy.

I don't know if they are under any anaesthetic or something, they seemed to lie quite peacefully on the table. They had their eyes shut, but at the end of the operation they seem to open their eyes and smile. I don't know how they came to be put out or what, they seem to be already in that state whenever I went into the room.

Then I was taken into the next room, they went very fast, these operations, and there was a pregnant woman on the table this time. They said the child inside her is being strangled by the cord; I could seem to see inside her, I could see this baby turning blue. He said, ‘We want you to take the cord from around its neck.’ So I said, ‘How do I do that?’ And he said,

‘Just put your hand in, and undo it.’ So I put my hand in, and it just disappeared into her body, up to about there, and I just did it. I could see the colour coming back into the baby's face, and I didn't seem to be amazed at that, by this time, and all. I just seemed to think, ‘Well, that's what you told me to do,’ and so that's what I'll do. That was all very well, and then they said,

‘That's enough learning about that for now. Now, we'll just increase your vibrations for becoming a channel. We'll put you in the right mood.’

They sat me down in a chair, which was like a barber's chair. There was a place for my head, and all these spirits came out; they were all in white robes. There were many people in a circle around me, and they had this machine over my head, which sent a white beam of light through my body. It reminded me of a vacuum cleaner, because it seemed to suck
things out of me, and I said, ‘What’s that doing?’ And he said,
‘We’re sucking negativity out of you, repairing you, and clearing
the chakras. We are clearing the chakras for you.’ And they finished
that, and then they said,
‘Now we’ll raise your vibrations,’ and all these people put their
hands on different parts of my body, and they were sending me a lot of
energy, and I could feel a lot of energy coming to me. Then they said,
‘Right, now you are ready, we will send you back now.’ After the
pregnant woman, I don’t know why they gave me this experience, but
they said they wanted to prepare me for the things I’d see in doing psychic
surgery. They wheeled this old man in, and they said,
‘This old man is dying of old age, and we just want you to observe
him, he is very close to it.’ I saw him lying there, and his face seemed to
change, he just seemed to relax his face, and then I saw this sort of silver
young version of him, get out of his body, and it was attached to him by a
long silver cord. He just seemed to go up and up, and then the cord
snapped, and I could see this really bright light shining down from above.

He just went straight up towards the light, and just disappeared. I was
still in the room so I didn’t see what happened to him after that. But they
just said,
‘That’s one of the things you’ll probably see, so you’ve got to be
prepared for it.’ He just died of old age.”

RAYMOND AS THE CHANNEL

“Tonight you will be host to many spirits and guides, who will
communicate to you through Julie. She is being prepared for future
work as a channel. Your progress has started you on the road to
being channels, as the servants of God. Your work on the Earth and
in spirit is the most worthwhile job you can ever attaining in life.
You will be used by spirit to help everyone grow in their own ways.

You may think that a message may hinder their growth, but this
is wrong, as you only know what you are taught by the world, and
all experiences help souls grow. Sometimes the most terrible
experience is the only way for that soul to grow, as all the other
avenues would not work for that soul. We cannot give a person stronger willpower; they had to develop this themselves through experience.

We wish to talk to Olivia. You have been worried about your children. Do not worry, they love you, and will see you more often in the future. As they come to miss you, they will seek you out more often.

You will be growing in strength and stature, as you unravel the conditioning from your lives, both the past and the present. Because in these classes you will go through experiences to help you break free of this conditioning, and as Julie and Raymond develop stronger links, they will receive the correct meditation to take you into your own special experience, which will be the key which will unlock your conditioning, and this is the same for you all.

We do not wish to do this, so close to Christmas, where Raymond will not be here for many weeks. So we will start on this work after Christmas, when he is here. The night is getting shorter, so we will leave Raymond and use Julie, thank you.”

(2010 INSERT. Again I will give you the version from my first book I printed, of Julie’s channelling, but with high-lighted sections, for you to test yourselves, like a quiz to exercise your minds, and connections with your higher-self or guides, before I give you the critiqued version.

Oh, and watch out for the fear generating spurious prophecy sections.)

JULIE AS THE CHANNEL

“Greetings, Abraham is here. I come through because you are familiar with me, perhaps you will feel more at ease, but there are many who wish to speak, what is it that you want tonight?”

“What is best for us all.”

“Do you have questions?”
“Well, there are some here who haven't asked any questions, so there should be some with questions. Do you want us to ask?”

“I could speak, but I sense that you want individual answers. Let the one who wishes to ask the question, speak in their own time. If they could give their name first, and then ask the question, it makes things clearer.”

(Alice) “How does a new soul start?”

“Are you talking of the origin of the soul?” (Alice) “Yes.”

“We do not think of them as new souls, we are all very old souls. There are some things that will be very difficult for you to understand, and this is one of them. It involves speaking of time, and what you would call infinity. You have not yet the understanding to comprehend the length of time involved, just let us say that we have all been here for a very, very long time.

There was no beginning, we have always been, and always will be. It just takes some of us longer to reach the perfect conclusion. There are some things that you will not understand until you attain the spirit. The physical body is very limited in its comprehension, therefore when you ask about time, is it is not our time. We ask you to have faith, question your own life, the greater answers will follow.”

(Alice) “Is there any purpose in continuing with wanting to learn about healing?”

“Yes, you were given a message about water tonight, this will be very important in the turmoil that is to come, it is very close.

Healing will also be very important, you see the mechanisms that we depend upon will be taken away, as with the water, so with hospitals.”

The healing must come from ourselves, we cannot depend on devices. You must be ready to help those who will be in great need, physically and spiritually.

There is a spirit guide standing behind each of you, it is someone you have known in the past, if you wish, they will speak with you. There is a woman standing behind Kerry, a female relative, grey-haired, very placid face, very gentle, and she is sending you love and
reassurance, but she also understands if you do not wish to speak.”

(Glen) “Who is standing behind me?”

“A man in a tall hat with whiskers, he is also a relation of yours, a dark man. He has his hands on your shoulders, perhaps you feel his energy. You will not know him, he is not from this life, he is from a time long ago, but you and he have a connection.

He says that you will meet soon, not that you will go to his world, but he will come to yours.”

(Olivia) “Ever since I closed my eyes to go to the Temple, I've had a very strong feeling that there is a spirit strong in me, it's been there all the time, and I'm feeling very exhausted. Can you please tell me what this is?”

“It is your own will growing. It is tiring you because you are fighting it. It knows more than you do. Trust the voice inside you, do not fight it.”

(Olivia) “When I went into the Temple, I won’t describe it, but the experience wasn't pleasant.”

“You will have to understand, that not all experiences are pleasant. Indeed, the ones that you will learn the most lessons from will be unpleasant, but it develops your strength and your character, to fight adversity, both spiritually and physically.”

(Olivia) “If you don't understand, how can you grow from it?”

“Your spirit understands them, the physical body, as I said, does not have a deep level of comprehension, but your higher-self, which is immortal, learns the lessons. You must learn to trust your higher-self, and be guided by it.”

(Olivia) “I was afraid.”

“You are afraid because you do not trust your own higher-self, because it is leading you on a path that you do not wish to travel. You feel it is taking you away from your loved ones, and this is true, and you are fighting it. Until you learn to relax and go with it, your meditations will be difficult, but there is a reason for it.”

“The pains that we experience; headaches and aches of this and that, connected with our development, can we know more about this? What are the reasons and what's happening?”
“The pains are only the side-effects of your development, they are not the goal that you are reaching for, and they merely take you there. The pain is the releasing of old hurts and emotions, this must be done. The body must be cleared of all the negative energies that have built up over so many life-times. There is much accumulated in the physical body, old memories, and these are released as hurts, as pains. Feel comforted by the fact that every time you feel the pain, it is an old memory being released, it is gone forever. Rejoice in your pain, for it is the lesson of life.”

“This is the headaches I’m talking about?”

“It is every pain you feel. Each part of the body is connected with a different memory.”

“You mentioned last week that I would be going through some suffering, which I would willingly take on. I'd like to know a bit more about this.”

“Perhaps not so willingly, Raymond. Are you asking about your future path? Suffering and trauma are all part of our progress, are they not? You see, if we were to tell you the details, you would not develop the strength to fight it.

You would think you had prepared yourself, yet the experience would be so different, that you would find yourself completely unprepared. The only preparation is to bide your time. It builds up your strength, through meditation. Do not seek to interpret the pain beforehand, you will be misguided otherwise.”

“We now have a message for Julie. It is a good idea, the idea she has about buying land, and she wished to ask a question about it. It has been on her mind, but the land she buys will not be for the reason she wants it, we will be guiding her.”

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( Olivia) “I'd like to know who the guide is standing behind my chair, if they are still there.”

“Yes, the guides are still there, they do not go away in the sense of a physical departure. They are always with you, in different forms. Standing behind you is a guide called Jacob. You do not know him, at least not in this life. He is from your past, a past life-time.
He is very wise; he is the bringer of wisdom, this you need.

If you allow him to, he will help you very much. Each of you needs a different guide at this stage, as Olivia needs the bringer of wisdom.

Do you wish to know what your guides are bringing?” (Alice) “Yes.”

“Your guide is bringing you courage. You have much confusion within yourself, and there are people around you who seek to change your mind about your beliefs. But you must use the courage that you are being sent, to stand alone upon your own feet.

Keep the image of water with you; it will come to have a special meaning for you. It is not only the physical presence of water, which has a deep meaning for you; it means the water of life. It seeks to flow smoothly through you, yet you block it. It will take great courage to unblock the chakras, but your guide will help you.”

(Alice) “And if my guide wants to come through me, I don't know how to allow him to do it.”

“You only need to relax, keep your mind empty. You may think that it is your imagination, when you hear or see them speak, but what is imagination? There are no original thoughts ever. We send you the ideas to guide you through life. Have the courage to believe in the messages, do not shut them out.”

(Glen) “When we are doing healing, how do we know if we are successful, or not?”

“If there is love in your heart you will always be successful, as long as you heal with the best intentions. Although you may not see direct results immediately, the healing will be successful.

Sometimes a person's physical body will not be healed, but when we are healing, it is not the physical body that we are dealing with, it is the spirit. The spirit receives the healing, and that is always successful, especially if the patient is open and willing.

Your guide has just put his question to me. It is the guide of healing, he says. ‘You have much potential in this area, we wish you to develop your healing powers.’

I see the colour green for you, you must visualise this colour when
you are healing, visualise a green light being sent to the patient.

It is also Raymond’s colour; you are very close in your vibrations, the two of you. There seems to be a past connection, but a long time ago.

Kerry's guide, is the guide of silence, he is teaching her when to speak, and when not to. When one's physical body is silent, the spirit is turned within, to ask questions. One does not always have to question with the mouth. This is a lesson she is learning, to listen to the inner voice.

At the present time, all you need to meditate on, is the body and the spirit, they are connected. There are many types of consciousness; there is a higher consciousness, the higher-self, which is what we are all trying to get in touch with. Of course there are changes, that is called progress.”

(Olivia) “Last week, he told me that I had the same children in a previous life.”

“That is so.” (Olivia) “Could I please ask where that life was?”

“Yes, it was during the pioneer days in North America. I see you in a log cabin. You were not entirely to blame for neglecting your children, they were very hard times, and there were many dangers. You had a constant fear of being attacked by the Indians, but unfortunately you put the protection of your soul, above your children, and a tragedy occurred. They were killed, because your attention was elsewhere.

They were taken away from you, to teach you an important lesson, the one you are now learning.”

(Olivia) “Is this all my children? I have six children.”

“No, only two of them.” (Olivia) “The last two?”

“Yes, can you accept this lesson?” (Olivia) “Yes.”

“That is good, that is instant progress, and the acceptance is everything. Now the lesson has been learned, you will make very rapid progress now. It is not punishment, only learning, but you must learn to put others before yourself, that is your lesson.

Yet do not disregard your own progress, just realise that each of us is as important as the other, no one is more or less important. Do
not neglect the self; it is as beautiful as anyone's.

Now we have questions, but are you willing to answer them? The questions will look deep into your souls; it will take courage to answer. We do not expect everyone to answer; therefore we will only ask if you allow it. Is there anyone?" "Yes, I'll have a go."

(Everyone said they would accept a question.)

"Raymond has courage, this is very good, instant progress. Raymond first, the brave one. There are many facets of a person's soul; we are examining each one to find the appropriate question. We also ask that if you do not have an answer now, think on it, and we hope the answer will come to you sometime. Raymond?" "Yes."

"There is a fear in you, the fear of yourself. We want you to ask yourself, which is greater? The fear or myself? For one will triumph." "The fear or myself?"

"Yes, which is greater? And which will triumph? Do not answer at once." "Well, I don't know the answer to that one."

"Do you understand the question?"

"Not really, but it's a hard one that, whether the fear in me is stronger than myself."

"Yes."

"You know the fear we speak of?"

"No, not really. There are many fears, aren't there?"

"It is a paradox. The fear of yourself, is it greater than yourself? There is a delicate balance."

"I don't know the answer to that one."

"Think of it, we have much time to await your answer, it need not be tonight. When you understand the question, that is when progress has been made."

"Who will be next?" (Glen) "Me."

"Very well, we see a woman in your life; I hidden woman, perhaps even to yourself. We ask you, will you acknowledge her? There is a deeper level to that question."

(Glen) "I'm not sure I understand the question, but I will think about it."

"Perhaps we can clarify it. There is a connection with your
mother, something hidden that must be revealed, especially to yourself. You must find the answer. Do you wish another question?”

(Glen) “No, I think that's plenty to be thinking about.”

“We have deliberately asked a confusing question, to make you think. They will all make you think, you will be thinking on deeper levels, even as you sleep you will think.

“Will another ask?”

(Kerry) “Have I had a previous life?”

“Many.”

(Kerry) “What was my last one?”

“Again, you speak of time. Past experiences do not run in the order that you think. Is very difficult to help you understand this concept, but you must take it on faith. When I say that even now you are having what you call past experiences, they are happening simultaneously. Do not think too much on this. Do you wish to know one of your past experiences?”

(Kerry) “Yes.”

“I see a life in India, a young girl. I see you carrying water, now you are going for water, going to the river for water. Something is going to happen. There is danger, I see two men. They have knocked the water pitcher to the ground and seized you. Do you wish me to continue?”

(Kerry) “Yes.”

“It will be very painful for you. The two men in this past-life appear to be strangers to you, you do not know them. But in this present life-time, they are members of your immediate family, relatives, and you are still having difficulties with them.

In that life they raped you, and killed you. The three of you are still working this through. It was a very brief life.

Now we have a question. You are the one that carries the silence, the silent one. But we ask you, is the silence within yourself?”

(Kerry) “I'm not sure, among strangers I'm quiet, but I don't know if I am silent or not. I mean other people have to be the judge of that. But within myself, I am a deep thinker, yes.”

“Sometimes it is not good to keep it all to yourself. You must learn to share what you feel. You must learn the lesson of give and take more deeply than you have now. You must learn that giving and taking on the deepest level, does not involve money or possessions, although they seem to. You must learn to give of yourself.”
“Olivia, your question concerns your children. What will you do if they hate you? What will be your reaction?”
(Olivia) “I’d be very unhappy.”
“Why?” (Olivia) “Well, I’d be saddened by it.”
“Who is the sadness for, yourself, or the children?”
(Olivia) “Both.”
“Is this true?”
(Existence) “Yes, I wouldn’t like my children to ever hate anybody. It's not nice to hate, I want them to grow up to be nice people. I don't think anyone that hates anybody…”
“And if they rejected you, what would you do?”
(Existence) “Well, I'd have to accept it.”
“The question involves whether you are able to turn the other cheek. Will you allow it to retard your progress? We ask you not to be controlled by their responses.”
(Existence) “I'm not sure.”
“We will give you time to think. Do not answer now.”

“Alice, there is a growth inside you; it is in both the physical as well as a spiritual body. It will continue to grow unless you resolve the confusion that you feel within yourself. It is a growth caused by the confusion, but we ask you, ‘Do you really want to shed that confusion, or is it a protection from what you are afraid to learn?”’
(Alice) “I am not afraid to learn, I have been sitting in meditation in my room.”
“But you do not open yourself.”
(Alice) “I think I do.”
“You cannot screen the learning; you cannot take what you want and leave the rest. You must open yourself completely to all of it.”
(Alice) “I don't understand that, because I can only accept what makes sense to me, and I am trying to see through what doesn't make sense.”
“You will fall into sickness if you do not fight this growth. It is a hard growth, a stubborn growth. It will take much to get rid of it, and it will cause you much pain, unless you fight it.
But, there is another paradox: to fight it, you must accept, do you understand?”

(Alice) “Yes, I do, but I've already been through that process.”

“Then perhaps you will go through it again, many more times, and each time you must accept it more. Can you do this, are you prepared?”

(Alice) “I've done it before; I'll try and do it again.”

“Until the lesson is learnt.”

(Alice) “I hope so.”

“Remember your spirit; the spirit of courage is there to help you fight. Tune into him, take his healing, fight the growth.”

The questions we have asked you, perhaps confused you, but they are deliberately confusing, to force you to look to a deeper level within yourself.”

“Questions to break our conditioning?”

“Yes, some of them were symbolic, but we ask you to meditate upon them. We now wish to speak to Raymond. Who are you? Like a diamond, you have many facets, but like the diamond you must reflect clear, clearing all the facets.

You must clear this confusion from yourself. Raymond. You are blocking your progress. You also must learn acceptance, to except the things that we send you with your whole heart, and do not question, will you try?”

“It's hard breaking conditioning, isn't it?”

“Of course.”

“And it’s not a case of questioning it; it’s trying to work out if you are doing the right thing.”

“The hardest part is not breaking the conditioning, and wanting to do so. Some conditionings, as you call them, are quite comfortable to wear. They make life easier, or so it seems.

They are like an oil coat that we can put on, and are very comfortably in, but does it provide shelter from the wind and rain? It is full of holes, if you really look close.”

“I just have trouble speaking in public, and I get very nervous. I thought maybe it was conditioning from something in the past. There's something... there's a fear there, isn't there?”

“You must not be afraid of what people will think of you, they
will think what they will, and you cannot change that.”

“No, it's not thinking. It's just that I get really nervy when I stand in front of an audience, and I have to speak. I just don't know where I think the fear is from, anyway of overcoming it. I've been trying, by putting myself in the position to overcome it, but I never seem to do anything.”

“Self-consciousness is not the correct word. Conscious of self is desirable. You are conscious of what you think other people will think. You are worried about making a mistake in their eyes. Do not be concerned with the thoughts of others, any of you. There is only one person whose thoughts matter to you, yourself. You cannot change or influence the way other people live their lives, nor is your right to do so.

Do not be judgemental when you speak Raymond. Put out of your mind the questions about what the audience is thinking. Tune into your higher-self, and the things that come out of your mouth will not be words that make the audience laugh. When you are truly tuned in, every word will be a blessing, and a lesson, but you must be truly tuned in. To do this is to be tuned within. If you look without, at other people, you will lose the contact. When you speak, speak from the heart, you will never be laughed at.

There are still physical blocks in your body, from all the illnesses you have accumulated through experiences in past life-times. Most people do not realise that past illnesses can still be remembered in the physical body.”

“Is that connected with the allergies?”

“Yes, there are examples of illnesses from other lives, and also of stored guilt, manifesting as illness, so this guilt must be released.”

“Do you want me to say an affirmation prayer before I go to sleep every night, to program my subconscious mind?”

“Yes, it would help, for, you can release the guilt.”

“How do you do that?”

“Just say to yourself, several times, I'm letting go, I'm releasing my fear, and my guilt, and leaving it in the past.”

“Would hypnosis help, like in a light hypnotic trance?”

“Yes, you can perform self-hypnosis.”
“What, look at myself in the mirror and keeps saying these things?”

“If that works for you.”

“Because in the mirror you see yourself.”

“Yes, you will also see your future self, if you look.”

“I was thinking that this could be very handy for a lot of people in the world, because 60% of Australians have allergies, and if this is connected with their feelings of guilt from previous life-times, then we can put this in the book.”

“Yes, there are many reasons why illnesses from the past are brought into the present body. It is not actually the physical illness that comes, but the memory of it, and this is sufficient to trigger the illness again.

You see, if the past illness is present in this body, it means that the reason for the illness was not coped with in the past-life, so it was brought forward to the present body, to work it through now.”

“What does the guide brings Julie?”

“There are many guides behind her.”

“No, I mean the one guide, that you said is special for each of us.”

“Knowledge, the guide is the guide of knowledge.”

“Who is the guide behind me?”

“You will be surprised to hear that your guide is the guide of prosperity, but it is not what you think. No, Raymond, no Lotto wins. It is spiritual prosperity we talk about. His hands are laden with gold, what he wishes to present to you, if you but stretch out your arms to him; there are many riches waiting for you.”

“What kind of riches? It still doesn't explain spiritual prosperity, it doesn't tell me anything.”

“When I say that your guides are standing behind you, I do not mean that what they bring will automatically flow to you. You must stand up and acknowledge them, and tell them you will accept the gifts, and pass them onto others.

But unless you say that you will accept the gifts, that you will acknowledge the gifts, the gifts will still be in their hands. You must
understand and feel that you are worthy of the gift, that is very important. Many will not feel worthy enough; I am speaking now to you, Raymond.”

“Well, who’s the many that won't feel worthy?”

“People in general. Do you understand the gifts that he brings you?”

“No.”

“Love, Raymond. The love of mankind, is this not the greatest of riches? Yet many turn aside from it, in search of material gain. This is the tragedy, your lesson is not to be too humble, and pass up what is rightfully yours.

Each one of us has prosperity waiting for us, if we will but accept it. But it is a long road to travel, and there are many side roads, but we ask you Raymond, to except your guide. We want you to feel that you deserve him.

You deserve the spiritual prosperity, and we ask you not to put yourself down too much. You are worthy; your guides would not be with you, unless you are prepared for the gifts.

You are the empty receptacle, waiting to be filled, but it is you that must turn on the tap.

There is one here from the higher planes; there will be no verbal communication from him, but you may feel his presence.”

“All of us?”

“Yes, if you open yourself. It is one of the Masters. He is pleased with this group; he is sending us light and energy, and he asks us to ponder upon all that has happened, and to return again and again, until there are no more questions. You are being prepared to lead the way in the days to come. That is all, we will end now.”

(2010 INSERT. And now the critiqued version.)

JULIE AS THE CHANNEL

“Greetings, Abraham is here. I come through because you are familiar with me, perhaps you will feel more at ease, but there are many who wish to speak, what is it that you want tonight?”
“What is best for us all.”
“Do you have questions?”
“Well, there are some here who haven't asked any questions, so there should be some with questions. Do you want us to ask?”
“I could speak, but I sense that you want individual answers. Let the one who wishes to ask the question, speak in their own time. If they could give their name first, and then ask the question, it makes things clearer.”

(Alice) “How does a new soul start?”

“Are you talking of the origin of the soul?”

(Alice) “Yes.”

“We do not think of them as new souls, we are all very old souls. There are some things that will be very difficult for you to understand, and this is one of them. It involves speaking of time, and what you would call infinity. You have not yet the understanding to comprehend the length of time involved, just let us say that we have all been here for a very, very long time.

There was no beginning, we have always been, and always will be. It just takes some of us longer to reach the perfect conclusion. There are some things that you will not understand until you attain the spirit. The physical body is very limited in its comprehension, therefore when you ask about time, is it is not our time. We ask you to have faith, question your own life, the greater answers will follow.”

(Alice) “Is there any purpose in continuing with wanting to learn about healing?”

“Yes, you were given a message about water tonight, this will be very important in the turmoil that is to come, it is very close.”

(2010 INSERT. Well, it is 24 years later, and the turmoil still hasn’t arrived.

I am going to list every statement channelled from spirit, which in my opinion is fear generating with a little number in red brackets, like this first one (1)

“Healing will also be very important, you see the mechanisms that we depend upon, will be
“The healing must come from ourselves, we cannot depend on devices. You must be ready to help those who will be in great need, physically and spiritually.

There is a spirit guide standing behind each of you, it is someone you have known in the past, if you wish, they will speak with you. There is a woman standing behind Kerry, a female relative, grey-haired, very placid face, very gentle, and she is sending you love and reassurance, but she also understands if you do not wish to speak.”

(2010 INSERT. I’m not happy with the use of channelling fear generating prophecies, whether they come true or not.)

“Who is standing behind me?”

“A man in a tall hat with whiskers, he is also a relation of yours, a dark man. He has his hands on your shoulders, perhaps you feel his energy. You will not know him, he is not from this life, he is from a time long ago, but you and he have a connection.

He says that you will meet soon, not that you will go to his world, but he will come to yours.”

“Ever since I closed my eyes to go to the Temple, I've had a very strong feeling that there is a spirit strong in me, it's been there all the time, and I'm feeling very exhausted. Can you please tell me what this is?”

“It is your own will growing. It is tiring you because you are fighting it. It knows more than you do. Trust the voice inside you, do not fight it.”

“When I went into the Temple, I won't describe it, but the experience wasn't pleasant.”

“You will have to understand, that not all experiences are pleasant. Indeed, the ones that you will learn the most lessons from will be unpleasant, but it develops your strength and your character, to fight adversity, both spiritually and physically.”

“If you don't understand, how can you grow from it?”

“Your spirit understands them, the physical body, as I said, does
not have a deep level of comprehension, but your higher-self, which is immortal, learns the lessons. You must learn to trust your higher-self, and be guided by it.”

“You are afraid because you do not trust your own higher-self, because it is leading you on a path that you do not wish to travel. You feel it is taking you away from your loved ones, and this is true, and you are fighting it. Until you learn to relax and go with it, your meditations will be difficult, but there is a reason for it.”

“The pains that we experience; headaches and aches of this and that, connected with our development, can we know more about this? What are the reasons and what's happening?”

“The pains are only the side-effects of your development, they are not the goal that you are reaching for, and they merely take you there. The pain is the releasing of old hurts and emotions, this must be done. The body must be cleared of all the negative energies that have built up over so many life-times.

There is much accumulated in the physical body, old memories, and these are released as hurts, as pains. Feel comforted by the fact that every time you feel the pain, it is an old memory being released, it is gone forever. Rejoice in your pain, for it is the lesson of life.”

“This is the headaches I'm talking about?”

(2010 INSERT. I was only talking about pains and sensations that don’t last, but if pain persists, it could be caused by other causes, for example, the really bad head-aches I suffer from, are sinus head-aches, caused by hay-fever-type allergies to dust and pollens, which generates an excess of mucus, which also causes sleep-time asthma, especially in Australia.)

“It is every pain you feel. Each part of the body is connected with a different memory.”

“You mentioned last week that I would be going through some suffering, which I would willingly take on. I'd like to know a bit more about this.”
“Perhaps not so willingly, Raymond. Are you asking about your future path? Suffering and trauma are all part of our progress, are they not? You see, if we were to tell you the details, you would not develop the strength to fight it. (4)

You would think you had prepared yourself, yet the experience would be so different, that you would find yourself completely unprepared. The only preparation is to bide your time. It builds up your strength, through meditation. Do not seek to interpret the pain beforehand, you will be misguided otherwise.

We now have a message for Julie. It is a good idea, the idea she has about buying land, and she wished to ask a question about it. It has been on her mind, but the land she buys will not be for the reason she wants it, we will be guiding her.”

(Olivia) “I’d like to know who the guide is standing behind my chair, if they are still there.”

“Yes, the guides are still there, they do not go away in the sense of a physical departure. They are always with you, in different forms. Standing behind you is a guide called Jacob. You do not know him, at least not in this life. He is from your past, a past life-time. He is very wise; he is the bringer of wisdom, this you need.

If you allow him to, he will help you very much. Each of you needs a different guide at this stage, as Olivia needs the bringer of wisdom. Do you wish to know what your guides are bringing?” (Alice) “Yes.”

“Your guide is bringing you courage. You have much confusion within yourself, and there are people around you who seek to change your mind about your beliefs. But you must use the courage that you are being sent, to stand alone upon your own feet.

Keep the image of water with you; it will come to have a special meaning for you. It is not only the physical presence of water, which has a deep meaning for you; it means the water of life. It seeks to flow smoothly through you, yet you block it. It will take great courage to unblock the chakras, but your guide will help you.”

(Alice) “And if my guide wants to come through me, I don't know how to
“You only need to relax, keep your mind empty. You may think that it is your imagination, when you hear or see them speak, but what is imagination? There are no original thoughts ever. We send you the ideas to guide you through life. Have the courage to believe in the messages, do not shut them out.”

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(Glen) “When we are doing healing, how do we know if we are successful, or not?”

“If there is love in your heart you will always be successful, as long as you heal with the best intentions. Although you may not see direct results immediately, the healing will be successful.

Sometimes a person's physical body will not be healed, but when we are healing, it is not the physical body that we are dealing with, it is the spirit. The spirit receives the healing, and that is always successful, especially if the patient is open and willing.”

(2010 INSERT. Glen’s question has still not been answered, plus, if Glen is not a proficient past-life therapist, and the cause of the patient’s disease, maybe cancer, caused by past-life conditioning, or trauma, is the cause of the cancer, then the channelling of healing energies may cure the body.

But if the past-life conditioning is strong, the cancer may develop again, and even if the cancer is constantly being stopped from developing in this life, but the past-life conditioning hasn’t been released, then in all likely-hood, the past-life conditioned spirit, when it reincarnates into his next life, may start developing the cancer again, if the triggering events are unavoidable, in day to day life interactions with the world.

All what I have just explained can also apply to conditioning which came from the patients sojourn in the womb or early childhood, which may have been blocked out of the patients conscious memory, but the subconscious negative emotions generated by the trauma or conditioning
can still cause the cancer.)

“Your guide has just put his question to me. It is the guide of healing, he says. ‘You have much potential in this area, we wish you to develop your healing powers.’”

(2010 INSERT. If students were developing healing powers, I hope the students conscious or subconscious desires to heal don’t send healing energies to a person whose higher-self is in the middle of an illness for a reason, and that reason hasn’t yet come to fruition, and if the illness has damaged the patients aura, then what is going to stop the healing energies which have been assisted in development by his Guide, with the quote, ‘we wish you to develop your healing powers.’

This whole high-lighted statement doesn’t make sense to me; maybe his guides think he should be in another healing class where wisdom and the reasons for illness are not taught.

These two pages of inserts are another reason you should all scrutinise and maybe debate your channelling, to help all of your own students to be working on the same page, if you get my drift, now that you have a text disc to guide you.)

“I see the colour green for you, you must visualise this colour when you are healing, visualise a green light being sent to the patient.”

(2010 INSERT. What if his healing guide wants to direct a different colour through Glen to the patient, wouldn’t it be better to channel advice to Glen to ask his healing guide to be shown which colour the healing Guide is using.

But maybe his guide is assisting Glen with developing the ‘healing powers’ (Not healing ability) to heal any illness with a green light, so he had better do it because he has been told that ‘you must visualise this colour when you are healing,’ and the command to do it was emphasised twice.)

“It is also Raymond’s colour; you are very close in your vibrations,
the two of you. There seems to be a past connection, but a long time ago.

Kerry's guide is the guide of silence, he is teaching her when to speak, and when not to. When one's physical body is silent, the spirit is turned within, to ask questions. One does not always have to question with the mouth. This is a lesson she is learning, to listen to the inner voice.

At the present time, all you need to meditate on, is the body and the spirit, they are connected. There are many types of consciousness; there is a higher consciousness, the higher-self, which is what we are all trying to get in touch with. Of course there are changes, which is called progress.”

(2010 INSERT. I’m not happy with all this highlighted segment, I’ll leave it up to you, figure out why, as there are quite a few reasons, but remember as a past life therapist where 99 % of my students and patients are shown so much detail that the experience helps release multiple conditionings, and the one percent will be the example of a surrogate past-life therapist where the therapist channels the description of the past-life events, and connects the conditioning with also scenes described from this life, which are describe in great detail, which you will read about in the fourth volume.)

(Olivia) “Last week, he told me that I had the same children in a previous life.”

“That is so.” (Olivia) “Could I please ask where that life was?”

“Yes, it was during the pioneer days in North America. I see you in a log cabin. You were not entirely to blame for neglecting your children, they were very hard times, and there were many dangers.

You had a constant fear of being attacked by the Indians, but unfortunately you put the protection of your soul, above your children, and a tragedy occurred. They were killed, because your attention was elsewhere.

They were taken away from you, to teach you an important lesson, the one you are now learning.”
But the way Julie’s spirit, is blaming Olivia’s past-life, is generating Guilt feelings, and not releasing any conditioning.)

(Olivia) “Is this all my children? I have six children.”

“No, only two of them.” (Olivia) “The last two?”

“Yes, can you accept this lesson?”

“That is good, that is instant progress, and the acceptance is everything. Now the lesson has been learned, you will make very rapid progress now. It is not punishment, only learning, but you must learn to put others before yourself, that is your lesson.

Yet do not disregard your own progress, just realise that each of us is as important as the other, no one is more or less important. Do not neglect the self; it is as beautiful as anyone's.

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Now we have questions, but are you willing to answer them? The questions will look deep into your souls; it will take courage to answer. We do not expect everyone to answer; therefore we will only ask if you allow it. Is there anyone?”

“Yes, I’ll have a go.”

(Everyone said they would accept a question.)

“Raymond has courage, this is very good, instant progress. Raymond first, the brave one.

There are many facets of a person's soul; we are examining each one to find the appropriate question. We also ask that if you do not have an answer now, think on it, and we hope the answer will come to you sometime. Raymond?”

“Yes.”

“There is a fear in you, the fear of yourself. We want you to ask yourself, which is greater? The fear or myself? For one will triumph.”

“The fear or myself?”

(2010 INSERT. When this question was posed to me, my mind went into overdrive trying to remember the circumstances and reasons for when I had feared something, anything, for I was searching for what the spirit first said, which was,

“There is a fear in you, the fear of yourself.
Then I was asked a confusing question, not what the fear was of, but was implying that the fear was that great, that it could triumph and overwhelmed me, and my mind works like, ‘How can I answer that question, when half the question is a mystery to me.’ so I just parroted the question, with, “The fear or myself?”

“Yes, which is greater? And which will triumph? Do not answer at once.”

“Well, I don't know the answer to that one.”

When I answered this question I worded it in the phrase of the spirit’s question, and what I should have added, but my mind was still spinning from the accusation that I have a fear of myself. But what I meant, was, “Well, I don't know cause of the question, to answer that one.” But I did mention this in answer to the next question.

“Do you understand the question?”

“Well, I haven’t found myself yet.”

“You know the fear we speak of?”

“No, not really. There are many fears, aren't there?”

Here, I was referring to the many fears that we come across in daily life, which are mostly normal, but not specifically a fear of myself, which I was still having trouble
wrapping my mind around.) “It is a paradox. The fear of yourself, is it greater than yourself? There is a delicate balance.” “I don't know the answer to that one.”

(2010 INSERT. At this point I might have been thinking of all the examples in the world, I could think of, where a person has either gone insane, because of a fear, or committed suicide, so I couldn’t automatically, say, ‘I am stronger than the fear,’ because to me that would be what I might believe, but it wouldn’t necessarily, be the truth, and I would like to answer the question with the truth.

But if the spirit knows the way my mind works, they knew that I would answer, with, “I don't know the answer to that one.”)

“Think of it, we have much time to await your answer, it need not be tonight. When you understand the question, that is when progress has been made.”

(2010 INSERT. My guides want to channel about this question. “This is a question without enough information, that nobody could answer, if they don’t know what the question is about, and the spirit knew that Raymond’s honesty would in a way tie Raymond in mental knots, trying to unravel or try to figure out what the question was all about, then saying, “Do not answer at once.” advising Raymond to think on it, meaning, between classes, is meant to occupy his mind, and worry that if he doesn’t find the answer, then he is not progressing.

Well, we countered the attack, by sending the thoughts that Raymond only had normal fears, and to forget about it, like most of what spirit had been channelling through Julie, for advice to Raymond.

Plus if he accepted the focus of the question, which was trying to get Raymond to believe that he had a fear of himself, and the twice emphasis of the word greater, and the suggestion that the fear
would triumph, also emphasised twice, knowing that his response to the question would lower his standing in the eyes of his students, with his not understanding the question, and his none answer implying to his students, that he might think the fear is greater than himself, which is nonsense.

There are normal fears in 90% of humanity, for example of public speaking, in front of a crowd, which in a way increases, as the number of the crowd increases, but also if any of that 90% were to talk about a subject so vast and unknown, that if anyone in the audience were to ask a question that the speaker didn’t know the answer too, then this thought could be a cause of further fear, before the person has spoken to a crowd.

But Raymond doesn’t have these fears as much now, as he would have at the date of this class night, as he has lectured on his classes and books at the Wagga Wagga Town hall, for three hours on a Saturday afternoon, and every half hour, he asked the audience of over a hundred people, to ask any questions, for a few minutes.

He then lectured on Sunday afternoon in the same format, on totally different material than the Saturday, which he announced at the end of the Saturday lecture.

He didn’t know until he arrived in Wagga, that he was going to lecture for three hours each day, just as he didn’t know that his lectures were advertised in the local newspaper, and advertised on the local radio and TV broadcast.

“Who will be next?”

(Glen) “Me.”

“Very well, we see a woman in your life; I hidden woman, perhaps even to yourself. We ask you, will you acknowledge her? There is a deeper level to that question.”

(Glen) “I’m not sure I understand the question, but I will think about it.”

“Perhaps we can clarify it. There is a connection with your mother, something hidden that must be revealed, especially to yourself. You must find the answer. Do you wish another question?”

(Glen) “No, I think that's plenty to be thinking about.”
(2010 INSERT. This student also had trouble understanding the question. But I don’t like that spirit is saying that he must reveal the connection with his mother, if he doesn’t know what the spirit is talking about, then he might start asking his mother.

And I don’t like the emphasis on the importance of this exercise, by spirit re-emphasising, “You must find the answer.”

“We have deliberately asked a confusing question, to make you think. They will all make you think, you will be thinking on deeper levels, even as you sleep you will think.”

“Will another ask?”

(Kerry) “Have I had a previous life?”

(Kerry) “What was my last one?”

“Again, you speak of time. Past experiences do not run in the order that you think. Is very difficult to help you understand this concept, but you must take it on faith. When I say that even now you are having what you call past experiences, they are happening simultaneously. Do not think too much on this. Do you wish to know one of your past experiences?”

(Kerry) “Yes.”

“I see a life in India, a young girl. I see you carrying water, now you are going for water, going to the river for water. Something is going to happen. There is danger, I see two men. They have knocked the water pitcher to the ground and seized you. Do you wish me to continue?”

(Kerry) “Yes.”

“It will be very painful for you. The two men in this past-life appear to be strangers to you, you do not know them. But in this present life-time, they are members of your immediate family, relatives, and you are still having difficulties with them.

In that life they raped you, and killed you. The three of you are still working this through. It was a very brief life.”

(2010 INSERT. I’ll leave it up to you students and readers, to figure out the possible ramifications of being told the details of this past-life, I wonder which relative’s Kerry is going to be on guard with, and do you think she is going to trust what any of
her relatives say. Try and put yourself into Kerry’s shoes, so to speak.)

Now we have a question. You are the one that carries the silence, the silent one. But we ask you, is the silence within yourself?”

(Kerry) “I’m not sure, among strangers I’m quiet, but I don’t know if I am silent or not. I mean other people have to be the judge of that. But within myself, I am a deep thinker, yes.”

“Sometimes it is not good to keep it all to yourself. You must learn to share what you feel. You must learn the lesson of give and take more deeply than you have now. You must learn that giving and taking on the deepest level, does not involve money or possessions, although they seem to. You must learn to give of yourself.”

(2010 INSERT. There could be many different reasons for Kerry being the way she is, firstly if what Julie channelled about Kerry’s past life is true, then her spirit may be trying to use a defence mechanism cover, like hiding my light under a bushel, and if I am quiet no-one will notice me, but there is definitely long term causes or experiences, that may stretch back through past life-times, and do you think saying ‘You must learn’ four times in the space of a paragraph, will help her to change maybe life-times of experience which has moulded Kerry into, if you read between the lines of what was channelled for her to ‘Must learn.’

(Sorry about the bad English)

Read the grey high-lighted statements and see if you can recognise the supposed reasons for being commanded to learn, not help her overcome, but she may already know what her weaknesses are.

But on the other hand her spirit might just be going through a spirits natural evolution and growth that maybe all our spirits have gone through, ahead of Kerry, and that the normal experiences arranged by her higher-self, or her astrological timed series of experiences, will gradually change
Kerry, without developing a complex, by being singled out, we all don’t have the strength to change quickly, but some of us need years or life-times to change, that’s why we have the opportunity to reincarnate as many times as we want or need for even our own desires to be fulfilled.

And having the last thing that spirit said, “You must learn to give of yourself.” Implying she is not giving anything of herself, which can create a guilt complex, and still spirit have not helped her overcome the reason for what spirit is saying.

Olivia, your question concerns your children. What will you do if they hate you? What will be your reaction?”

(7) Olivia “I’d be very unhappy.”

“Why?”

(8) Olivia “Well, I’d be saddened by it.”

“Who is the sadness for, yourself, or the children?”

(8) Olivia “Both.”

“Is this true?”

(2010 INSERT. How can the spirit not know if Olivia is telling the truth or not? And if the spirit said that to get Olivia to prove she is telling the truth, then why did the spirit stop Olivia from teaching the students some great wisdom, by interrupting her, in the next passage, I still think the spirit disrespected her by saying, “Is this true?” But these words might not have come from the channelling spirit.)

(8) Olivia “Yes, I wouldn’t like my children to ever hate anybody. It's not nice to hate, I want them to grow up to be nice people. I don't think anyone that hates anybody…”

“And if they rejected you, what would you do?”

(8) Olivia “Well, I'd have to accept it.”

“The question involves whether you are able to turn the other cheek. Will you allow it to retard your progress? We ask you not to be controlled by their responses.”

(8) Olivia “I'm not sure.”

“We will give you time to think, do not answer now.”
“Alice, there is a growth inside you; it is in both the physical as well as a spiritual body. It will continue to grow, unless you resolve the confusion that you feel within yourself. It is a growth caused by the confusion, but we ask you, (9)

‘Do you really want to shed that confusion, or is it a protection from what you are afraid to learn?’”

(Alice) “I am not afraid to learn, I have been sitting in meditation in my room.”

“But you do not open yourself.” (Alice) “I think I do.”

“You cannot screen the learning; you cannot take what you want and leave the rest. You must open yourself completely to all of it.”

(Alice) “I don't understand that, because I can only accept what makes sense to me, and I am trying to see through what doesn't make sense.”

“You will fall into sickness if you do not fight this growth. It is a hard growth, a stubborn growth. It will take much to get rid of it, and it will cause you much pain, unless you fight it. (10)

But, there is another paradox: to fight it, you must accept, do you understand?”

(Alice) “Yes, I do, but I've already been through that process.”

“Then perhaps you will go through it again, many more times, and each time you must accept it more. Can you do this, are you prepared?” (11)

(Alice) “I've done it before; I'll try and do it again.”

“Until the lesson is learnt.”

(Alice) “I hope so.”

“Remember your spirit; the spirit of courage is there to help you fight. Tune into him, take his healing, fight the growth.”

(2010 INSERT. I and my guides are not happy with the pressure, fear creating, and guilt manifesting questions that this spirit is posing Alice.

Everyone screens the learning for what each individual can accept at times, until they are more comfortable, and can accept more, but to say that you cannot twice, and then telling a student that they will become seriously ill, and suffer from much pain, unless you fight it, what, from confusion? Also the
The word “fight” is mentioned five times in total, but then spirit tries to confuse Alice by saying “to fight it, you must accept,” is a great help.

And the word, “growth,” is also mentioned six times. Maybe this spirit thinks that he can get people to believe him if he repeats himself often enough.)

“Questions to break our conditioning?”

“Yes, some of them were symbolic, but we ask you to meditate upon them. We now wish to speak to Raymond. Who are you? Like a diamond, you have many facets, but like the diamond you must reflect clear, clearing all the facets.

You must clear this confusion from yourself. Raymond. You are blocking your progress. You also must learn acceptance, to accept the things that we send you with your whole heart, and do not question, will you try?”

(2010 INSERT. More undermining and the repeating of implying that I am confused and not working on myself, and that I am blocking my progress, and that I am not accepting the things that Julie’s has been channelling with my whole heart, but if I question, I might figure out that I am being negatively influenced, as I believe the other students were also.)

“It's hard breaking conditioning, isn't it?”

(2010 INSERT. I was referring to my childhood conditioning of not trusting other people, and because I didn’t know anything about how to remove that conditioning, I described it as breaking conditioning, and what I don’t understand is why spirit, a guide or a master, didn’t correct me and say that conditioning should be released, not broken, but then most of us on the earth-plane are only familiar with the term breaking, in connection with conditioning.)
“Of course.”
“And it’s not a case of questioning it; it’s trying to work out if you are doing the right thing.”

(2010 INSERT. If you have forgotten what we are referring to, it is conditioning in general for the students and me, connected with our questions which spirit posed us.)

“The hardest part is not breaking the conditioning, and wanting to do so. Some conditionings, as you call them, are quite comfortable to wear. They make life easier, or so it seems.

(2010 INSERT. At the time of this class night I had no idea that my greatest strengths were in the field of past life therapy. I don’t understand what spirit means, in this first sentence. All through my awakening of finding out my greatest psychic ability is not so much a psychic sense, but the ability to access my past-life memories of the ability to recognise the multiple branch past-life conditionings that can be generated from primary conditioning, like fear can beget hatred.

When a student or patient is describing a past-life scene, I seem to be able to recognise the conditioning, confirm it with my higher-self, then explain it like ABC leading to XYZ, and then asking the student or patient to ask their higher-self to confirm and tell the student one after another the keys they need to speak out to release their conditioning, and sometimes it can be ten releasing statements, and then I might get some more for them to confirm with their higher-self. and in all what I have been awakening to, is the fact that if you can help the patient to see and be able to release the fear and then they can accept that they have been suffering from the conditioning, then the very act of verbalising the release of the conditioning works to release the conditioning.

And I have never broke any past conditioning, and I
wouldn’t know how to, and I have never now thought of it as breaking, in connection with any kind of conditioning and there is some really weird conditioning out there, which I have come across, and this you will read about, in the latter part of this disc, as well as on the second and third disc in this series.

They are like an oil coat that we can put on, and are very comfortably in, but does it provide shelter from the wind and rain? It is full of holes, if you really look close.”

“I just have trouble speaking in public, and I get very nervous. I thought maybe it was conditioning from something in the past. There’s something... there’s a fear there, isn’t there?”

“You must not be afraid of what people will think of you, they will think what they will, and you cannot change that.”

(2010 INSERT. Not everyone will change what they think of me, but some will learn and change their beliefs as they learn, but this spirit seems to want to get me and or the students to believe that talking to people in a lecture or writing a book to enlighten people about things they have fears about, will be a waste of time, and the spirit re-emphasised this again in the next paragraph.)

“No, it's not thinking. It's just that I get really nervy when I stand in front of an audience, and I have to speak. I just don't know where I think the fear is from, anyway of overcoming it. I've been trying, by putting myself in the position to overcome it, but I never seem to do anything.”

Self-consciousness is not the correct word. Conscious of self is desirable. You are conscious of what you think other people will think. You are worried about making a mistake in their eyes. Do not be concerned with the thoughts of others, any of you. There is only one person whose thoughts matter to you, yourself.

You cannot change or influence the way other people live their
lives, nor is your right to do so.”

(2010 INSERT. Is this a command, or trying to first, get us to believe that we are wasting our time trying to “influence the way other people live their lives,” and then stating, “nor is your right to do so.” trying to get is to believe that it is okay if a spirit channelling through us has only the right to do so, but our own opinion doesn’t have the right to tell other people like our students or anyone.

I’m sorry but if I wish to emulate what Moses, Jesus, or Budda achieved, in the way of “influencing the way other people live their lives,” Oh sorry, they may have been given the right to “change or influence the way other people live their lives,” as they were guided by God.

So is this trying to get me, and or my students to believe that I, Raymond, haven’t been given the right by my Guides or God to “change or influence the way other people live their lives.”

I know that I have repeated myself, but I am trying to counter the repeating of what spirit is trying to get me and my students to believe.)

Do not be judgemental when you speak Raymond. Put out of your mind the questions about what the audience is thinking. Tune into your higher-self, and the things that come out of your mouth, will not be words that make the audience laugh.”

(2010 INSERT. After studying astrology and healing for approximately eight years, also learning that childhood or past-life conditioning, which I also learnt from one of my favourite authors, Charles Dickens, which was to learn compassion for twisted personalities, and just because I have very strong abilities in analysis and discrimination, why would the spirit say “Do not be judgemental when you speak Raymond.” unless it is to further undermine my humanistic qualifications to run the classes.
Also, when spirit describe what I have to say to an audience as “things that come out of your mouth,” Usually, people either think you're spitting or being sick, but if spirit wanted to imply that I don't have anything worth saying. Then the choice of the word “things” is further undermining me, yet later on in the same sentence, when spirit used the word “words” they are connected it with me making the audience laugh.

Also I never thought of, believed, or even mentioned that I believed that, what “comes out of my mouth, will not be words that make the audience laugh.”

“When you are truly tuned in, every word will be a blessing, and a lesson, but you must be truly tuned in. To do this is to be tuned within.”

(2010 INSERT. This triple emphasis on the word “tuned” and the double emphasis on the word “truly,” is meant to imply that I do not “truly” listen or am “tuned in,” for my words to be a blessing or a lesson in what I wish to say to an audience, so that the students will be conditioned to believe that I am not tuned in, when I am teaching the students.

I think I have mentioned before that when spirit channel, they rarely repeat on the same night guidance or explanations, in exactly the same wording, I mean they might describe an analogy to better describe a complex concept to the students.

Feel free to check out any of my channelling’s from spirit, for any repeating, or trying to drum into my student’s explanations or advice.

I use the word drum, because everyone knows that when you hit a drum again and again, it makes the same sound.)

If you look without, at other people, you will lose the contact. When you speak, speak from the heart, you will never be laughed at.”

(2010 INSERT. I have never been laughed at, when I speak to
audiences at the spiritual centre, or my students, and I am not going to let spirit get me to believe that I have to be careful that I have to worry that I am not tuning in sufficiently, in case I believe that I am going to be laughed at.

If what spirit has channelled through advice to me, was only once or twice, you would have every right to think that I am paranoid, but this is overwhelmingly slanted in a specific direction or theme, mostly in every reference to me, and it continues in night after night.)

There are still physical blocks in your body, from all the illnesses you have accumulated through experiences in past life-times. Most people do not realise that past illnesses can still be remembered in the physical body.”

“Is that connected with the allergies?”

“Yes, there are examples of illnesses from other lives, and also of stored guilt, manifesting as illness, so this guilt must be released.”

(2101 INSERT. My guides reassured me by telling me this,

“This is another reason we don’t remember our previous life-times, and as you now know many of your previous life-times. Then if this statement was true, then your “stored guilt” would have killed you off before you learnt to walk.

But then again your stored memories of previous life-times, which achieved the opposite of guilt, would enable you to live to over a hundred.

You don’t have any physical blocks in your body, never mind, “from all the illnesses you have accumulated through experiences in past life-times.”

It is very rare that “past illnesses can still be remembered in the physical body.” Only if the higher-self wants to awaken the illness for spiritual growth purposes.

But illnesses, deformities, emotions, obsessive thoughts, and insanity, can be triggered off, from conditioning that has not been released from past life-times, but the reasons are as varied as vows to love only one person, or a patient’s body-memory
of a past life-time, being triggered off in this life, where the patient’s body deformed over a period of years, which had to be released, in a past-life therapy session.

Everyone feels guilty about something they have done, or failed to do in previous life-times.)

“Do you want me to say an affirmation prayer before I go to sleep every night, to program my subconscious mind?”

“Yes, it would help, for, you can release the guilt.”

“How do you do that?”

“Just say to yourself, several times, I'm letting go, I'm releasing my fear, and my guilt, and leaving it in the past.”

(2010 INSERT. “Again, this is the using of a partial truth, to try to get you to feel unworthy, and imply that you have been guilty of something, to occupy your mind and emotions, speculating about your implied guilt, to try to put you into a depressed state of mind.”)

“Would hypnosis help, like in a light hypnotic trance?”

“Yes, you can perform self-hypnosis.”

“What, look at myself in the mirror and keeps saying these things?”

“If that works for you.”

(2010 INSERT. “If spirit had said, “Yes, that will work.” Raymond would have done it, and would be sure that it would work, but spirit wanted Raymond to worry, and not be sure, so the spirit said, “If that works for you.” leaving Raymond to figure out if it would work or not.

We influenced him to forget about bothering to perform self hypnosis, in-between classes, so that he was kept on an even keel, emotionally.”)

“Because in the mirror, you see yourself.”

“Yes, you will also see your future self, if you look.”

“I was thinking that this could be very handy for a lot of
people in the world, because 60% of Australians have allergies, and if this is connected with their feelings of guilt from previous life-times, then we can put this in the book.”

(2010 INSERT. “We put this thought in Raymond’s mind to speak out, but he hadn’t thought about the implications of what he said, but we couched the thought, so he said it with pure motives, even though it was meant for this disc, and not his first book.

60% of Australians are not suffering from allergies, because they are guilty of something in a past life, there are mostly physical reasons for these allergies, as most of Australians are genetically from other countries in the world, and their bodies have not evolved over many hundreds of generations, of living lives in Australia to accustom their bodies to all the pollens of the flora of Australia.”)

“Yes, there are many reasons why illnesses, from the past are brought into the present body. It is not actually the physical illness that comes, but the memory of it, and this is (sometimes) sufficient to trigger the illness again.

You see, if the past illness is present in this body, it means that the reason for the illness was not coped with in the past life, so it was brought forward to the present body, to work it through now.”

(2010 INSERT. The rub is, is not to believe that an illness in this life is the only cause from a past life. It could be genetic weakness, environmental pollution, transmitted disease, overwhelming negative emotions about themselves, attached spirits. And I am sure there are many more causes.

“We don’t mind spirit teaching students that this is one of the causes of illness, but to specifically try to get Raymond or any student to believe overwhelmingly that this is the cause of their illnesses, or phrasing their communication to get the person to believe something that is meant to have a negative effect on them, we will point this out, so that you can watch out for channellers of this ilk in your own circles, or classes.
These attacks started to affect Raymond subconsciously, but we still kept him in the dark, consciously, about any attacks to him, never mind the intentions of the attackers.

“What does the guide brings Julie?”

“There are many guides behind her.”

“No, I mean the one guide, that you said is special for each of us.”

“Knowledge, the guide is the guide of knowledge.”

(2010 INSERT. It’s a pity Olivia’s guide couldn't swap places with Julie’s; remember Olivia's guide is the bringer of wisdom.)

“Who is the guide behind me?”

“You will be surprised to hear that your guide is the guide of prosperity, but it is not what you think. No, Raymond, no Lotto wins. It is spiritual prosperity we talk about. His hands are laden with gold, what he wishes to present to you, if you but stretch out your arms to him; there are many riches waiting for you.”

“What kind of riches? It still doesn't explain spiritual prosperity, it doesn't tell me anything.”

“When I say that your guides are standing behind you, I do not mean that what they bring will automatically flow to you. You must stand up and acknowledge them, and tell them you will accept the gifts, and pass them onto others.

But unless you say that you will accept the gifts, that you will acknowledge the gifts, the gifts will still be in their hands. You must understand and feel that you are worthy of the gift, that is very important. Many will not feel worthy enough; I am speaking now to you, Raymond.”

(2010 INSERT. “Firstly, implying that Raymond is more concerned with money, but he doesn’t waste his money gambolling, and very very rarely buys a lotto ticket.

And this last statement is implied negative beliefs about the
teacher, who is now being slowly subconsciously negatively influenced by Julie’s channelling.”

Obviously, the dig that “I am speaking now to you, Raymond.” completely went over my head, when I next asked, “Well, who’s the many that won't feel worthy?”

“Well, who’s the many that won't feel worthy?”

“People in general. Do you understand the gifts that he brings you?” “No.”

“Love, Raymond. The love of mankind, is this not the greatest of riches? Yet many turn aside from it, in search of material gain. This is the tragedy, your lesson is not to be too humble, and pass up what is rightfully yours.

(2010 INSERT. Before I had become aware of, approximately 100 of my previous life-times, I just thought that my interest in studying humanity, and my desire to help people to become better channels for healing, and attune-meant to spirit, was coming from my astrological imprinting, when I was born, even though I didn't have a strong enough desire to heal people.

If I didn't have a very well developed “love of mankind,” I doubt whether I would have still been interested after sitting in development circles for four years, in which I never saw anything on a meditation.

But at the time of this class night, I wasn't aware of my many past lives great love of humanity, or that my greatest strength was in the area of past life therapy.

I could go on and on and on, but my guides tell me that you readers will understand, and my guides tell me that the spirit was setting me up, by telling me and the students, that my fictitiously described, lack of spiritual prosperity was deliberately connected to a lack of “love of mankind”, as spirit mentions later on with this statement “You are the empty receptacle”, waiting to be filled,

Implying that I do not have any love for humanity, at all,
This is just another undermining attack on my qualifications to run the classes.)

Each one of us has prosperity waiting for us, if we will but accept it. But it is a long road to travel, and there are many side roads, but we ask you Raymond, to except your guide. We want you to feel that you deserve him.

You deserve the spiritual prosperity, and we ask you not to put yourself down too much. (2010 INSERT. If we had a competition of who is putting me down the most, I think I would lose.)

You are worthy; your guides would not be with you, unless you are prepared for the gifts.

You are the empty receptacle, waiting to be filled, but it is you that must turn on the tap.

There is one here from the higher planes; there will be no verbal communication from him, but you may feel his presence.”

“All of us?”

“Yes, if you open yourself. It is one of the Masters. He is pleased with this group; he is sending us light and energy, and he asks us to ponder upon all that has happened, and to return again and again, until there are no more questions. You are being prepared to lead the way in the days to come. That is all, we will end now.”

(2010 INSERT. Julie channelled a staggering 27 variations of the word ‘MUST,’ and 61 variations of the word ‘NOT.’

This night I would like you to notice that the words “FIGHT,” or “FIGHTING,” was channelled 10 times, “PAIN,” “PAINS,” or “PAINFUL,” was channelled 8 times, and the word “FEAR,” was channelled 7 times.

Last week Julie channelled that I surrounded myself with too much negativity; well do you think these channelling’s of Julie were having a negative effect on me and my students?)
Here’s another chapter to give you a break from Julie.

While Nadia and Jeremy were on holiday, spirit must have arranged for three new students to arrive in the class, the first week Janet and Angelo started their first class, where they both went on the Basic Chakra, Pyramid and Shangri-la meditations.

The following week Janet brought her partner Calvin, to the class. But unknown to me Judy and Calvin had already gone on the Meeting higher-self meditation, as it was in volume two, which she must have, I can’t remember everyone who bought the first two volumes. So they both met a guide instead.

When I was told by my guides the next meditation to take the new students on, I thought it was a bit soon, but I was wrong, and it was the right meditation to give them.

As their first meditation experiences are not connected to the second meditation we have decided to leave them for the fifth disc, and only give you their second meditation experiences, and we will leave out the channelling because no guide or higher-self thought it was necessary to channel through any of us.

**HEALING CLASS 4/5/93**

**CALVIN, JANET**

**MEETING YOUR HIGHER-SELF AND GUIDE MEDITATION**

**PAST-LIFE RE-CALL MEDITATION**

“Greetings my children, tonight, we want you to go on another meditation, as we want you to experience one of your past lives. This meditation will help you overcome a subconscious fear that is affecting you in this life.

Each one of you will have to speak out when it is your turn, describing what you see so that you can be instructed on what to do with the memory, and how far to go. We will ask certain questions for you to receive the answers from your higher-
selves.

We want you all to relax and take three deep breaths, then you have to ask your higher-self, mentally, what memory it wants you to experience, to help you at this stage of development, and when someone starts seeing a previous scene, please speak it out and we will go from there.

Even though you may think that it is your imagination, speak it out and more of the scene will appear for you, because your mind blocks it if you do not accept what you see in your meditation, as you accept then you will see more.”

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

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

**JANET’S PAST RECALL MEDITATION EXPERIENCE**

( JANET) “There are mountains in the background, and it's like a small place, and I can see houses there, and they're flat roofed, and it seems to be on a seaside, with the mountains in the back. Yeah, it's on the coastline, and there are a few boats, like fishing boats.

I'm in the Mediterranean somewhere. I'm sitting on a stone wall at the edge of the village, and I'm just looking out over the sea, and I got the feeling of a tidal-wave, but I'm not seeing anything yet.

I'm a young girl, about thirteen or fourteen. Yeah, it's a tidal-wave, I can see the sea rising. I'm getting a little bit scared. I get off the wall, and I'm running back to warn people, and I'm running through the village, and the houses seem to be stone, but the pathways are dirt, and I'm telling the people that there is an enormous wave coming, but nobody is taking any notice of me.

I'm getting very frightened, and I must be running towards my house, to try warn my parents, and I cannot see this wave, but I know it’s coming. I'm running away from it, and all I've got in my head, is to get to my house to warn my parents, but I can hear it, I can hear the swell, and I can hear the crash, and I'm not game enough to look
And it’s coming through all the village now, and I can hear it behind me rushing down. It’s rushing down the pathway, I’m being swept along, and I’ve hit my head on a wall, or part of a house, and I’m still not dead yet, and it’s bashing me around.

Okay, I’m out, and I can see myself going, and I can see the tidal-wave rushing down everywhere. I’m dead now. It’s feeling shock, amazement, shock, fear. It’s just getting over all the fear.

(I’m sorry if Nadia is confusing, but she mostly describes this past life of the little girl as ‘It,’ if this occurs once or twice, I would retype it as ‘her’ or ‘she,’ but because when Nadia did use the word ‘she,’ Nadia reverted back to using ‘it’ straight away. I don’t know why, but I will leave it the way she spoke it.)

“Does she know she's dead?”

[Janet] “Yes, yes. It’s lost the body now, the body’s disappeared. It seems to be calming down a bit, now. The feeling is gone, and she’s feeling calm now, just floating like in a void, it’s just black. It felt lost, it didn’t understand it. It was completely foreign to it, as though it had never been there, before, it didn't understand what it was.

I think, what I'm getting, is the tidal-wave was so traumatic, that the leaving the body, and being in the void, it just can't accept, or it just doesn't know.”

“Ask your higher-self why you are being shown this.”

[Janet] “I'm getting the word insecurity.”

“Ask your higher-self if there is conditioning into this lifetime, connected with that whole experience?”

[Janet] “Yeah, it is, it's connected with my confidence. My confidence is there, but I hesitate, and I don't go forth sometimes, I stop.”

“How does it relate to that lifetime?”

[Janet] “I think the sudden fear... it was the sudden fear of, ‘I'm afraid of what will come.’ The confidence is there, but I'm afraid of the confidence.”

“What do you mean by confidence?”

[Janet] “I'm afraid of myself, because those people didn't believe me,
when I was warning them; they didn't take any notice of them.”

“So when you want to get people to believe you, you don't feel confident that you will be able to get people to believe you. So you have to release this belief that you will not be believed.

So, does your higher-self write on the blackboard, ‘I release the belief that I will not be believed?’”

(Janet) “No, they're telling me to say that.”

“That's right, that's what I'm saying, I'm just saying, is that what you have to release?”

(Janet) “I release the fear of not being believed, that's what I had to say.”

“Ask your higher-self if connected with that confidence, is a fear that no matter what you do, you can be overwhelmed by...?”

(Janet) “My negativity, my self-doubt?”

“...the fear of the unexpected coming along, and...?”

(Janet) “Confuses me?”

“Ask your higher-self if there is a fear connecting with no matter what you do, you are not in control of your life. As if you are a victim of fate, did it have that affect on you?”

(Janet) “In that life-time, it did, yes.”

“Yes, but I'm saying, did the fear come over into this, although you were sitting there quite happily thinking life’s great, and minutes later you were completely wiped out.”

(Janet) “That happens to me all the time.”

“Yes, but what I'm saying is that if that belief is strongly conditioned from that life-time...?”

(Janet) “That's why it's happening.”

“Ask your higher-self if you have to release the belief that when everything is going fine, you're going to get creamed, putting it...?”

(Janet) “Yeah, I'm with you, now, yeah. I release the belief that when my life is right, that I don't create a disaster.”

“Or release the belief that a disaster will come to me.”

(Janet) “I release the belief that disaster will come to me.”
“That's good, because what's happening, is that you are getting into that state of consciousness, where everything is sweet and fine, like you were in that life-time, when you were sitting on that wall, and then it’s activating that subconscious memory of disaster coming, because you’re nice and happy, and fine.

And that puts into motion the attraction of the disasters that come to you, because we create what we believe, or we arrange subconsciously, to be in the wrong place, at the wrong time, to have the disasters happened to us. It's like our subconscious sends out these feelers, 

‘Where can I find a disaster to fulfil this belief?’ And the subconscious says,

‘Over there, there’s a crash coming, I'll get to Janet to go over there and walk in front of the car.’ But it works like that.”

(Now I know why your higher-self wanted me to do this past re-call meditation tonight. I thought it was a bit soon in your development, but if you had been going along fine in your classes, which from experience, most of my students succeed to do so, then your subconscious conditioning might have become activated, and it might seek out a disaster to fulfil its programming, which might prevent you from coming to these classes.

This kind of thing has happened before. I had a very young student, who found that she had made a vow in a past life, that if her lover left her, she would commit suicide.

She also was shown in her first past life viewing, like you were, of her first few past life-times, where she died in accidental circumstances, until it was getting beyond a coincidence, and the circumstances of the separations were different, like her lover dying, or she left a lover, but the outcome was the same, she died very soon after the separation, from all manner of causes.

This student had only been in the class a short time, when these past lives were shown to her, of the connections between her
separations and the deaths which followed soon after.

As in her private life, she was preparing to leave her first and only boyfriend that she had ever had.

And I don't think her higher-self wanted her absentmindedly stepping of the pavement, to be creamed by a semi-trailer. I bet she had cold sweat at the end of that class-night, just thinking if she hadn't been to a past life therapist, but had gone to another type of healer, like Shiatsu, Reiki, or even most spiritual healers.

But there were also complex vows of never loving anyone else, interwoven with the main vow, which also were made in past life-times, which were activated in this life because the spirit of her past life lover was her first and only boy-friend in this life.

That reminds me, I must do a survey of how many spiritual healers either see a patient's complex past lives, or help a patient see their past lives.)

CALVIN’S PAST RE-CALL MEDITATION EXPERIENCE

(Calvin) “I was sitting here listening to Janet, and my higher-self was showing me a few things, and then it just stopped.”

“He waited for Janet to do hers.”

(Calvin) “When you were talking about the tidal-wave, I could feel that with you, at the time.”

“You’re close, you see, and you’re also more psychic than me. I mean, I don’t tune in to people, I tune up to what the higher-self and guides want to show me...”

(Calvin) “But that’s psychic.”

“Yeah, but you were picking up what she’s experiencing, because you do that. Being taught to psychically tune into other people, shouldn't be done, because you can start using that power, and can use what you find out.

I don't do that, I don't know half the time what's going on, I just know, recognise scenarios that the student patient describes, or what they mean to me, without actually psychically seeing it, or experiencing it.
Like when as soon as Janet said that she was running down the path trying to get people to believe her, there's a tidal wave coming, and they didn't believe her, I thought maybe there will be conditioning set up there.”

(Janet) “Yes, well, you see that never entered my head.”

(2010 INSERT. But there may not have been, but for two reasons I don't tune into spirit and ask them straight away. ‘Is Janet suffering from that type of conditioning?’

Firstly, I allowed Janet to receive communication from her higher-self or guides, if she was conditioned by it, and as an exercise in complex communication, to give her people the opportunity to see if they can communicate the awareness of any conditioning, in case they want to flash her memories of instances in this life where she has been afraid to speak up, for fear of not being believed.

Because if she had not been as developed, I could have laid out the effects of the conditioning, and she could have asked her higher-self, if it was so, which is easier to communicate to me first, from her higher-self.

Secondly, if it wasn’t me, and another psychic had tuned into her and found out about the conditioning, then told her firstly that they recognise, that she is suffering from the affects of conditioning with this trying to warn people, or as I would call it, ‘Doing a Julie.’

Then she would have been denied her own higher-self showing her, with a brief collage of this life's events and experiences, which are the results of the life you have just been shown, showing her the blockages or affects of that life-time conditioning.

And this is very important that every student allows and get used to their higher-self, you could say, working the rewind switch of the memories of this life-time, in helping to show the students how the affects are connected to the past life they have just been shown.

So that a student won't rely on me, or on anyone, psychically picking up the effects of your past-life, and the resulting effects on this life. Which means when you develop the link with your higher-self, you’ll be able to do this at home, on your own, with your higher-self showing you?

But remember, at this stage your higher-self and guides can show you
the causes of events, and their effects are easily recognisable, but your higher-selves will wait until your communication and trust in what you are understanding has increased, to be able to show you past life conditioning, that you may not be able to recognise now. Maybe I will, maybe I won't, to release, you can be shown scenes of a past life that have been affected by conditioning, and we can figure it out, from that information, and confirm it with your higher-self.

I am also teaching by example how to run development classes, as guidelines for students to become teachers. As in classes where the teacher is like an Oracle, the ego of the teacher may be boosted, which can interfere with the guidance from spirit, and also from previous class experiences, you can say anyone including lower vibration spirits can, you could say work, the play button on a video representing the students past life, for teacher tuning into your past life psychically.

But that doesn't give the play button operator, whether they are the so-called medium tuning into the students past life, psychic, or teacher, or a lower vibration spirits, helping the medium, the wisdom to understand, what they are seeing, or the wisdom when, or how much to tell the student or patient what they psychically perceive.

Just because a teacher wants you to describe everything you are seeing or hearing on your meditation or past life, it doesn't mean that once you are developed and become a teacher, or healer, that you should tell your students or patients straight away what you're picking up, if you are using your psychic perceptions, and not tuning in to your guides to receive these perceptions, and then you have to distinguish if you're figuring out what the student is describing.

And if at the same time you are psychically tuning into the scene, how are you going to know what your guides want to show you, which could be a higher form of perception than your own psychic ability, and at the same time that your guides are showing you maybe something different, and they are explaining to you what they are showing you, because let’s face it, they are the experts in past life conditioning, not a person who has got the memory of one life-time, which is only half lived.

And maybe your guides know when is the best time to describe what you are being shown to the student or patient. This is where you have to
feel from your guides when to speak, and how much to say, like placing a stepping-stone in a stream. So your student can use the stepping-stone to get where they want to go.

Which represents a tailor-made meditation that will help the student, to see the stepping-stone, for them to use? Or if the student patient is crossing the string using the stepping-stones with a wide choice of stones, but they can't see because of a mist, that their choice of stones runs out, but their guides know the complete crossing and give me the right stone at the right time to place in their path to divert them in the right direction.

The Stones represent development with direct communication from their guides and higher-self, as long as they're not blocked from past conditioning, from seeing a stone in front of them, that's when I or the other students may receive the knowledge from their link with their guides, because they are not taught to tune into the student having difficulty, then they can help the students to see the stone in the right way, not say to the student.

‘If you step forward there is a white square stone there, but you can't see.’ That's like telling the student who they were, in the underlined analogy, describing who is the student's past life, but not explaining the conditioning, which is all the harder if they are told who the student was in a past life, and the student finds it too hard to believe, and doesn't accept what they have been told, which then blocks being shown the crucial events in that past life, that needed to be released.

Or telling a person that they were attacked and raped by two men, and they are now your close relatives in this life, how does that help the student release fears, it just amplifies them.

This is why I went through such a hard lesson, with the past student known as Julie, who with Caroline, told me who I was in a past life-time, just the name of the person, and because I couldn't accept it, I had to wait three years before other students who had a past life with me. With that named person.

But my guides and higher-self, over the previous month's had taught me how to guide the students in finding out, and seeing their past lives, without them knowing that the past lives they were viewing were
famous, in that books, TV series and movies had been made about these past life people.

So it is very important for students and teachers to develop communication, and psychic senses, to only tune into the students guides, higher-self, or their own guides and higher-selves.

Not tuning in to a person's past lives. Not tuning in to the patient for diagnosis for any reason. If your guides want to show you your patient psychically, then what you are perceiving, is that what they are focusing your psychic senses to perceive, for a reason, but you have to find out from the guides before you blurt it out. Very often other students have come to me after the class and said,

‘You know I get the feeling you know most of the answers that you are asking the students to tell you,’ and I would say, ‘Yes,’ but when you receive the answer from your higher-self or guides, you will more accept the answer, and you are practising receiving communication from them, also I don’t want you asking me questions, and if I wasn’t first told what you are describing, and then my guides show me the purpose or reason for why you are shown it, for me to ask you questions, so that you can exercise your communication with your guides, then there would be silence, and then you would bombard me with questions.

You see very often what you disbelieve or cannot understand, you will describe to me, where I do believe, or understand the complexity of what you have just described, which I first confirm telepathically, then I explain it to you, so that you can understand, then I get you to ask your guides, if this is so.’

“Even if I have the ability to recognise conditioning, from being a past-life therapist in previous life-times, from what the student describes of a past life-time, I still have to consult the patients or students guides or higher-self, you see, you might have four potential conditionings.

Two of them might be active, the other might have been released in spirit, at the end of the life it came from, and another may lie dormant waiting for an experience in this life, to activate the conditioning, which could be harder for you to
accept or recognise, as it hasn't been triggered.

So I have to wait until you find out, like when you are shown on a meditation that you have a reaction to either a situation, or certain people, and then you are ready to accept, and you can recognise, or your higher self tells you.

Sometimes I am told of conditioning that the higher-self hasn’t told the student, but I have recognised it from a student’s description of their past life, and when I have asked my guides, I have been told this conditioning was arranged, and that it is to stay in place, because it has been requested by the students higher-self as a tool for spiritual growth and achievement.

This is one of the big reasons I am trying to ween you off tuning in to other people, or objects, because in this class you can learn how to be past life therapists, if your higher-self want you to learn the ability.

So when I asked, ‘What does the lack of confidence mean?’ I was really wringing it out, to try to get you to understand exactly what it was, so that you could see the conditioning, and except it. So you can release it, and so that I didn't get it wrong, myself.”

(Calvin) “That was good to hear, because it does fit in with…”

(Janet) “Oh, yes, my little disasters that I have.” (Calvin) “Yeah.”

(Janet) “And they just happen out of the blue, like that, bang.”

(Calvin) “Just before, they were showing me a convent, and I think I was a nun. She is quite young. She was put in there, because she didn't have anyone else. She didn't want to be there, and now she's holding a baby, her baby. I think it was a traumatic experience, the reason... I didn't go out to have the baby; I was forced, like rape.”

“How do you feel towards the baby?”

(Calvin) “I love the baby.”

“How does the church, the rest of the nuns in the convent treat you?”

(Calvin) “They're not showing me. Somebody killed the baby. The Mother Superior killed the baby.”
“That's why asked. How do they react to you having the baby? How did you feel about that, the baby being killed by the Mother Superior?”
(Calvin) “There was a lot of anger, but there was just crying.”

“Sadness, grief?”
(Calvin) “Yes.”
“Any hatred?”
(Calvin) “Resentment, but I didn't say very much about it.”

“Was the baby taken off you?”
(Calvin) “Yeah, the baby was killed, while we were all asleep.”

“So, you didn't know that it was going to be done?”
(Calvin) “No.”

“Certain emotions may not appear at the time of the incident, so they might slip you forward in time, weeks, or months, to find out about other emotions.”
(Calvin) “I just left the convent.”

“Any other emotions come up, like guilt, feeling guilty?”
(Calvin) “Yes.”
“Now what was the guilt connected with?”
(Calvin) “The guilt was of me allowing that to happen.”

“Yeah, but sometimes we believe things, and they are not true, but our beliefs create the guilt, but you couldn't stop it happening, it happened, while you were asleep, you didn't know it was going to happen in the first place, unless you felt there was a danger towards the baby and didn't do anything about it, or tried to get out.

If you felt that, then you would be feeling guilty, because you felt the danger, and didn't... I don't know, you have described what you know, to the point of the death.”
(Calvin) “The spirit of the baby was okay, from what I could see.”

“What I'm saying is, was the feeling of guilt, false guilt, or do you have any ammunition feeding the guilt? Or was it all a belief of the guilt, with no structure to it? Where did the spirit of the baby go?”

(This last question I feel came from our guides, I feel getting Calvin to see that the spirit of the baby was looked after and fine, was the best way to loosen the strength of this guilt conditioning.)
“It went over big tunnel of light.”

“So it was looked after?”

“Yes, I think it was a baby girl.”

“Does your higher-self want to take you forward in time to when you left the convent, because that experience may have created beliefs, which further action may have eventuated from. I mean, you could have either completely forgot, and ignored what happened, and got on with your life, which I don't think happened, because of the guilt and stuff like that, so just ask your higher-self, if he wants to show you more of that life-time.”

“No, but all he showed me, is that I end up living alone, showing me an old lady, who was by herself.”

“Now you've got to ask your higher-self, what beliefs, maybe false, it doesn't really matter. But you being an adult today, can recognise what you shouldn't be guilty of, and recognise it for what it was.

Because as a young girl in that life-time, you wouldn't have understood what is happening, but you do understand now, and you can release all those emotions generated by those experiences, because they are meaningless now, but they meant so much then, and they were carried on, because the subconscious isn't defused by our intelligent conscious mind.

Only when we know what the subconscious conditioning is, then we can defuse it with our conscious mind.”

“Because I’ve felt guilty, basically all of my life, in this life-time, and I don't know why it's there, and now I can see now, by how it relates, anyway.

And not speaking up in the convent, I didn't speak up about it, I just accepted it and that's probably what it is, to do with this life-time, too.”

“Did it create any fear of speaking up, from that life-time?”

“Yes, it did, very much.”

“Well, starting at the top start asking your higher-self to start writing on a blackboard, the first things that have got to be released, and will go through each one stage by stage...”
Because sometimes the conditioning can make it very difficult to release another conditioning, if the first conditioning is not release first. So your higher-self knows which conditioning is be released first, to allow the following conditionings to be released, and the order of releasing isn't always in a temporal sequence, in that the last sometimes may need to be released first.

“...and you can start releasing them. You say them out loud to verbally cancel out the conditioning in the emotional, etheric body, the belief or mental body, or the physical.”
(Calvin) “He's just saying, release the guilt, there's no need for it.”
“I think he means release the feeling of guilt, not necessarily release the guilt, because you weren’t guilty of anything.”
(Calvin) “I release the feeling of guilt relating to the death of the child in that life-time.”
“Now, ask your higher-self what fears you need to release.”
(Calvin) “I release the fear of being by myself, or the feeling of being alone.”
“What is that connected with?”
(Calvin) “When I was older and by myself, and had nobody.”
“Of course, if you are unhappy by yourself, and the fear of being alone again, like that, can interfere with your life now, by compelling you to make more relationships, or friends, and always be with people, which is not good in your life. You've got to be able to be free to relax and not be pulled to the strings of the conditioning of the past.”
(Calvin) “I release the fear of being alone.
“You see that feeling of guilt, would have been making her avoid people, because it's people that Judge you.”

(When you are alone and are more relaxed about it. You can communicate with spirit and learn, a more complete understanding of the reality that you are interdimensionally existing in.

You could say that looking out through your physical eyes, is like looking out the window of a moving train. You recognise the scenery for what it is, and from your past life experiences, you can extrapolate that
you may be coming near the coast, because you can see seagulls, but it might just be a garbage dump, and other people's communication and opinions, are just other people looking out of the window of the train and giving you their opinion.

But your higher-self and guides can show you the countryside, like looking out of a helicopter, where you can see far into the future and the past, but remember, from what angle. You may have to ask what some of what you see is, because some future events don't show you your reaction to them, whether positive or negative, but that's too black-and-white, I mean more the reason for what you are going to experience.

So being at peace with being alone is very important, with tuning out of the physical plane, and learning more about yourself, because you should not let people judge you, because they have their own hang-ups, but they may convince you with logic that you are wrong, but they are still biased. I'll give you an example. I fussy Virgo visiting someone's place, says to the person,

‘Your place is untidy and a mess,’ and you may feel that the Virgo is judging you, and you would be mostly right. Yet, that Virgo may spend all his time tidying and cleaning his place, but what is he learning from that, and yet the untidy person may realise that he needs to spend more time meditating and thinking about the meaning of life, and he will tidy up, when he has the time. So, who has the hang-up with living life, in following their inner guidance, the Virgo, or the untidy person?

Or a vegetarian who’s obsessed with his diet, so that he can live longer, at the exclusion of enjoying life. But if he was to learn that he lives forever in spirit, and lives many thousands of life-times, he might not be so obsessed.)

“Ask your higher-self if there were any fears connected to the feeling that you were raped.”

(Calvin) “Just the fear of being sexually used, basically, I release the fear of being sexually used, from this life-time.”

“How do you feel about the Catholic religion?”

(Calvin) “I don't like them at all. I hate them. My mother is a Catholic, and I can't stand to be near them. I went to a Catholic school, and I hated it.”
“Right, you've obviously got conditioning from that life-time, with the resentment towards Catholics.”
(Calvin) “I know they instil guilt, that's the thing in this life-time, they instilled guilt, and I don't like them. I release the resentment towards the Catholic Church and Catholic religion, and I set them free from my life.”
“You've got to understand that they are all brainwashed as well, and their life as nuns is so narrow, that just to get power in the Nun-hierarchy, is in a way setting them free from being restricted, of being nuns in the first place, and having to be restricted as a nun for so many years.

That when they get the power, like a Mother Superior, then they go overboard, and that doesn't matter what religion or what activity anyone's in, it's the same principle.

If you suppress sex, and not masturbate, then is going to erupt and find an outlet in another way. It's the same thing with the person that's restricted, and then gets into a position of any power, and because they haven’t been living a normal life in the community, then their judgement is very narrow, and they don't see clearly.

So you've just got to forgive and release this anger, resentment, whatever. We all know that the religion is screwed up, but we can't do anything about it. We've got to release our reaction and get on with life.”
(Calvin) “It is just amazing how it relates in, isn't it? To this life, it's just bizarre, because it's funny with the sexually used bit, I have been in the past, and people are have... you know, taken you for a... Anyway, that's all gone now.”
“Yes, it's similar to what Janet experienced, we create what we believe, we create what we fear in our relationships, and we can't blame the others, because we were trying to fulfil what our programming was, from our conditioning.

I don't think they wanted to show me very much, just the main points. Conditioning is activated when the triggering mechanism triggers it off, you see your Catholic mother, and the Catholic religion, triggered off the conditioning connected
with the guilt, and the loneliness that followed, and all the rest of it.

There might have been a conditioning of a fear, that if you have a child, that it will be taken away and killed, that might not be triggered off until you have your first child, and that the fear might be triggered off by the first child, but it might have been laying dormant waiting. That's how conditioning works; they are dormant until they are triggered off.”

( Calvin) “No, there isn't that fear.”

Calvin then practised channelling, and he first channelled seven young children, who were taken by an angel into the white light.

My guides tell me as a type this, that Calvin’s spirit attracted these spirit’s to appease the unrequited conditioning connected with losing the baby, and also Calvin’s spirit wouldn’t be so lonely, again conditioned, but as the conditioning had been released, then the children can be rescued, and Calvin’s spirit will be okay about that.

Calvin then recognised a spirit of a friend, John, who was Earth-bound, and brought here to channel through Calvin, because he had desires of revenge, because he had been murdered, and because I am quite experienced with talking a spirit out of these desires, and guiding them to the light, that this was educational for both Janet and Calvin.

After convincing this sprit not to seek revenge, the higher-self of John’s still living wife and child, created thought-forms of their earthly physical bodies, but I didn’t explain this to Calvin and Janet, until after John had left, and his thought-form wife told him that they could continue their relationship in the spirit world, And after she told him they could do that, John said,

“Yeah, we’re walking up the stairs together.” Then Janet channelled a variety of five spirits, whose ages ranged from 5 to 64, and at the end Janet said, this,

( Janet) “They’ve all got different personalities, haven’t they?”

All these channelling extracts and their first meditation experiences can wait for the fifth disc.
As you have noticed Julie had now started to attend the beginners classes, and this next class was the following night for the advanced students. The contents of this class I had extracted and used in various other chapters, so I have no hardcopy record of the students meditations or their experiences, if any.

But while Julie was channelling, one extract I used and positioned it following the chapter I compiled on magnetic healing. This following chapter is sort of an explanation of the differences between psychic healing and spiritual healing. So here is the chapter, and any other extracts I used in the original volume one.

I know some of the students who attended, and I feel because of Olivia’s questions the previous class-night, this is why she came again tonight.

BEGINNERS HEALING CLASS 12/12/86
ELIZABETH, JULIE, OLIVIA,
JULIE AS THE CHANNEL

“Julie had a meditation experience the other night; she was doing healing, psychic surgery on the patients in this hospital in spirit. The question that Julie wants to ask is,

‘Was the physical body of the patient being healed by healing the spiritual counterpart in the meditation? And the patient who received a tumour in his head as part of his learning, was that patient's physical body on the Earth at the time that this was going on?’”

“She was in spirit, she worked in spirit. She worked with their spiritual bodies, yet it had an effect on the physical. But she will also work with the patient's physical body and still the spiritual body will be healed. It is possible to do work with both. When you work in spirit, you are able to reach the person although their physical body is not present. You may reach across great distances this way.”
“What is the difference between psychic and spiritual healing?”

“We channel the healing through the path. Think of yourself as split into two parts: the psychic and spiritual sides. We can channel through whichever side is the clearest. Both of you, (Julie and Raymond) have one side clearer than the other, and it is this side that we can channel through to help the auras. However, in many people both sides are blocked.

Your spiritual side is quite clear, Raymond, and it is through this that we channel the healing energy to the auras.

It is the reverse with this channel (Julie). Her psychic side is quite clear, so the healing energy channelled through her affects the psychic (Physical) side of the patient. Similarly healing energy channelled through the spiritual side goes to work on the spiritual part of the patient. So you see that it depends where the illness is.”

(My guides would like to add this. Irrespective of which area the healing is going too, if the cause is still active, either coming from the conscious mind and emotions, or from the subconscious, past lives, already attached spirits, or thought-forms within a damaged aura, or in the patients physical body, then a spiritual healer just healing the damaged aura, or the psychic healer healing the physical body, will not stop the return of the illness, or illnesses or mental and emotional negative influences.

This is why a spiritual healer or psychic healer must learn and develop a strong telepathic link with either their higher-self, if qualified, or guides, and if the illness is caused by the patients past baggage, then only the patient can release this baggage if it is trauma’s, beliefs or emotions causing the illness, but it can also be attached earth-bound, or past life spirits, or thought-forms, which will need the healer to be guided in their removal.

Some of the rest of the questions and answers are a bit confusing and misleading, so be careful what you believe.)

“If you are channelling through the spiritual side, and the illness is in the psychic part, then it will only heal what is wrong with the
spiritual side. Thus the illness in the psychic side cannot be healed until you have cleared your channel on that side.”

(I don’t understand this last paragraph. What if the cause of the physical illness is from the spiritual side, and the majority of the spiritual healer has no blocks on his spiritual side, which is the healers past lives or subconscious beliefs or conditioning, then why would the healer’s psychic side have blockages.

In fact more healers have to clear all the baggage from their spiritual side in the process of developing, so my guides are saying the opposite to what Julie’s spirits channelled.

Most spiritual healers are psychic healers until they go through their process of deprogramming their spirit’s beliefs trauma’s and conditionings, not counting attached spirits from their past lives.)

“Is the psychic side more related to the physical plane illnesses?”

“Yes, psychic deals with the soul, and the spiritual is of course the spirit.”

“What is the difference other than what you have just told us?”

“The spirit is the spark, and the soul holds the spark; it is the container for the spirit. It is difficult to be a perfect healer. We take the example of Jesus as the perfect healer, as both of his channels were clear. But of course this is a very difficult level to attain, he was the perfect channel.”

“So it's all the memories that really make it hard to clear the psychic side?”

“Yes.”

(I may have misunderstood what Julie’s spirit was channelling here, but my guides say again, that the memories talked about here are past life memories, and related areas of the spirit that make it hard to clear the spiritual side.)

“And not many people do, so most people would become spiritual healers because their spiritual side could be more clear?”

“Yes.”

“Because the motivation is there?”
“That is so. Most healers in the world are healing on the spiritual, and unfortunately the psychic side becomes neglected. There is an imbalance at the moment.”

“How can a person overcome all the psychic blockages so that he or she can channel psychic healing, together with spiritual healing, to do complete healing, or are the classes all designed to achieve this?”

“This is so. This is what it is achieving. The healing is very tied up with the rest of the work.”

(I feel that Julie’s spirits were referring to their and Julie’s core beliefs, culminating in the coming meditations and exercises they would channel through Julie, but they are mostly targeted to the conscious mind, and none of them were connected with any past recall therapy, connected with either the childhood, womb or past lives.)

(Olivia) “I would like to know if I have a purpose?”

“We all have our purpose. You say you are new to this. This is not so. I see you as a priest in another life, and very good and religious priest. And your pursuit of theology was very keen and eager, but you did not quite make the connection between the Bible and the true story of creation. That is what you must learn in this life. There is great value in all the religions, but they fail to see the true meaning. In this way you can help.

You are concerned about your children, but we can tell you now that they will be with you in the golden age. You will learn that spiritually you may help them in this life. It is through the spiritual body that you may give them more aid than through the physical body.

There will be distance between you physically, but you can breach the spiritual gap. The lesson you are learning from your children is you must expand to your dealings with other people. You are going to learn that we cannot depend on anyone else, no matter how dear to us. In ourselves there are enough wells of courage and strength for us to depend on. Sometimes the people that we love can hold us back without realising it. That is all.”
BEGINNERS HEALING CLASS 18/12/86
ALICE, ESTELLE, CAROLINE.
ATLANTIAN HEALING TEMPLE BY THE NILE MEDITATION

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

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

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

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

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

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

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

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

(Appproximately ten to fifteen minutes silence)

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

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

ALICE’S MEDITATION EXPERIENCE

(Alice) “When I enter the Temple I found I was attracted to a fountain in the middle, and it had an umbrella of colours, like a rainbow, and attracting me to go under the rainbow. So I went under the rainbow, and then there was a tunnel, and I was going through this tunnel, driven by, you know those barber stripes, it went like that, indigo and green.

Then I was in a thing, you know the words kept coming into my mind, so I went along the channel and came to this thing, that was the Valley of death, that's the word for it, that came to my mind, and everything was grey, and I said, ‘But what is the Valley of death?’ and then again words came, coming into my mind.

‘The Valley of death is not knowing, its lack of knowledge and understanding, ignorance.’ So we had to learn more, and we have to seek wisdom, wisdom doesn't come to you, you have to look for it, you have to try and learn it.

Then I was in front of a man, I could see only his chin and a bit of his nose, and he had a moustache, that's all I could see. I could see that he was coloured, and then the words again came to my mind, the importance of mixing with people of all races, and of all colours, and being friends and loving everybody, no matter what. And that's a message
to me, because there are some that I don't like. Okay, I won't say any more.”

**ESTELLE’S MEDITATION EXPERIENCE**

(Estelle) “I went into the Temple, and I saw a blue light. I went where the blue light was, and I saw little boy with fractured ribs. I put my hands on him, to try and heal him. I did that for a while, then when I felt it was healed I went to the next person. There was a man with a broken leg when I did the same thing.

Then I went into a room where the green light was, and I saw a woman with a bandage round her head. I put my hands on her head and tried to heal her. That was it, I was instructed, and I heard what to do. They told me how to place my hands, and concentrate on just healing, the person. I saw Caroline walking by, too, just before I went into the blue light.”

(Caroline) “That's where I was, I was at the blue light.”

(Estelle) “You didn't say anything to me in the meditation.”

(Caroline) “No, I didn't.”

(Estelle) “You were just smiling at me, and I smiled back. When I was healing, I saw blue and pink going to the person I was healing, from my hands. They came from both hands, sort of like a cone.”

(Sometimes students see each other in their meditations, and confirm that they were actually there. Even I have been seen a few times in meditations, even though I am busy sensing everyone in the classroom, like a Guardian, as I don't consciously go on their meditations.)

**CAROLINE’S MEDITATION EXPERIENCE**

(Caroline) “I saw very clearly a Chinese girl or woman. It seems as if every meditation has got Chinese people in it. I felt sort of drawn to her, but I didn't really want to go to her that much. I felt good feelings with her, but I wasn't sure whether to go to her or not.

So I asked my guides, and I decided to follow her and see what would happen. I went up some stairs into the Temple, and went to the blue
light. There was a different Chinese lady standing by the blue light, but I wasn't allowed to go into the room; I was being pointed to some stairs across the corridor. All I could see down the stairs was something like a subway, like a long tunnel. I didn't like it, I didn't want to go down it, I was afraid.

Some old Chinese people came out then, and they wanted to take me down there, but I didn't want to go down, so I was asked, where my guides were. The guide that I have seen in other meditations came to me and stood behind me. Then I felt safe, because I trust her, so we went down into the tunnel, it wasn't a very long one. It wasn't as long as I thought it was.

I went up some steps into another big room, which was a celebrating room. It was full of Chinese people, and they had parcels and Christmas decorations everywhere, and there was a Christmas tree. I felt as if there was a parcel in that room for me, but it seemed to be just out of reach.

Then a Chinese girl came up and gave me a box, which I felt a little bit afraid to open. Nevertheless I opened this box, and inside, I won't describe what it was, because I'm not sure what it was. I could see it, but don't understand what the gift was. Well, I felt as if I had been given it too soon. I think that somehow the gift was coming to me, but not just yet. I couldn't understand it.”

“My guides have just told me, that you had an unpleasant experience with the Asian race in a previous life. So your meditation was to learn that Asians can be nice to you, so you need not be afraid of Asians.”

(Caroline had been in other meditation circles, when she was referring to her guide, and other Asians she kept meeting on her meditations. But this was her first night in my classes.)

RAYMOND AS THE CHANNEL

“Tonight, you were brought to a Temple to experience many things, which will help you overcome your negative reactions to experiences in this life. You will be taken to many temples for different experiences, which will stimulate your mind and body into
releasing your reactions, which have been programmed by the many life-times you have lived.

This is necessary, as even the ones here who think that they do not react, or do not fear anything, may have avoided certain experiences, so often, that it has become a habit. So they forget they have their fears and dislikes, and reactions. We that live here on Earth arrange our lives to suit ourselves, and it is very hard to put yourself forward, to be a servant of God, if you organise your lives to experience what suits you.

You have to take a good look at yourselves and ask yourselves, how much you are willing to do for others, whether it be healing, or advice. Or are you still devoting your time to pursuits for yourselves.

When you start devoting your life to helping others, and following the guidance from spirit, you will be shown new experiences, which will help you grow in wisdom and freedom, so you can develop your link with spirit, easier. You will have less fears, and more wisdom and knowledge, to relax you with what you will experience in your meditations and classes. Do you understand?

You will be able to develop at home, if you follow the correct procedure, and be careful who you communicate with on the other side. O heavenly Father, we thank you for your blessings on this class tonight, for your presence has been felt by many here in spirit, and we wish you all a happy Merry Christmas, drive safely.”
I don’t remember the meditation I gave the students, on this night, but it was to a temple where there was a golden flame, and a teacher to lecture about healing, for the students.

Only one student described her meditation experience, but the rest of the students practised channelling, and it was Caroline’s, Estelle’s and Olivia’s first time to practise channelling in my classes.

ADVANCED HEALING CLASS 19/12/86
ESTELLE, JANE, JOHN, CAROLINE, OLIVIA
ESTELLE’S MEDITATION EXPERIENCE

(Estelle) “We went into the Temple, where there was a large hall, and we all sat down, where the gold light was. We all took turns standing in the golden flame, and then sat down. Then the master started saying,

‘If our best friend was dying, or something, what would be the first thing that you would do?’

We all took turns with what we thought, then we went to each individual patient.”

“Did he tell you anything about that, about what you would do?”

(Estelle) “When he was lecturing?”

(Estelle) “To put pink light through, and lay the patient down first; to put your hand over the patient almost as if you are touching it, but not quite, and then think positive. After a while, about ten minutes, or whatever it takes, the problem will go away.”

“What was wrong with the patient?”

(Estelle) “It was cancer of the lungs, I think. Then we went to different patients; I went to another patient with cancer of the lungs again. So I practised on that patient, sending blue and pink light, through this hand and one through the other, like a beam and that was all.”
“Tonight you were taken to a Temple where you experienced a golden flame. This flame was for your healing development, and will be there for you when you need it, if you wish to come to this Temple again.

Your teacher tonight was explaining many things for different levels of your consciousness. Your mind has many levels to learn on, and you were taken to this place, for you need more adjustments to your auras and chakra’s.”

JANE AS THE CHANNEL

“God is with you, with this special time of the year. We from the spirit world, wish you all the joy that is coming at this special time. We hope you can feel and enjoy, knowing that this time is the most beautiful time.

Use the lessons well, that you're learning, go to the energies that are given to you, because we are all giving you special love and care at this time. We wish to express our love to you, and add a blessing to you, for there are still many burdens that are not burdens for you to carry through your life, to learn by, to gain knowledge by, and learn to love by. We bless you.”

JOHN AS THE CHANNEL

“All life is energy, and at this time be conscious of all the forms of life. A spirit can just as easily be a guide sitting on a curl in the breeze, or sitting on a leaf, or in a chair next to you. Welcome the gentle sunlight, for its cleansing healing rays. Be conscious of nature's forces, for the special warmth of people. At this time, look for the healing rays of the hosts of God, fires of the Lord.”
CAROLINE AS THE CHANNEL, FIRST TIME.

“This Christmas will be a refreshing time, and time to help uplift, to help a soul to feel light. Enjoy to feel unity with loved ones, others around in the world. Feel the love that in reality flows between each and every being.”

ESTELLE AS THE CHANNEL, FIRST TIME.

(Estelle) “They’re saying, to wish you a merry Christmas, and try to be nice to each other all the year, instead of once a year, and what you give out you get back, and how you treat people.”

OLIVIA AS THE CHANNEL, FIRST TIME.

“Greeting’s everyone.”
For this class night, my guides had given me a meditation, to take the students back in time to Atlantis to study healing techniques. In a Temple of healing, where the students’ guides will show them what their higher selves wanted them to learn.

I never recorded the meditation, and because Julie was going to be taking the students on a second meditation, I channelled what my guides wanted to explain about the first meditation.

ADVANCED HEALING CLASS 23/1/87
JULIE, CAROLINE, JOHN, NAOMI, GEORGE.
ATLANTIAN TEMPLE OF HEALING MEDITATION
RAYMOND AS THE CHANNEL

“Tonight, you were taken to a Temple set in the distant past. Your healings were shown to you, for this is what will be performed in the future, as you are being prepared to use these methods and techniques of healing.

Some of you will be using these techniques in the next dimension, which you will go to in your future, and you will be changed to become aware of the dimension that the healings will occur in.

You are being shown the past healing techniques, because they were practised more often at that time, than the present time. You will be shown more scenes of the past, in connection with your development, as you keep coming to your classes.

We wish to thank Julie for coming tonight, for she is needed by many souls. As she is channelling, the knowledge will be teaching, many more souls which are in spirit on different levels, because this classroom is attended by many more than the physical people here.”

(2010 INSERT. This next experience which Julie went through needed our participation. She didn’t relay what she experienced on her meditation, but must have known that she
had to describe what she was seeing to get everyone else to participate, which may have meant she knew in advance what she was going to do and say.

But I cannot distinguish after Julie is describing what she is seeing, if Julie then channelled the instructions for us to perform the exercise, or if she is speaking out the instructions from what she has memorised, or maybe what she had to describe came into her conscious mind telepathically, to say to us, as she never said at the end of the exercise.

Before you read what Julie described, my guides asked me to compile a list of questions to ask my guides, about what you are going to read, specifically for the readers of this text book. You know how I usually receive yes answers to most of my questions which I ask my guides or higher-self.

Well, this list, I had to ask questions of what Julie was channelling, and most of the answers which came from my guides, were in the negative.

I didn’t have a good feeling about the exercise when Julie described what we had to do at the beginning of the chakra exercise, and at the end. And when I asked now in 2010, my guides answered with a ‘Yes,’ when I asked if my guides and higher-self were blocking me from going along with the exercise, but they also told me that they didn’t have to block me much, because I had felt subconsciously that something didn’t feel right.

Oh, I have only recently been explained the reason why Julie was allowed to receive the guidance for all these exercises, and the motivation of everything Julie had channelled, and why I was kept in the dark until 2010, and also why, once, I had all the material I needed for all these text books, and had already printed about 40% of the material in five volumes, which was to help gather the students who came to add to the material, I was influenced from my guides and higher-self to think that I had failed to give to the world these text books.
The spirit influencing of certain people to get me to believe that I couldn’t get the text books published, because I didn’t have copyright to the text books, also came from my own guides and higher-self, and any text books I printed and sold, would be followed and monitored, to make sure that they didn’t find their way into the hands of any publishers.

So I shelved all my books, stopped running classes, and even going to spiritual churches, my guides stepped back, and I was led to believe that God had chosen someone else to enlighten the world about what my text books were all about.

So after about fifteen years I met someone at the markets who was selling new age books and had her own new age set up, like healing and counselling, who lived not very far from where I lived, I immediately felt the presence of my guides, so I came next week, and gave her volume one to read.

Before I spoke to her again I woke up with this helmet machine on my head, so when I saw her again, she said, why don’t you put all your text books onto computer disc, and sell them that way?

So I went home and talked to my higher-self and Guides, and they explained why I had gone through all this shut down and belief that my books weren’t the chosen books for the world, and after ten months of wearing this helmet, which I feel the mechanism working on the different areas of my psychic development, they have now explained another reason the helmet will stay on, until at least the first discs have been mailed out.

And that is that the helmet is also a telepathic filter, not filtering what comes to me, because I don’t send out telepathic feelers to tune into other people or even lost souls that I am rescuing nearly every day, and they are getting more frequent.

I have noticed, my guides let me know when a lost soul is following me, I send out the thought to tell where the lost soul is to go, but I am blocked from any answers from the lost souls, my body lets me know when they have been rescued, or if I
feel there are more to continue to rescue the extras.

But my guides say that a specific function of the helmet is switched off while I am doing a rescue, then after the rescue it is switched back on, and it acts like a cone of silence, telepathically. My guides and higher-self, and spirit helpers of these discs, are like inside the cone of silence, and I have no problem in receiving guidance from them.

Anyway here is the list of questions I asked my guides as I put this material back on a disc.

‘Do you want me to ask all these questions, so that I can type the answers on to this disc, before anyone reads this exercise?’

‘Yes, Raymond.’ ‘Are you telepathically giving me the questions to ask?’

‘Yes, Raymond.’ ‘Did Julie receive this meditation from her Guides?’

‘No, Raymond.’ ‘Did Julie receive this meditation from her higher-self?’

‘No, Raymond.’ ‘Did Julie receive this meditation from a real Master?’

‘No, Raymond.’ ‘Did Julie receive this meditation from a book she had read?’

‘No, Raymond.’ ‘Did Julie believe she was receiving this exercise from a real Master?’

‘No, Raymond.’ ‘Did Julie know where she was receiving this exercise from?’

‘Yes, Raymond.’ ‘Did Julie know that what she was describing, about the Master helping Julie to go through this exercise, was untrue?’

‘Yes, Raymond.’ ‘Did Julie believe she was receiving this exercise from God?’

‘Yes, Raymond.’ ‘Was Julie receiving this exercise from God?’

‘No, Raymond.’ ‘Did Julie’s higher-self and Guides allow her to receive this exercise?’

‘Yes, Raymond.’)
(Julie) “For some reason, there’s a focus on this room tonight. I can see myself standing at a lectern on a stage, and there are many, many people in the audience. I hate public speaking, and there are no notes on the lectern. What does transmogrification mean? I think that's the word. Complete change. The lecturer said to all the people,

‘You have been called here tonight, to witness an important event, the transmogrification of Julie.’ I feel uncomfortable about it.

They want me to step inside a cabinet, and they want everyone here, including all the people who aren't visible, to focus their energy on that cabinet. You have to summon every bit of strength, courage, energy and healing, that you have in all of your seven bodies.

‘First, you must raise your vibrations to the highest level. You may feel some giddiness, or sickness, because the bodies have not been raised to the high level before. It will only happen briefly, there can be no holding back; a great amount of energy is needed.’

Now, I'm inside the cabinet and sitting down inside the cabinet. You will be given a signal to begin projecting, but first you must open all your chakras.

Begin with red chakra at the base of the spine. Imagine it as a flower opening up, also imagine it going through the cycles of its life, coming into full bloom, withering, once again coming into full bloom, and thus completing the cycle. Feel the heat of the red energy, the red is projecting courage to your seven bodies. Hold that courage; it is one of the projections that you must give later.

Now, the Orange chakra; again the flower... the birth, the full bloom, the death, and the rebirth.”

(2010 INSERT. Remember in an earlier chapter I mentioned Julie’s core beliefs, that one of them was that she believed change can best be overcome by the symbology of death and rebirth, this is a very Scorpio’s and the planet Pluto’s way of doing things.)

“Your body is filled with the Orange chakra. Feel its vibrations
from the tips of your fingers, to the soles of your feet, throughout your whole body; there may be some tingling.

Now the solar plexus, a yellow chakra; the flower is grown, then it withers, and is born again, and unending cycle. Yellow is dealing with the intellect; focus on that. It is dealing with the intellectual body, which must come into play in the projections.

Now the heart chakra, which is green or pink; the flower, remember the cycle of life and death, and let your body be filled with the colours. As each chakra is passed, your vibrations are raised. If you are experiencing discomfort, that means the vibrations are going higher, it will pass.

The throat chakra is blue; blue flower, peace. Project the peace; hold the peace in your minds, and in your bodies. Blue flowers turning to dust, and rising and again from the ashes. I can feel the energy is rising.

Now the pineal gland, the Indigo chakra behind the eyes, the all seeing eye, the wisdom eye; the flower unfolding, blooming, dying, and the hope in the dying that leads to rebirth.

Now we come to the most difficult of all, the top of the head chakra, a brilliant purple chakra. The purple is almost unbearable; it is the most brilliant purple that you are ever likely to experience. It may seem as if it will overwhelm you, but is actually feeding you the strength to cope with it.

Imagine a royal purple triangle above your heads; imagine it getting larger and larger, and descending upon your body, until your body is contained within it. It is a huge purple crystal in the shape of a pyramid. It represents your spiritual life, and it contains your seven bodies. Through this pyramid, you will become the focus for the projections.

Now the purple changes to a bright white light, so bright that your eyes are almost blinded. It is the purest light that you have ever seen; it contains all the colours making it the strongest vibration of all.

It pulsates through your body, filling you with a strength you have never known before. Feel that strength building, coursing
through your body. You can feel it in your hands, rushing up your arms, with your legs, all through your body, rushing to your third eye. And now you become the focus behind your third eye, you are looking outward through that eye, and it is through this eye, that you must project the white light, that is filling your body.

Now all of you can see the stage, and you can see a man up on the stage, and very old man, who is wearing a long white robe. He is very old and very wise; he is one of the Masters. There is also a black cabinet, up on the stage, and it is upon this cabinet that you must focus your projection of light. The white light that you project is the purest light that you have ever felt; it is the purest vibration of all.

Now, I call upon you all to send that light to the cabinet, send it strongly, with as much force as you can muster; shoot it out of the eye, straight at the cabinet. See the cabinet change to a bright white light, as your projection fills it; pour it on, use all your strength, project the light. The more you project the light, the more the cabinet changes colour.

It goes through all the colours of the spectrum, as you pour the light into it. I am both the old man, and the one inside the cabinet, and I am also in the audience.”

(2010 INSERT. My guides are telling me this last statement was said to sidetrack the minds of me and the students, from asking our guides if we should do this exercise, or not, like a puzzle to keep our minds occupied.)

“Keep projecting the light to the cabinet; project until you feel a weakness coming to your body, a weakness, born of work well done... a lassitude, and gentle fatigue.”

(2010 INSERT. My guides want me to ask this. If Julie was sanctioned to go through this transmogrification to her spirit, why would her guides or higher-self need to use the students to bring through this energy, and if they did want the students to do this, why would the students feel drained of their own energies after performing it, remember a student can only
tolerate energies of the same vibrational level as the students, so how do these energies raise in vibrations, to change Julie’s?)

“You can allow yourself to relax, no longer project the light. Pull it into yourself, right down through your body, until it reaches the soles of your feet, and feel it to go into the ground, into the Earth. Let it flow through your body, going into the Earth, and you can feel it attaching you to the Earth, bringing you down to earth, slowing down the vibrations, lowering them.

You know that you have been changed. You have seen the light, and you have seen what its brightness can do. You have faith, you have confidence, and you trust that the universe will provide for you. You must always seek that light. Always follow it as it will never lead you into darkness.”

(2010 INSERT. Firstly I never felt any difference whatsoever, and I am sure if the students felt anything on this exercise, they would have brought it up, but not one mentioned any feelings of energy or fatigue. The only questions two of the students brought up were about the chakra exercise.

The rest of the unrelated packets of wisdom, is intended to scatter the focus of the students thinking, to get their minds to focus on the packets of wisdom, instead of thinking or questioning about what the students have just been asked to do.)

“Now, we will leave the auditorium and come back to our earthly bodies, to find them changed, because of its high vibration. It may come to some of you that you now know what it is that you have to do, and all of us here send you the strength and the willpower to do it.”

(2010 INSERT. Again no student or myself, said, ‘I know what I have to do now.’ Also, If you are in the class to learn about yourself, implying that you have to do something, and that that something is going to need strength and willpower, which spirit seem to think that you need
reassurance that they will send you the strength and willpower, not saying we will help you develop your own strength and willpower, which I have learnt you only learn that you have it, when you have gone through the required life experiences, to learn and get stronger.

And telling you that they are going to help you, implies you don’t have enough strength and willpower of your own.

Now if a student has a positive desire to achieve whatever, then this statement will stroke their ego, but if the student is taking their first steps in all this, and have no desire to shake the world, if you know what I mean, they may misunderstand this help as implying that their own development is going to need strength and willpower, and remember if there is an unknown, our minds can interpret what spirit have said, and fear can rise in the fragile new student.

This was the first class night for Naomi and George, and only the third class night for Caroline.

“You have brought many people with you tonight. Many souls have focused through you. You have all shared a unique experience. We will have a small silence to reflect upon that experience. Keep that third eye open and keep seeing things through it. (Brief pause)

Now, we wish to hear your impressions. What do you think happened? Ask your other bodies” “Was it a cleansing?” “Of a sort, you were all given an injection of a higher vibration. It will have had a different effect on each of you. Some things will become clearer now.” “What's transmogrification?”

“It is a complete change of someone’s vibrations, for the purpose of clearer communication. This one’s body is now joined with us; this body will be able to see more clearly, and communicate in more ways than before. Yet it was also a gift to all of you who came here, in order that you might experience a change in your own bodies. You must be shown the difference that a change in vibrations can make, so you yourself can raise your own vibrations when needed.

You do not fully understand the meaning of the power of
vibrations. I will teach you, but not all at once, because it is a greater power than you could imagine, and you could not contain too much of it at one time.

When you possess the power to raise your vibrations to the highest level, then you will be Masters. Usually, when one becomes a Master, when one's vibration is raised to the higher levels, one's form changes to ether, but because the circumstances of this Earth-plane are coming to a head, it is the physical bodies that will have to change.”

(2010 INSERT. Doesn’t this statement seem strange? It is implying that if you can get your hands on the power to raise your vibrations to the highest level, then you will automatically become Masters?

My guides explained that the attainment of becoming a Master, is a combination of experience of life-times, usually suffering, not holidays on the earth-plane, the increase of wisdom and perceptions, the increase of intelligence, and morality.

So how does one achieve all this, just by raising their vibrations, so they become all wise, highly intelligent, understand all life, have no emotional reaction to the differences of people’s nature.

Or maybe their definition of a Master, is different to what I was taught, maybe they mean a Master of forces in the spirit world, or mastery over people.

This reminds me of what I used to say to certain bible thumpers, who were trying to get me to believe that if I confessed my sins, I would be allowed to enter heaven, and I used to say, if all those people confessed their sins in confession, throughout their life, what compelled them to continue to sin after they had gone to confession? And If they weren’t compelled to sin, but couldn’t help themselves, is God going to take away their free will when they arrive in heaven, if they still have desires, which the church classify as a sin, or will everyone be just the same as before?
I then heard the bible-thumpers say that it is only when we are on earth that we have physical desires, which lead us into sin. And that in heaven we don’t have a physical body, so we don’t have earthly desires, so we won’t sin.

So if you had the right parents, who cared enough to teach you right from wrong, and not the parents who twisted your mind with hatred, and prejudice, never mind if you were born into a body who’s physical appetites were imprinted onto that baby by the planetary configurations at the time of the baby’s birth.

Then only if you confessed your sins, you would be allowed into heaven, are those bible-thumpers going to get a shock when they pass over.)

“Usually we don’t work with them, but circumstances are going to change so much, and some things now appear so horrendous, that only a physical change will help.

It is a very great thing to do, and it is very difficult, but the world as it is has need of this change, and it has need of people with the courage to undergo these changes. We can only ask of you, we cannot demand.”

(2010 INSERT. I always thought the word Must, was a demand. My guides now explained that Julie was going through temptations, and that it is not I that doesn’t discriminate, but Julie, when she is not analysing what she has been experiencing and channelling.

But her guides and higher-self were not the creators of these experiences and channelling’s, but the side effects of her experiences will be an opportunity for Julie to learn from.

But the primary reason for this nights experience for Julie, was for spirit to assess how much the students were falling for the big con, the promotion of Julie as the chosen one to follow, who has been sanctioned by Masters.

The focusing of the students on the word transmogrification, knowing that I had never heard of it, then
not explaining what it means, more than complete change, knowing that I would ask what it means, so that the students will be reminded that I don’t know everything.

“These changes, we are undergoing... has the biggest change been to Julie, tonight?”

“Yes.” “Have there been changes to us, of a lesser degree?”

“Yes.” “These changes, if we are not aware of them...”

“On a certain level, you are aware of them.”

“Yes, but not on a conscious level.”

“The etheric body has been altered.”

(John) “How essential is it to maintain the bond with the base chakra and the Crown chakra, open simultaneously?”

“All the chakras must be opened in sequence, to attain the highest vibration. The importance of the chakras, in relation to the etheric body, is vital; you cannot skip any of the processes. You do not always need the flower image; we will send you personal images that you may use.”

“Is this why in previous classes, I brought those colours into those chakras, in that order?”

“Yes, the order will always be followed, although the images will change. The base chakra is as important as the head chakra... each in their own ways are vital. There are still blockages in the chakras of all of you. You must clear them through meditation; you will know when it is time; whenever you feel the need to unblock the chakras, do it.”

(2010 INSERT. As I review what I and Julie said, my guides have just told me that they put this next thought question in my head, so that the spirit would use my question to totally fabricate another way of putting me down, as my guides say that mixed with spiritual truths are untruths connected with me.)

“Is my asthma affecting my chakras?”

“Your chakras are affecting your asthma. The chakras are
sending you the lesson of the asthma. The lesson is that the breath does not flow smoothly, and such is your life. When the breath flows smoothly, the body accepts the changes that come to it; it does not fight the changes. When one breathes, it is an automatic response. Usually, one does not usually have to think about it. So it is with life...you must take it in, and then release it in an automatic process, and natural process.”

(2010 INSERT. My guides also remind me that because most of my life my nose has been blocked from being used to breathe through, from all the hay fever type allergies, and that I have even trained my body to breathe through my mouth when I sleep, combined with my Gemini personality of talking a lot, and sometimes fast, as my brain thinks faster, then my breathing becomes shallower than the normal human, and this can cause my breath to not flow smoothly.

But to imply that I am not accepting the changes in my life, and trying to lay the blame of this, for the blockages in my chakras, by connecting this to my asthma, which I have highlighted in the next passage, is very convincing, but not true.)

“I didn't have asthma when I lived in New Zealand.”

“Conditions were different there. You are not learning that the processes of life flow smoothly within you. You have much resistance in your body, Raymond, in your blockages. You must learn to trust the processes of life...the universe provides for all of you. You do not plan the universe; universe plans for you, and there can be no resistance to its plan, for it is a higher intelligence, a combined intelligence. Do not struggle against it; the blockages are the struggles in the body.”

(2010 INSERT. Conditions in New Zealand were different, because there were less plants and pollens that I was allergic to, it is also a damper and wetter climate, which scrubs most of the pollens and dust out the air, and down to the ground.
The rest of the high-lighted part is fiction to try and convince me and my students, that,

1/ Firstly, I am not learning that the processes of life flow smoothly within me.

2/ That I am resisting change, by saying, “You have much resistance in your body, Raymond, in your blockages.”

3/ Implying that I do not trust the processes of life, with the statement. “You must learn to trust the processes of life.”

4/ Implying that am resisting the plan of the universe, “there can be no resistance to its plan.”

5/ Then implying that I am struggling against it, with, “Do not struggle against it, the blockages are the struggles in the body.”)

(Caroline then asked a question, which was inaudible on the tape)

“You seem to feel that the chakras are affected, in order, is this so? The chakras are all being worked upon equally at the same time. It just depends how much each chakra needs. One might not need as much work as another, but they are all being worked upon at the same time.”

The only student who said they perceived anything on this class night was Julie, I wonder why, maybe because Julie meditation experience and exercise, she wanted everyone to go on, was too much of a leap of faith for the students.

What I mean is for Naomi and George, it was their first class night, and Caroline’s third. And the students had no volume one to read what the classes are all about.

Julie spoke 9 ‘You must’s’ 13 ‘Not’s, and 2 ‘Must’s, mostly in the channelling, maybe this is why the students feel uneasy about explaining what they experience on the meditation.
To give you another break from Julie here is another class-night from 1993, where I was guided to send my students on a mission back in time to help the recently deceased spirits who left the earth-plane at the place where the first atomic bombs were dropped.

This was Nadia’s and Jeremy’s fourth class night, and Jake’s first. Remember Jeremy and Nadia are approximately ten years older than me, and have some experience in the ways of the world, as you will read.

About 95% of the students who attended classes at the time of Julie’s attendance were younger than me.

**HEALING CLASS 16/3/93**

**JEREMY, NADIA AND JAKE**

**RESCUE MISSION TO HIROSHIMA AND NAGASAKI**

**MEDITATION**

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

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

**NADIA’S MEDITATION EXPERIENCE**

(Nadia) “I was a Japanese man. I could feel my face, in the eyes were different to what they are now. My mouth and chin were quite strange for me, and my arms felt really much fatter than they are normally.

He was not very tall, very broad shouldered, and my guides took me to Nagasaki, to a school, and there was a lot of panic, and people were screaming, people were dazed and just wandering around as though they didn't know where they were. There was a policeman blowing his whistle.”

“Is this after they had died?”
“Yes, he was still directing traffic, and I had to convince him he didn't have to direct the traffic anymore, just to direct the people to the hospital. And there was a little girl there, just lying on the ground, curled up in the foetal position, with her finger in her mouth. And I asked her where mummy was, and she didn't know, and I said, ‘Well, I think here comes mummy now, you hold her hands,’ and I just directed them off to the hospital.

There was one person there who couldn't hear what I was saying, from the blast, and several people had to be put onto stretchers, and rushed them up to the door with their injuries, to the door of the hospital, and they were taken by other attendance, who came through the door and took the stretchers from us.

The whole place was in a terrible confusion, once they had found their families they didn't feel quite so bad, and they were more orderly, and they lined up to go into the hospital for treatment.

Some of them, I did spiritual healing on, some of them I gave homoeopathic remedies for their wounds. It was quite an interesting experience.”

“You've got to remember the buildings would all be still standing in the astral, because like Kirlian photography, if you cut a part of a leaf off, the actual form of the leaf is still there, and can be photographed with a Kirlian camera. So the buildings are all still there in spirit, even though they may be flattened in the physical.”

“...”

“...”

There were other people there beside myself, some of them probably guides. There were older people there, who they didn't know where they were, once I explained to them that they needed to go to the hospital, and pushed them in the right direction, they were quite happy to be led along.

The hospital was quite an interesting place. The hospital itself was white, and it was round, with lots of glass all the way around, and there was this big cone of white light coming down over the top of it,
and there was a bit red cross on top of the building, so they could see that's where they need to go for help."

"Once they get into the building, and they get well, they can go further in the white light, in the building, through the tunnels to the higher vibrations, and other dimensions, wherever they are supposed to go, because everyone goes to different levels, don't they, but it's still way-station as well as a hospital."

(Nadia) "Yes."

**JEREMY’S MEDITATION EXPERIENCE**

(Jeremy) “Basically, what we were doing was calming and directing what to do. Of course it was a major panic. The difficult part, to start with, and we all sort of split up, and then we covered the area in a green light, which calmed them down, and then we talked to them, we asked them to pass the word, and this is what we did.

We told them to go home first. We passed the word to everybody to go home, and if on the way home you found a member of your family, or anyone that didn't understand you, or you couldn't get through to them, for any reason whatsoever, and they may be distressed, but you must go home and leave them.

What we are trying to do, is to get all the people that really know what they are doing, because they think they know what they're doing, although they're lost.

‘We want you to go home, and this evening, we want you all to move towards the hospital, which has got the big white light around it, and the sign over the top.

We want you to move out of your homes tonight. Now, if a member of the family hasn't come home, or you can't get through to them, or they seem to be in another world, or they are different from you, or they look injured, we want you to leave them, so that you can go to the hospital and get out of the way, so we can bring the experts in, and fix them up.’

This takes care of the situation of those that survived. Of course, they would have seen members of their family, undoubtedly, that
would have been injured, that weren't there, and they wouldn't have been able to contact them.

So that way, they left them for those, or thought they were leaving them for those to fix them up, and when they went to the hospital, they could register their family names, and who was missing, so we can follow up and find out who they were.

So, what we were trying to do is an exercise to move those people on, which were distressed, because they couldn't locate family, or they found them and couldn't talk to them, or contact them.

So what you are left with, is to sort out the problems that remain, virtually. But at that stage, we didn't do anything for the living."

“I don't think there would be anyone that could do anything for the living, because everyone would be in the same boat, and the dying may take half an hour or an hour to die, before they can be helped.

So as long as we clear the area and get them into the white light, and then they can sort them out on the other side, once you get them in there.”

(Jeremy) “It was a strange thing, I mean, we saw it actually, the whole thing was all over in... the flame was quicker than a flash.”

JAKE’S MEDITATION EXPERIENCE, FIRST NIGHT

(Jake) “Well, I seemed to be right in the city centre of Hiroshima, and it was really busy. It seemed to be like a weekend day, like a Saturday or something, and then suddenly a great big flash. And everything seemed to happen in a split-second, and people were in great panic, and people were rushing around everywhere, and it was really horrific, and I seem to see a lot of children there.

I don't know if it was their physical bodies, or they were in spirit, but they were charred, and really badly burned, and people were in total confusion, and I did some spiritual healing on lots of children, and then I tried to tell the people to go to the sign, what said ‘Hospital,’ and I was a Japanese doctor, an average sized middle-aged guy.
The people were taking notice, I saw other spiritual healers there, but I don't know exactly who they were, because there was so much confusion, and just millions of people, and they were like crushing themselves to death.

I think it caused so much panic, that sometimes, it wasn't even the flash, or the heat, and for some reason I ended up at the royal palace, but I couldn't distinguish who was physical, and who was spiritual.”

(There is always the possibility that a student may be taken interdimensionally, to a parallel Earth where a royal palace was built in Hiroshima, instead of the city where our Japanese Emperor had his Palace, where similar bombs were used.

You will read more about spirit visitors from, and the events on parallel Earths, and their affects on ours, in the following disc volumes.)

At the palace it was the same there, of total confusion, and I seemed to be able to explain to them there. They seem to be a bit further out from the city, and it wasn't so bad and congested, and I could explain to them what was actually happening, and then they realised that I was a spiritual healer, and I'd come to help, and they seem to be able to make some announcements to people spread around the city.

I don't know how they actually did that, but there was some kind of communication then, about the hospital, and to go to the hospital.

Then I directed most of the Royalty, and all the other people that were associated with the palace, towards the white light, and for some reason people were trying to make towards these lakes, outside of the city. Up in the mountains there were lots of lakes.

So, I was telling them they have to go to the hospital, because it’s not going to do any good trying to get to the lakes.”

“I feel that the last thing they would have felt, would have been the burning, and maybe they were going there to cool off, to stop the burning sensation in the cold water, to cool off.
So, maybe they were heading for the nearest cold water to cool off, because it wouldn't make any sense for them to go to the lakes for any other reason.”

(Jake) “It was just shocking to me, but was some reason, I was able to get around, and it didn't seem to affect me much, and people realised I was there for a certain reason, and I seem to be really safe there, for some reason.”

“Of course, you are safe everywhere you go on these missions. You just did the right thing, you were guided individually. You see, they know psychologically the way your mind works, and which way they’d like you to help, the most easiest way for you to help.

It's no good giving you directions which are not your own ideas, or your own beliefs in the way to help these spirits, because there would be too much conflict.

It's a lot easier to guide you in the flow of the way you think, and the way you do things, and they can slot you into that area, where the way you do things will suit that area of the disaster, and they can add little bits of guidance here and there to enhance your own ideas, to make it work better, whichever method you use, until you expand with more ideas, and more choices of tackling a situation.

Then spirit will be able to pick out the key one to do, and then way will come into your mind, and you will go ahead and do it that way, which may be more efficient than another way.

You see, the more choices you have, the more they can pick the one that is more efficient, or more suitable for each individual case, or whatever it is. This goes for healing, one individual, or in situations like this. Because you're not going to get the guides are saying,

“Don’t do it this way, you're doing it wrong.” They're not going to say things like that, they're going to help you flow with your ideas, and just add more, and show you little bit more, so you'll flow easier in to learning new bits, unless
they conflict with your own ideas, or own strong beliefs in the way you think things should be done.

Some students may have no preconceived ideas how to tackle a situation like that, then, spirit can guide them easier, because they're not having to fight against ideas that are already there.

But I haven't got a clue of who's, what, whatever, because all methods work, and you will learn about each other's methods. That's the beauty of all coming together like this, to learn of each other's different methods, and then accept each other's methods, in how you tackle a situation like that, in a situation like this again.

And the idea may come into your head, that someone else has used, then spirit are indicating that method will have the best results for the patient, or patients, because now you have learnt of other ways.

In that way your guides are also learning, if you will use their guided way, or you rigidly go back to using your method, and so they are constantly assessing your progress, and feeding the appropriate meditations to suit you.

So, when you all have achieved a suitable level of development, then new meditations of an advanced nature will be given to you.

These early meditations are mostly a combination of observation and participation. You could say roughly, a beginner will learn by observing, and the more advanced will do more work on their meditations. But when you are all working on all of your meditations, then the meditations will be more work oriented, unless you are all going to learn something new, like a master giving you a lecture with example scenes, as in the Lake Temple meditation.

One of the purposes of having classes together, is that you will all have varying different ideas on how to do things, so you learn from the others different methods. So your guides can show you the best method to use in any
situation.

Be flexible, so if the idea comes into your head to use another method, that someone else used, go with it, because that is what your guides want you to use, and of course there is a difference between hearing another person's method, and practising yourself. But hearing it in the class helps you believe that it will work, and when you practice it, you may say,

‘This works well.’ Then you become more proficient in another method, so the more other ways you learn and practice, the more it breaks down the fears of failure. Then, your guides can show you a new way, even though you don't know what the outcome will be, but because you have great faith in your guides, then you will practice it.

I have had to do it this way, ever since I have started classes, and if you think the fear of your own failure, with a new meditation is bad, multiply that by the fear of everyone in the class failing, and the repercussions of that.

So, to help you become teachers, when you don't know what the individual curriculum for your students is, you have to be sufficiently fearless, by having faith in spirit, to let spirit teach you at the same time as the students, a new technique, exercise or meditation.”

(You see anyone can use the meditations in the books, to give to their students, but if they are not receiving a new meditation, or have the courage to take that leap of faith, and give their students the new meditations, then the teacher cannot help develop students who may need higher advanced meditations, exercises or techniques.

The strangest part is that I sat for four years at a spiritual church, that has more students than any other psychic centre in Sydney, and the heads of the centre with all their Trance, Clairvoyance, Clairaudience, and ability see spirits, were using the same four or five meditations, over and over again.

And not once were the teachers taking the students, or guiding
them to do any past life, womb, or childhood therapy, which is essential in releasing unbalanced, mental or emotional subconscious conditioning, so the developing mediums, or healers will not react to patients relationship situations, or when the medium psychically becomes aware of them around the patient.

At this stage you are all like the analogy of square, round, and triangular blocks of wood, and to utilise you to the maximum in the rescue situation, you are taken to the area of the disaster which represents square, round, or triangular holes.

Like for example, if any one of you had suffered in a past life at the hands of royalty, then spirit wouldn't take you to do any rescues at the Palace.

But this is only one of maybe many reasons that you would not be taken to an area that you would have difficulty working in, and at this stage your link with your guides assistance isn't strong enough to allow you to work in situations where your emotional or mental reaction to the situation might interfere and block the guidance, or distract you from the work you had to do.

My guides have just told me that they wanted me to add this bracketed insert to explain that your success in your meditations like this, is to varying degrees very conditional, and because of the nature of the mission, they cannot afford to put you into an area where you are not suited, and where psychologically it would have a negative effect on you, just to point out that you cannot cope or work in any situation, never mind the failure to help the spirits who needed rescuing.

So it is easier to tell you the conditional nature of your rescue missions, after you are high from the success. We can't have you reacting negatively to struggling and failing, [in your eyes] meditations, just to show you your blocks, limiting fixed beliefs, or fears from a past-life, childhood, or womb conditioning.

Some of you may have noticed that you may have had feelings or thoughts about the way another student performed on their meditations, like you may not have agreed with the way they did something. This is a mild way of helping you to recognise something,
without having to confront it head-on, like in a meditation.

Or maybe you have read what others have done on a meditation, and thought, ‘I couldn't do that.’ But you see you didn't have to, because we wouldn't put you into that situation, not until we help you to release the fear blockages, with past life therapy, but we won't tell you in advance when you are going to see the life that created the blockages. You will see it when you do not fear the conditioning.)

**JAKE AS THE CHANNEL, FIRST TIME.**

The spirit gave his name as Ashomi Kumo.

“I have come to thank Jake for helping me during the bombing of Hiroshima. The Japanese people will never forget.”

“How do you feel about the white man today?”

“I'm pretty well, okay now with the western society. I think that we've opened up a lot of ways to the western society, which the Japanese held back from the white man, things including Zen, Shiatsu, and different natural therapies like that.”

“Have you been in spirit ever since that time?”

“Yeah, pretty much so, yeah.”

“You know Jake came in disguise, when he helped you, so that you would accept his advice to help rescue you.”

“Yeah, I understand that now. I also want to help Jake, because I know he's interested in macrobiotics, which is a type of Japanese cooking.”

“Did you know Jake from any previous life-times?”

“Yes, he did have a life-time in Japan.”

“So, have you found out that Jake was guided specifically to help you, specifically? Because it sounds too much like a coincidence that he helped you at that time, when it was just a rescue mission to go to that area.

So, I'd say that the guides took him to where you were, to help you, because there was connections from past life-times, isn't that true?”

“Yes.”
“We help our own, first, spirit friends and relatives, I've noticed this with the whole process of development, rather than strangers, they come later, don't they?”

“That is correct.”

“Are there any other Japanese spirits here, that Jake helped, who have come to say, hello?”

“Yes, there is one which was in a physical body, which Jake met at Rockdale markets, on Sunday.” “Was he born after...?”

“He's a reincarnation, yeah, from 1945 and 46 era. So there's going to be close contact with this reincarnation, he will be writing to Jake. He went to Japan on Monday, and will be there now.” “Thank you for coming, my friend.”

**JEREMY AS THE CHANNEL**

(Chapter) “I went back to do some healing on the physical, and rebuilt the bodies in thought-forms, that were healed, to do away with the physical scarring, and just leave it at that.”

“Yes, it's like reactivating the blueprint of the genetic make-up of the body, to re-form in a thought-form body. The actual blueprint of the shape of the body is still there, it just needs to be filled in.”

Then Jeremy channelled a few spirits, who were brought to be rescued, but I think we will leave those for the fifth disc, as they are not related to the purpose of the meditation.

Also, Nadia's guide Joseph channelled about a subject not related to this meditation, which we will also leave.
Because on this class night, they didn’t describe anything, or practise channelling, I channelled what spirit wanted to say, so here is the class date, and the first channelling will be from this date, so I have decided to included it in the chapter of the following class night, as it is the same meditation, before the next class transcript is given you.

HEALING CLASS 29/1/87
UNIVERSITY OF LIFE MEDITATION

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

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

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

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

On the second door a beautiful woman is depicted, and as you look at her on the door, she's splitting into seven clones representing the seven bodies that make up the human body on the Earth plane: the physical, emotional, mental, the etheric, the soul, the Christ, and the spirit body. What you will learn in this room, is a relationship between each of the seven bodies, and the healing involved with them. If she beckons to you, maybe you will find out.

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

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

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

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

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

(Approximately ten to fifteen minutes silence)

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

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

RAYMOND AS THE CHANNEL

“Tonight, you were taken to the Temple of the University of Life, for you each were to experience different lessons and experiences. This temple is always available for you, if you wish to go there outside of the circle. Your guides were with you, and they were helping you experience your meditation. For you will find that this experience will be added to your other experiences, to slowly deprogram your conditioning.

When you tune yourself more to spirit, you will feel more in your communication with your guides, about what you should experience in these meditations. In the beginning it is difficult for you to make decisions when you use your minds, but as you develop, your feelings will tell you which direction to go in.

In each of these meditations that you are taken on, you will be developing along the easiest and best path for your individual development, towards whatever you are destined to do.

Your perceptions on why you are here are mostly wrong, as your understanding of your purpose in the future, is based on what the
world is now. But if the world is vastly different, you will need to be prepared for work that is vastly different, to be what you came to be, and we, in spirit, know what you are here to develop, and for when in the future.

You will use your development to its fullest use and potential, because your developments take quite some time, depending on when you are needed in the future. This will determine how strongly you wish to develop.

This one will be able to show you the healing that will be performed by you in the future, and you will learn very soon that this will be apparent.”

HEALING CLASS 30/1/87

JULIE, ESTELLE, CAROLINE, BRIAN

ESTELLE’S MEDITATION EXPERIENCE

(Estelle) “I went into the rainbow coloured room, and I saw Caroline going in as well. Then I stood under a green light, because I was told that it would help me become less tired and less anxious about things. I stood there for a while with my eyes closed, then I did a bit of healing on people.

I did a lady with arthritis in her hands. Well, she held her hands out, and I just put my hands over hers and sent the blue light through. I did both sides of the hands and she felt better after that, so I went to the next person.

I just stood behind them like I normally do, and went round to the places, and I found her heart. It wasn't so good, so I told her to be careful.

Then I went to another person, a man who had trouble with his legs. So I worked on his legs, sending blue and green light. Then I just asked questions about healing and personal things, and then I came back here.”

JULIE’S MEDITATION EXPERIENCE

(Julie) “I was in an African village. I think what we call a witch doctor; the chief healer of the village came to me, and said,

‘Some of the people have volunteered to come down with various
illnesses, to show you how to heal them.’ So I said, ‘That's very good of them.’ And he said,

‘Well, they know that they'll be healed, so that's alright with them.’ So I said, ‘That's nice, will I be healing in spirit, or will I be healing their physical bodies?’ And he said,

‘Both.’ The first person had a plague, but I was shown how to heal spiritually, because I healed the aura, and he showed me how to feel the sickness in the aura. It was like a mass or something, which I had to push right out of the body. I pushed it down this man's body, and I could feel it really resisting, and I just had to push it down towards his feet, and out.

The next guy had physical damage; he had been shot with an arrow in the chest, and the arrow was still in the chest. This witchdoctor said that they have left it in to stop the bleeding. He said,

‘If the arrow-head was just pulled out like that, it would damage all the organs, because it has gone into a vital place near the heart. You have to take hold of the arrow, and send all your healing power through the arrow and down into the body, and slowly pull it out.’

As I was slowly pulling it out, he said,

‘Imagine as you are pulling the arrow out, the path that it leaves is being healed up, all the organs are healed over as it comes out.’

When I finally pulled it out, it just healed over completely, there was no hole or anything. There was blood all over the arrow, but there was no hole or anything to show where it had been.

The next one was a boy who had pneumonia, with chills, and I had to project a lot of red to him. The healer said,

‘Imagine your hands are like living coals; they are so hot.’ I had to just cover the boy, and just send him a lot of heat, and that was all that was required there, just to send him a lot of red, a lot of heat.

Then, the last person was a pregnant woman. It's amazing how each healing was so different, in the method. This pregnant woman's baby wouldn't come out, and she was in terrible agony. I had to communicate with the child, and convince it to come out. I had to say, ‘You know you are really hurting your mother. You don't want to be the cause of her death, do you? You're afraid now, but you know you've got to come out, and get rid of all that karma that you have. You’ve got to face it
eventually.’

Ah, that's right, I said to them, ‘Are you real people?’ They said,

‘No, we are a community of the spirit, but the things that we

(2010 INSERT. Notice that this genuine guide never used the

In the advanced healing class, spirit started to channel a

These exercises are not my cup of tea, as the saying goes,

I will explain why, after you read this first exercise. But my

But my guides told me definitely, after double checking,

JULIE AS THE CHANNEL

“This is the beginning of a course on how to become your own

We are disappointed that not more of the regular people have
arrived, as it is important that each chapter should not be missed. For it is your etheric bodies we wish to change; we wish to alter their vibrations, and each chapter will be important in the compliment of this. But they come in their own time, and they learn in their own time. Perhaps they will read the book, perhaps they will not, that is not to do with you; that is their own lives.

This lesson is called, ‘KNOW THYSELF.’ We caution you, that each exercise we give you will require much effort on your part. For whatever you put into it, you will get back tenfold, if you do not really try, then you will receive none of the benefits. This course will take much courage, and much strength, but you will also receive that back many times over, and so we will begin.

We wish you to hold a book in your hands, and as you open the book, the pages fall open. At first, you think that the page is a blank white sheet, but as you look at it you see a heading at the top of the page. We supply the heading; you are the ones that must supply the rest of the page. You must fill it in with the information from your own selves, as each page of each book will be individual and different; your own book, your own life, your own soul. The heading at the top of the page reads...

**MY NEGATIVE TRAITS.**

We do not mean the traits that you perceive as bad or wrong. There is no bad or wrong, there are lessons to be learned. You must use your higher-self to answer the question of your negative traits. When you look at the blank page, words will appear.

These words are the things that must be changed in your character, to become more positive. We will go on to the positive side of you, after you go through the negative side.

Do not be surprised to find similarities between the negative and positive side, perhaps even the same thing. For sometimes the same thing can have a negative and positive aspect. So now we begin, we will leave you in silence, as you use your higher-self to supply the words on the page.

Remember the words; you must work with them in later chapters. Imagine the blank white page, and now see the words, we will leave
you in silence for a while, while you study the words. Ask your higher-self for more guidance, if you do not understand what the words mean, or need some current clarification. We will leave you now.  

(Approximately ten to fifteen minutes silence)

They have their place in your make up. Look at them passionately, you must stand aside from yourself, and look at yourself without judgement. This is a very difficult thing for you to do. We will try to teach you self-acceptance and self-love.

You must not judge yourself. If you judge yourself, then you will judge other people. Do not find yourself wanting. It is important to know the negative side of you. Once you know, then you can work to change it. So, get rid of any guilt feelings that you have upon seeing the words. Perhaps, you will be surprised by some of them. Now commit these words to your memories, and turnover the page.

This time, we deal with your positive side, your strengths. We have put the weaknesses behind you for a moment. You can feel the energy, the positive energy flooding into you, as you prepare to read this page, with the heading:

**MY POSITIVE TRAITS**

Again, contact your higher-self for guidance; the first words that come into your head will be the correct ones. Do not try and work them out, or think too much about them; just accept them for what they are. Ask for clarification from your higher-self, if more understanding is needed. Now, look fully and honestly upon the positive side of yourself; again, no judgement. You must be completely impartial, as if it was someone else, you were looking at. To see the positive traits in your character, all your strengths and we will leave you again.

(Approximately ten to fifteen minutes silence)

Now the lesson is over. We leave you to ponder on what you have learned. We leave you in peace, goodnight”

(2010 Insert. In this channelled exercise which Julie channelled, the word ‘MUST’ or ‘YOU MUST’ was used 9 times, and the words ‘DO NOT’ was used 6 times.)
My higher-self would like to explain why we do not like these types of exercises. My higher-self has been a past-life therapist in the healing Temples on the earth-plane, and in spirit, and if the students who go on these exercises have no past-life conditioning, and only the conditioning of this life-time, to overcome. Then these exercises might work, but even then, our guilt conditioning from this life-time isn't so easily overcome by just becoming aware of it on a blank page.

As nearly everyone has conditioning from past life-times. This exercise will tend to only amplify the student’s awareness of the effects of the conditioning, and in some cases amplify guilt feelings associated with the conditioning, and if the following exercises, do not remove the causes of the conditioning, i.e. releasing the cause, whether it be from a past-life, or childhood, or conditioning, from the parents while a student was in the womb, then these exercises are like cutting down a weed without removing the roots.

And just like when you cut a weed the roots of the weed will bleed, the temporary affects of a successful outcome of the these exercises can have side effects, which may interfere with the spiritual growth that each students higher-self is working towards. Just as a past-life therapist knows that a student’s past-life memories are shown by the student’s higher-self, in the correct order, for the benefit of the student’s life.

Imagine the purpose of releasing a student’s past life memories, is like building a beautiful palace, you have to make sure the foundations are solid, and you build from the ground up, and you make sure you have the right materials and you can follow the plans, so that the building, will withstand the weather or earthquakes.

Sometimes, a higher-self will leave certain past-life conditionings, which may be needed, as tools to build the Palace. But once the palace is built the conditioning tools maybe released, as no longer needed conditioning.

Over the last year in 2010, my higher-self has been teaching
me that there is another way, to help a student raise and purifying their etheric body’s vibrations, which can be implemented either while a student is receiving spiritual healing, or a meditation version of the same method, which will be in the advanced teachers meditation chapter at the end of this first volume.

But in a nutshell, while I am performing spiritual healing, my higher-self or spirit teacher shows the etheric body, how past-life therapy works on a spirit, plasma screen, and explains that there is a past-life therapy Temple, where the etheric body can go, while the student’s physical body is asleep at night.

The etheric body can then release the conditionings or traumas from the past-lives, under the guidance of their higher-self at the right pace, for the effects to trickle down, and slowly heal the physical mind, or body, or emotions of the student. Or all of the above, if they are being affected by the traumatic memory.

This does not mean that the student will not see any more past life-times, because they will, if their higher-self thinks that certain memories are again, like tools to help build the Palace, but these will tend to be positive and self-esteem building memories, which will have the confidence building effect on the conscious mind of the student, or if their ego has too much influence on their conscious mind and emotions, then these past lives may be shown to have the opposite effect to increasing a student’s self-esteem.

Examples of students experiencing these kinds of past lives will be on the third disc volume. But at this chronological stage of these classes, you haven't read enough about the effects of past-life conditionings, traumas or vows, to comprehend the effects on not only the etheric body, but their physical, mental, and astral bodies, also.

And as the more developed I became, the use of the past-life therapy is used increasingly more by my class guides and
higher-self, for the purpose of students development, and my guides and spirit teachers say, that in spiritual healing development circles, once the students have had their psychic senses switched on, you could say, and they have either been introduced to their higher-self or guides.

Then the process of past recall is the primary tool to prepare the student, before they are allowed by their guides or higher-self greater power, or the development of a specific ability that they can help other people in the world, when they leave this first type of beginners development class, if that is what their higher-self wishes.

But a facilitator of this kind of class, very often is running a more advanced circle, where his guides are taking the advanced students on adventures in time and space, where the students are learning more about what is and has influenced humanity in different time periods, by being shown what the human eyes on the earth-plane, don’t normally see.

Which you will eventually read about some of these on the second disc volume, and in the third volume, the use of past-life therapy is almost 70% of the students development experiences, as more advanced students needed to become aware of their past lives, so that they will psychologically accept more advanced development, as worthy of their soul, spirit, or mind.

My higher-self explains that these exercises which Julie was channelling were coming from lower vibration spirit teachers, from a specific spiritual plane, of a similar vibration to Julie, and that the teachers were learning from the students attempts at performing these exercises, and eventually these teachers became students in spirit of these classes, and learnt new techniques and wisdom, over the coming years.

Then there are still other spirits who channel through Julie, who are from somewhere else, if you get my drift.

Imagine my little circle is surrounded with seats, like an amphitheatre, many thousand seats, now multiply that by all
the spirit dimensions with their own thousands of seats occupying the same place, and you will get an idea of the attendance learning from these circles.

As one of my advanced students in the 1990s was psychically shown the audience of our circle, and described this amphitheatre of what I have just explained.)

ESTELLE AS THE CHANNEL

(Estelle) “I've got a message for Raymond, they tell me about, what you were talking about before, just in using your imagination, and imagine a third eye on your forehead, and in a few months it will develop.”

“Why hadn’t it developed in the last four and a half years?”

“Everyone was talking at once, like you said.”

“Will I develop, while I'm running classes?”

(Estelle) “They just said, it will, and to practice at home, a bit.”

“Didn't I want to see my negative and positive traits, was that the reason I didn't get any message about these positive and negative traits?, or is it because I don't see anything?”

“A bit of both.”

(Julie) “I'd like to know what course, or what direction they want me to take this year, if you wouldn't mind giving me a message?”

(Estelle) “They say, you'd be good at readings, and what you have got now, you will be able to use, and I'm seeing you healing, so they said to concentrate on that.”

(2010 INSERT. Again I will give you the version from my first book I printed, of Julie’s channelling, but with *high-lighted* sections, for you to test yourselves, like a quiz to exercise your minds, and connections with your higher-self or guides, before I give you the critiqued version.)

JULIE AS THE CHANNEL

(Estelle) “Is there a job coming up for me?”

“Do you wish it?”

(Estelle) “Yes.”

(1)
"We ask you to practice the technique of visualisation, mornings and evenings, when you wake up and when you go to bed. We want you to strongly imagine the type of job that you really, really want, and you must draw it to you.

If you can imagine the job in your mind, and enclose it in a pink bubble, and let that bubble go, let it float up and up an up, until you feel it going right out of the universe, and it will come into contact with the beings that can materialise that wish.

This is a very strong technique. You could visualise this job in your mind. You must visualise it with confidence. Do not say, ‘I wish that this could happen.’ Say, ‘It will happen, it will happen.’ Perhaps the job might not come to you in the form that you would desire it, but the job will come to you, that is right for you.

We are guiding you, and we are with you. Sometimes, perhaps you feel alone, but we are with you, we are there to comfort you. You can always speak to us; you do not need a channel. You are a channel yourself; you can speak to us directly. Each one channels in a different way, we each have blockages.”

(Estelle) “Will my hearing and seeing things get stronger?”

“Your psychic senses do not get stronger or weaker in that way, they are always within you. It is just a matter of you using them to their fullest extent, as much as you believe you have, you will have. They are there to be tapped, but if you say to yourself, ‘I only have a small amount of talent in that direction,’ then you will only have a small amount. You have as much as you desire, and the more faith you have in it, the more is available to you. It does not grow in the normal sense of growing, it is already there, you must just believe in it.

This is the same with Raymond.”

“I believed in it when I first went to development classes, but why didn't I see then?”

“You have as many resources at your command as any of us. It is there to be tapped, if you wish,

But there is a fear in you, the fear of not succeeding, therefore you block it.
You must release this fear; it is tied up with your breathing. Asthma comes from the fear of not succeeding.
You have failed many times in many life-times. Many times you have aspired to be a high priestess or priest or a teacher, yet have fallen short of the mark, and this time you also fear failure.
You find it easier to say, ‘I can't do it.’ Because you fear that if you really try, you might not succeed.
Yet the resources are open to all of us, collectively.”

“How do I overcome this fear? I can't go through any of the meditations that I give the class, so I can't overcome the fear.”

“It is to be a private exercise for you. You will not join in the meditations of the class until you privately overcome your fears.
We ask you to practice the breathing exercises you once knew. You have a fear of them, this fear is a blockage, but you must go through them.”

“How can breathing overcome a fear?”

“Breath is life. It is your life that is not flowing freely, your life's energy. The breath is closely linked with the life energy. Without it, you will die physically. It is not flowing through you, properly.”

“If it flows through properly, does it clear blockages and chakras?”

“Yes, as the blood is a cleanser of the physical body, the breath cleanses the etheric body. The asthma is only a manifestation of trouble in the etheric body.”

“I have only just started getting it. I was all right until I started development. I never had asthma, until I started development, why?”

“Because you have not been developing in the right way, at some stage you were misguided.”

“You mean at ******?”

“Yes.”

“They tried to push me into trance?”

“Yes, you must learn to listen to yourself. Raymond. We will never steer you wrong. We see that you have been with people who meant well, but did not know what was best for you. But if you listen to us, we will guide you in the right direction. You must put aside past lessons, forget things you learnt at that time, it was not for you.”

“Is that why I didn't develop in the classes?”
“Yes, you were misguided, but you learned things that were not right for your body. One method only, is not suitable; an entity must learn to follow its own direction in life.

This sometimes means not listening to what well-meaning people tell you.”

“Still, I learnt a lot of things.”

(If I felt something was wrong, my guides would help me either analyse it until I saw the flaw in why I felt it was wrong, and would make a mental note of not repeating it in my classes. Or the idea from my guides would pop into my mind.)

“Yes, but you did not discriminate in what you learnt. There were good things, and there were things that were negative. You took it all in without discriminating. You must learn to separate what you need from what you don't need. A remainder still lingers in your body. It is this that must be expelled from the breath, and this may be very difficult for you. In fact, it may be quite traumatic, and you may experience a worsening of the asthmatic condition.”

“What, when I practised breathing?”

“Yes. We will communicate with you the correct method of breathing, but the communication must come through you. You are also stifling your imagination; this is a throwback to a past-life.

As a child in one life, you had a very puritan upbringing, and all imagination was frowned upon as lying. Your parents were very strict with you. Whenever you talked about seeing imaginary friends and colours about people, you were punished very severely.”

“Why would I choose such a life?”

“To learn a lesson. To learn to be careful with what you learn. Not all people are ready for what you teach, but you must get rid of that fear, which you have carried over into this life.

“You are no longer ruled by puritan parents. No one has control over you. Do not be afraid to learn and go forward.”

“Do you want Julie to go to this conference in York, this healing conference?”

“We have many things for her to do this year. We have a special
mission for her. She is interested in going, but we have work for her to do here. We can teach her as much, and maybe more than she would learn there. She has a special mission here, but she needs help to achieve it. She will need to draw many people to her. It is this strength we have increased in her etheric body.

She will draw the necessary people, to her, in the correct time. She is impatient for this to happen, but all things must take their own time, and she knows that she is in the hand of God. She still needs to learn to trust more, and have protection of the universe. We guide her always, but she is becoming more and more to the correct state of being, where one can accomplish all that one desires.

It is a special way of thinking, and she is approaching the completion of this, but there is more to learn. She does not need to travel physically, to learn, nor do you, Raymond.”

“Does God want me to go to this conference? Does it tie in with my book?”

“There is a desire in you to go, but we have no special intention, we can only advise. We cannot tell you to go, but there is no special intention that will be accomplished by your going, other than that of an interest to you. You have someone yet to meet in Australia, he will help with the book. You have a desire to go home.”

(Estelle) “Will America be good for me this year, or should I stay here?”

“We advise you to stay for the moment; it is not yet the correct time to go to America.”

(Estelle) “Towards the end of the year, maybe?”

“There is special work to be accomplished here; we do not see it happening this year, there is other work to be done here.”

“Is there any urgency for this book to be finished?”

“There is an urgency in all things that will speed up the evolution of the psychic and feelings. We must employ many methods. Time is very short; therefore, all speed must be made in all these endeavours. The things you do through your book, the knowledge that you give, may not help physically in this time, but in the passing over, those souls will remember what it is they have to learn from that book.
Therefore, Raymond, you will not get the recognition of your book in this physical life-time, but on the other side there will be many spirits who will evolve more quickly, because of what they have read in your book. Therefore, it is vital that you complete it.”

“In other words, there won't be enough time to run any classes to develop healers, based on the book.”

“As you can see attendance to the classes, is not as we might expect or hope for.

We sent you a message several years ago, to do with a colour machine, but it was not the right time for you, but we gave you the idea, so that it could evolve in your mind. The time is becoming ripe, for this idea to be put into practice, there is much money to be made, and this money is needed for other ventures, you will find an interest with Julie as well, in the area of colour.

We desire people to be educated in the use of colour, there is such little understanding about this tremendous energy that can be tapped. People are only half aware of why they wear colours, and why colours make them feel good or bad. There must be more education in this field, it is a great energy.”

“Why did this idea come to me too early, why didn’t it come at the right time?”

“It was like the seed that was planted, it had to have time to grow, and this took many years. You also had to grow, but we wished to plant the idea, ahead of time, so that you would have time to get used to it.

You thought you’d forgotten it, but it was growing within you, we say the world was not at that stage ready for such a concept. Colour therapy, will be the medicine of the future.”

“Are other experts doing this overseas, now?”

“Yes, but it needs to be brought to the level of the people. There are scientists and doctors experimenting with this, but this knowledge is not translated into useful purposes, in everyday lives. The scientists and doctors all do good work, but they must translate it into language the average person can understand.

For example, your colour machine, they can identify with the
changes in atmosphere, that colour would bring to a room, if only the mood. They do not realise what an affect the colour will have on their own bodies, also Julie had the idea for food colouring, they can identify with the eating, and also they can identify with the idea of relaxation, using the coloured rooms.

On a deeper level they will be getting the advantages of the colour, but you see what I mean, it must be brought to a level they can identify with. To raise their consciousness, it must be brought to a material level, if it is to benefit them. They are frightened, frightened of things they do not understand, therefore you must give them the understanding, you must provide the link between this colour energy and the average person.”

“But how do we do that?”

“You cannot imagine the success of this machine.”

“I did, too well; it frightened me, didn’t it?”

“But you must focus on the benefits of the person who buys it. This energy will be colouring their lives, whether they realise it or not, they will begin their colour education.”

“I had a lot of trouble getting parts for this machine, and getting it sorted out.”

“The way was not clear, then, but we can make the way clear for you now.”

(2010, insert. I was living in New Zealand when I had all the kinks worked out for the design of the lamp and was gathering the materials to build the prototype, and then I got distracted with moving to Sydney.

Before I moved to Sydney, after I had returned from a one year visit to England, the New Zealand government policy was that if I wanted another one year visa away from New Zealand I would have to live two years in New Zealand, before I could have a one year visa.

But a friend of mine said you don’t need a visa to get back into New Zealand if you apply for a work visa for Australia, and when you get there you can get a three years visa from the Australian government for your British passport, work and save for six months, and then you can visit England for a year, and still get back into Australia.
At this time the New Zealand government introduced a 10% overseas holiday tax on money you were taking out of the country, to spend overseas, but if you had a work visa you were exempt. So this is when the great exodus of tradesmen left New Zealand in their droves, and one of the jokes I was hearing on the Jet were, ‘last one out of New Zealand, switch the light out.’

But I’ll have to admit I love New Zealand and its people more than any country I have lived in, but we live in a real world, where freedom and income have a strong connection with each other, so I emigrated to Australia.

Very soon after I arrived in Australia, I became interested in Astrology, but I was still building this futuristic coloured Mood Lamp, with a shade. How the lamp worked was that light was projected outward, through a prismatic affect, from the top of a clear Perspex central support column, onto the white opaque plastic shade.

Where light introduced at the chrome base would shine up the column, and hit a mirror at the top of the column, which would then send the light back down the column to a mirror at the base, which would continue to be refracted up and down the Perspex column, with the same optical principal of a laser.

The central support column was about four inches round, in diameter and close to the top of the column bevelled rings would be cut around the top of the column, angled to refract the light onto the white plastic curved lampshade, and the down-ward facing bevelled rings all the way down to the base of the column would be frosted, so that they would glow and bathe the table it was sitting on with light, if you wanted to stop the coloured scroll at a clear section, you could use it as a reading lamp.

But at the base of the lamp a scroll of coloured film with all the colours of the rainbow, could be scrolled across the base of the column, and touch controlled, to stop the scroll at the desired rich colour or pastel shade, or white.

The source of light were three, twelve volt, small quartz halogen lamps, I think they were dia-chromatic lamps, where the heat of the lamps are projected out of the backs of the lamps, where a cooling fan would disperse the heat.
The shade could be removed and a plug of fibre-optic strands could be attached to the top of the column and a chrome tube could cover the column. So that the lamp could be turned into a disco style lamp, where hundreds of laser strength beams of light could be projected onto the ceiling.

And the coloured filter like scroll, could be switched to a higher speed in automatic repeat mode. When I was building this lamp, the three lights that I was going to use, hadn’t long been invented, but they are now used all over the world, in all the shop windows, to high-light fashion, displayed on manikins.

If anyone would like to manufacture such a lamp, be my guest. As my higher self and guides, have other plans for my time on Earth, once these discs are introduced to the world.

But at the time I was building this lamp, I was getting interested in astrology, because I wanted to help people to learn of their strengths and talents, to help them live happier lives, as after my childhood in England, I was living in paradise, in a city with more national parks within one hour’s drive, than any other city in the world, not to mention that Sydney has more beaches than you could poke a stick at. If you were to visit a different beach every day of one year, you still wouldn’t visit all the beaches.

Anyway, I thought the royalties from this lamp would help me become financially independent, but when I started to do the math on sales, and the amount of money I would receive in royalties, I started to become concerned, that I would be seduced away from my interest in becoming a professional astrologer, to help people to learn, by giving lectures, and doing research, I eventually became a committee member of ‘The Sydney Astrological Research Society.

But I calculated that if I was to become a multi-millionaire, I would lose touch with the average working class people, and I have never liked rich people, who spend more on a dress or a car than a working class person would earn in a year, and I was in a job at work, which I liked, so I stopped building the lamp.

I feel that the idea of the lamp was to be the catalyst which would help me polarise my desires for the focus on the idea of assisting humanity
through astrology, which would prepare me to lead to all this, and that the lamp was in a way a mirror to shine a light on what is important to me in life, money or the joy and happiness I feel when I am helping other people learn or become happy. 

I have noticed that this is also how I have felt in relationships with women. But that’s another story, best left until the third disc.

But at the time that Julie’s guide brought this subject up, was it fuel presented to Julie to see if she would run with it, as a test for her, or a test for me to see if I would be distracted, or tempted by Julie’s channelled information about this. Remember I never asked a question about this, there was no suggestion on my part.

Or maybe a test from my guides to see if I was committed, as all the chapters up to and including Julie’s contribution to this first disc text book documentary, is to me only about 10% of every class record, over the years, and that there was a lot yet that would amaze me, and eventually blow my mind, when the past life therapy experiences started to be introduced to us in more frequency, which will be on the third disc.)

(Estelle) “Will I be doing the channelling this year for other people, to help them?”

“Yes, it is one of your strengths, and you must develop it. We urge you all that the time is so short, that you must redouble your efforts to help those who dwell in ignorance. You must bring them to the light very quickly. We cannot tell you how urgent this is; we try not to rush you, but your efforts must triple even.

In the past, perhaps you have been afraid of being misunderstood, or persecuted, but you can't have this fear anymore. There are many energies being beamed into your universe; more enlightenment is being beamed to the people. They are being prepared to hear these ideas; therefore, you will not find as many obstacles as in previous times.”

(Estelle) “But how do we go about telling them?”

“Each in your own individual ways, which you will develop in time. They do not yet see how important this is. Their priorities are
not yet in the right order; they do not know how close the time is. Because the time is short, we ask you to put aside many personal interests. We call for all your strength and devotion in this time.

You may have to give up many things of a personal nature, but we cannot express too much, how important this is. You may not think that it will reach the people in time, but you are acting not for their physical bodies in this life, but for when they pass over.

Brian, you will be able to see more in your development clairvoyantly, in the coming months ahead. When you have much to see and experience in your meditations, to help you develop and overcome your past conditionings. You will be able to see more and more as you progress, for we want you to write a book, to explain what we showed you in your meditations, if you record your own meditations.

You may not understand them in the beginning, and some you will never understand, as they are programmes for your subconscious mind, which are deprogramming your conditionings. But the other meditations that you record, as you learn from the teacher, and teachers, what you experience, you can write this down.”

(2010 INSERT. And now the critiqued version.)

JULIE AS THE CHANNEL

(Estelle) “Is there a job coming up for me?”

“Do you wish it?” (Estelle) “Yes.”

“We ask you to practice the technique of visualisation, mornings and evenings, when you wake up and when you go to bed. We want you to strongly imagine the type of job that you really, really want, and you must draw it to you.

If you can imagine the job in your mind, and enclose it in a pink bubble, and let that bubble go, let it float up and up an up, until you feel it going right out of the universe, and it will come into contact with the beings that can materialise that wish.

This is a very strong technique. You could visualise this job in
your mind. You must visualise it with confidence. Do not say, ‘I wish that this could happen.’ Say, ‘It will happen, it will happen.’ Perhaps the job might not come to you in the form that you would desire it, but the job will come to you, that is right for you.

We are guiding you, and we are with you. Sometimes, perhaps you feel alone, but we are with you, we are there to comfort you. You can always speak to us; you do not need a channel. You are a channel yourself; you can speak to us directly. Each one channels in a different way, we each have blockages.”

(Estelle) “Will my hearing and seeing things get stronger?”

“Your psychic senses do not get stronger or weaker in that way, they are always within you. It is just a matter of you using them to their fullest extent, as much as you believe you have, you will have. They are there to be tapped, but if you say to yourself, ‘I only have a small amount of talent in that direction,’ then you will only have a small amount.”

(2010 INSERT. My guides say that if any of you readers of this disc, have chosen with your higher-self to leave blocks in place, or deliberately block, from when you were born, a specific psychic ability, to grow in a new direction of development not just a different psychic sense, but maybe to access your past life intuition or talents. As I was to find out years later that this was the case with my lack of clairvoyance.

Then if you believe this last channelled statement, you might develop a complex, and believe that you are failing in your beliefs about the amount of talent in the direction of a psychic talent you do not have at this time in your life, then you may believe you are the cause and fault of a certain lack in one of your psychic abilities.

So a beginner student might develop a complex because his psychic ability hasn’t arrived yet, but he is being lead to believe, that he is the cause of his lack of development.

The high-lighted channelled paragraph sounds to me like an extract from a “You create what you believe,” text book.
I feel that this is another prime reason these text books needed editing before they go out to the world, as it took me a long time to find out that I and maybe other students may have specific blocks put in place by our higher-selves, to block certain psychic senses, for purposes of developing different psychic senses.

Or sometimes a past life injury, or series of more than one past life injuries to the same area of perception, and the corresponding conditioning has been triggered off by a temporary blinding in childhood, for example, can create a blockage of clairvoyance, and until the blockage is released, then no amount of belief the conscious mind can muster will allow the clairvoyant sense to be switched on.

But why don’t these guides which Julie is channelling, know from my own guides that there can be many reasons that a student will not develop certain psychic abilities, at least not right away, instead of laying the blame that a student is led to believe this “but if you say to yourself, ‘I only have a small amount of talent in that direction,’ then you will only have a small amount.”

But the way this advice is left, a student or reader will imply that their own lack of psychic senses is not developing because of their own lack of sufficient belief, as the cause of their lack of development.)

You have as much as you desire, and the more faith you have in it, the more is available to you. It does not grow in the normal sense of growing, it is already there, you must just believe in it.”

(2010 INSERT. So in this statement we are the ones controlling our psychic development, and tough luck if you develop faster than your emotions or mental wisdom can cope, because you might implode from the accidental misuse of these psychic senses.

I’m not saying that what Julie channelled is not true, but in a way it is promoting the student to control his own psychic
development, even if they are spiritually or emotionally immature, or their core beliefs are more martial, than peace or wisdom oriented.

I wonder if we have any examples of this happening with a student.)

This is the same with Raymond.”

(2010 INSERT. Not true, but it is great fuel to undermine the teacher.)

“I believed in it when I first went to development classes, but why didn't I see then?”

“You have as many resources at your command as any of us. It is there to be tapped, if you wish,”

(2010 INSERT. So I describe in great detail more and more meditations I receive from my guides, but I don’t see on any of them, of course I WISHED to see on the meditations, it’s like teaching someone to walk and run, but the teacher is crippled and in a wheel-chair, how competent do you think I would feel, and there might be a TINY fear [Being facetious here.] of what the students would think about my lack of seeing on meditations, in connection with my qualifications to run a class like this, I am only human.)

“But there is a fear in you, the fear of not succeeding, therefore you block it.”

(2010 INSERT. This is trying to get me to believe that the fears I feel, which are normal, is “the fear of not succeeding,” which these words are trying to get me to believe a cause that is stronger than what it may actually be, which is normal fear that any teacher would have if they were in the same circumstances as I.

And saying “therefore you block it,” is implying that I believe it is “the fear of not succeeding.” Is Julie channelling for my benefit, or to make me look bad to the students.)
“You must release this fear; it is tied up with your breathing. Asthma comes from the fear of not succeeding.”

(2010 INSERT. I feel that I have had to suffer from various causes of asthma to show me how wrong Julie or her guides were, in trying to get me to believe, because I had sleep-time asthma it was a kind of proof to get me to believe the next paragraph, and further undermine me in front of the students, and yet I never had asthma when I was running the classes.)

“You have failed many times in many life-times. Many times you have aspired to be a high priestess or priest or a teacher, yet have fallen short of the mark, and this time you also fear failure.”

(2010 INSERT. I feel this last paragraph was said for a greater negative emotional effect, to try and make me first believe that I “have failed many times in many life-times.” And then getting specific, connecting this failure to what I am trying to achieve with these books and classes. So that I would think and worry about it, and the way my mind works it would have succeeded, but my guides stopped me from letting what was channelled bother me.)

“You find it easier to say, ‘I can't do it.’ Because you fear that if you really try, you might not succeed.”

(2010 INSERT. Hang on a minute, this is trying to get me to believe that the lack of my certain psychic development, is caused by me fearing to succeed as a priestess, priest or teacher, so I find it easier to say, I can’t do it, because I fear that if I really try, [implying that I’m not really trying,] in case I might not succeed. Hang on a minute, this is only the first year of running my classes, and my first text book hadn’t been compiled yet. What is the motive to get me to believe this past and possible future?)
Yet the resources are open to all of us, collectively.”

“How do I overcome this fear? I can't go through any of the meditations that I give the class, so I can't overcome the fear.”

“It is to be a private exercise for you. You will not join in the meditations of the class until you privately overcome your fears.

(2010 INSERT. So the students, who are listening or reading this, will think that every class-night I don’t see anything on the meditation, means that I am not overcoming my fears.

Very clever.

My guides years later, told me there were multiple reasons, not causes, for why they and my higher-self didn’t want me to see on meditations, and they were connected to me running classes, and the higher purpose of compiling these text books.

And for similar text book reasons, my higher-self didn’t want me to be audibly clairaudient, to channel spirit exercises and overwhelmingly dominate the classes with pages and pages of channelling in class, week after week.

Because then the reader wouldn’t know if the text book was a product of my imagination, or my own minds beliefs and opinions, and to help the future facilitators of their own circles, this is showing you, that you don’t have to be very psychic to run a circle, and that you will be helped by your guides, if they feel you are ready to run a circle.

Just as the mediums who ran my first spiritual church circle I attended, wouldn’t allow me to run a development circle, when I asked them, because I didn’t pass their criteria of being guided by spirit, because I couldn’t jump through their hoops to prove that spirit is communicating to me, but I think my guides didn’t want me to run my first circle at that church, and I can think of many reasons why.

So you can never judge the qualifications of a person running a development circle, but I would rather have a wise person with no psychic hearing or vision running one of my type of circles, than a person with no wisdom, but has
We ask you to practice the breathing exercises you once knew. You have a fear of them, this fear is a blockage, but you must go through them.”

“How can breathing overcome a fear?”

(2010 INSERT. This fear I never felt I had, never mind a blockage that I was led to believe I had.)

“Breath is life. It is your life that is not flowing freely, your life's energy. The breath is closely linked with the life energy. Without it, you will die physically. It is not flowing through you, properly.”

(2010 INSERT. My asthma which was a side-effect from excess mucus on my lungs, caused by hay-fever, is being used by spirit, as a reason for all this negative gobbledygook, I feel that a lot of thought has gone into this concerted effort to negatively affect me and my students.

Eventually spirit channelled a breathing exercise through Julie, for me, or everyone who has asthma caused by fear or whatever. I will put it at the end of this chapter, but my guides don’t want me to put it in the meditations and exercise chapters.

They tell me that it does not release any conditioned cause of the asthma, if the cause is from a trauma from a past life, or a blocked out childhood memory, and if the breathing exercise triggers of any memory of the cause, and there isn’t a spirit guided, or spirit qualified, [meaning past life trained past-life therapist] past life therapist, with the person as the memory surfaces.

And don’t forget about mucus causing asthma at sleep time? then it would be better if it was left out of the meditations and exercises endorsed by my guides, as it is better to leave it up to the patients higher-self and guides, to bring to the surface any memories at the time they feel right,
and not the time the patient, or some class teacher reading it out for his students to perform.)

“If it flows through properly, does it clear blockages and chakras?”

“Yes, as the blood is a cleanser of the physical body, the breath cleanses the etheric body. The asthma is only a manifestation of trouble in the etheric body.”

“I have only just started getting it. I was all right until I started development. I never had asthma, until I started development, why?”

(2010 INSERT. I high-lighted the only in this statement, because it is wrong, as there could be many different reasons or symptoms of trouble in the etheric body. My higher-self also told me that my asthma has no connection with my etheric body.

About nine months later my new advanced students who we all found had, had many life-times together, went on a group past-life re-call, where some of the students who were suffering from asthma, and I don’t mean my very rare night-time asthma, viewed a past life together, as children working in a welsh coalmine, which caved in and started to fill with water, much was released on the night, which you will read on the second volume disc issue.)

“Because you have not been developing in the right way, at some stage you were misguided.”

“You mean at ******?”

“Yes.”

“They tried to push me into trance?”

“Yes, you must learn to listen to yourself. Raymond. We will never steer you wrong. We see that you have been with people who meant well, but did not know what was best for you. But if you listen to us, we will guide you in the right direction. You must put aside past lessons, forget things you learnt at that time, it was not for you.”

“Is that why I didn’t develop in the classes?”

“Yes, you were misguided, but you learned things that were not right for your body. One method only, is not suitable; an entity must
learn to follow its own direction in life.”

(2010 INSERT. Well how come they wanted all the students in my class, to go on these channelled exercises.)

“This sometimes means not listening to what well-meaning people tell you.”

“Still, I learnt a lot of things.”

(2101 INSERT. I was meaning, I learnt and recognised how not to run a circle, and when I felt something was wrong, my guides would help me either analyse it until I saw the flaw in why I felt it was wrong, and would make a mental note of not repeating it in my classes.)

“Yes, but you did not discriminate in what you learnt. There were good things, and there were things that were negative. You took it all in without discriminating.”

(2010 INSERT. One of the reasons my guides wanted me to sit in those circles, was for me to analyse, remember a Virgo is a bit of a perfectionist, so I know that the two high-lighted statements are not the whole truth, as I am not perfect and I might have not discriminated everything.)

“You must learn to separate what you need from what you don't need. A remainder still lingers in your body. It is this that must be expelled from the breath, and this may be very difficult for you. In fact, it may be quite traumatic, and you may experience a worsening of the asthmatic condition.”

“What, when I practised breathing?”

“Yes. We will communicate with you the correct method of breathing, but the communication must come through you. You are also stifling your imagination; this is a throwback to a past-life.”

(2010 INSERT. I don’t agree, if I was stifling my imagination, any meditation that came into my head, I would stifle.
The many thousands of science-fiction books I had read wouldn’t be so enjoyable. How many kids of 14 or 15 years old can imagine wanting and working towards emigrating to New Zealand when they are 21.)

“As a child in one life, you had a very puritan upbringing, and all imagination was frowned upon as lying. Your parents were very strict with you. Whenever you talked about seeing imaginary friends and colours about people, you were punished very severely.”

“Why would I choose such a life?”

“To learn a lesson. To learn to be careful with what you learn. Not all people are ready for what you teach, but you must get rid of that fear, which you have carried over into this life.”

(2010 INSERT. By stringing these two underlined statements together, the purpose would have caused me to be more careful, and have the opposite effect on my classes, in that I may have imagined that some of what I receive from my higher-self or guides, is my imagination, and worry that my students would not be ready for what I teach, and maybe not give them the meditations, like the “University of life meditation.” which from another viewpoint is highly imaginative.

But again my guides protected me from believing and reacting to what Julie said. But I feel if Julie’s guides had said, “to be careful with what you learn, and you have now found that you can imagine things for a positive purpose, and that your analytical mind can refine what you imagine to improve a meditation, say.” This would have a more positive purpose for, if I had believed the channelling, or “to be careful with what you learn,” but that the past life is causing me to block seeing on my meditations.

Which is not true, but at least this last version wouldn’t have a negative effect on when I receive the meditations from my higher-self or guides.
In some ways the highlighted segment is confusing, and again is trying to use the past-life as proof and leverage to get me to believe I have another fear. But how much do we know that Julie is twisting what spirit is channelling to her, or Julie may have been adding her own beliefs into the channelling, subconsciously, by then channelling, “but you must get rid of that fear.”

“You are no longer ruled by puritan parents. No one has control over you. Do not be afraid to learn and go forward.”

(2010 INSERT. This is implying that I still believe someone has control over me, and that I am still afraid to learn and go forward.

Remember Julie knows that all my students in both classes will read this nights channelling, and that I had told her that I would not be leaving out any channelled guidance from spirit from my text book.)

“Do you want Julie to go to this conference in York, this healing conference?”

“We have many things for her to do this year. We have a special mission for her. She is interested in going, but we have work for her to do here. We can teach her as much, and maybe more than she would learn there. She has a special mission here, but she needs help to achieve it. She will need to draw many people to her. It is this strength we have increased in her etheric body.

She will draw the necessary people, to her, in the correct time. She is impatient for this to happen, but all things must take their own time, and she knows that she is in the hand of God. She still needs to learn to trust more, and have protection of the universe. We guide her always, but she is becoming more and more to the correct state of being, where one can accomplish all that one desires.

It is a special way of thinking, and she is approaching the completion of this, but there is more to learn. She does not need to travel physically, to learn, nor do you, Raymond.”
“Does God want me to go to this conference? Does it tie in with my book?”

“There is a desire in you to go, but we have no special intention, we can only advise. We cannot tell you to go, but there is no special intention that will be accomplished by your going, other than that of an interest to you. You have someone yet to meet in Australia, he will help with the book. You have a desire to go home.”

(2010 INSERT. Up to this time I have yet to meet a man that will help me with my text books, but plenty of students were drawn to help fill the pages with their experiences and channelling.)

(Estelle) “Will America be good for me this year, or should I stay here?”

“We advise you to stay for the moment; it is not yet the correct time to go to America.” (Estelle) “Towards the end of the year, maybe?”

“There is special work to be accomplished here; we do not see it happening this year, there is other work to be done here.”

“Is there any urgency for this book to be finished?”

“There is an urgency in all things that will speed up the evolution of the psychic and feelings. We must employ many methods. Time is very short; therefore, all speed must be made in all these endeavours. The things you do through your book, the knowledge that you give, may not help physically in this time, but in the passing over, those souls will remember what it is they have to learn from that book.

Therefore, Raymond, you will not get the recognition of your book in this physical life-time,”

(2010 INSERT. This high-lighted sentence, with wisdom would have been better off if it was not channelled, as it is implying that I am compiling this text book for personal recognition, another subtle suggested slur on the purity of the teacher’s motives, to affect the subconscious minds of all the students in the other classes or readers of this text book.
This last highlighted statement is more a human’s perception of the reasons for producing my text book(s). If this spirit who is channelling knew my spirit, it would know that the majority of the records, scrolls, manuscripts, books and newspaper serials, which my spirit has wrote in many past life-times, had a much larger positive, uplifting, morality teaching, and entertaining effect, many years into centuries, after my spirits past lives had died, even into this present day, where the majority of mankind in the western world have read or seen what my spirit wrote.

And I don’t think not getting recognition in this life; will deter my spirit from plodding along and producing these books which are going out to the world free.

I want you to imagine how the other students and Julie would have reacted if I had attacked the spirits who had been channelling all these type of undermining statements, sentences, or exaggerated use of adjectives, that had been subtly interwoven in good advice or enlightening knowledge.

I don’t think I would have recognised these subtle attacks on the night they were channelled, but I definitely know that I would have recognised them when I came to type them up for all the students, but thank goodness for you readers, you still get to read the good channelling and advice, and enlightened knowledge, because I didn’t type or say anything, except on one example which I will let you know when you come to it.)

“but on the other side there will be many spirits who will evolve more quickly, because of what they have read in your book. Therefore, it is vital that you complete it.”

“In other words, there won’t be enough time to run any classes to develop healers, based on the book.”

(2010 INSERT. At the time of this class-night the channelled communication through Julie was the only influence which was trying to get us in the class to believe that there was going
to be a lot of deaths and passing over to spirit, on a world-wide basis, very soon.

And also Julie’s channelling about this was the most extensive, of all our channelling extracts, the mention of this urgency and the constant references to many deaths, without naming the cause, may only have affected the student’s in a negative way, by increasing their fears of the unknown.

Julie would channel again about this urgency a little later on, maybe ten minutes later in class time.)

“As you can see attendance to the classes, is not as we might expect or hope for.

We sent you a message several years ago, to do with a colour machine, but it was not the right time for you, but we gave you the idea, so that it could evolve in your mind. The time is becoming ripe, for this idea to be put into practice, there is much money to be made, and this money is needed for other ventures, you will find an interest with Julie as well, in the area of colour.

We desire people to be educated in the use of colour, there is such little understanding about this tremendous energy that can be tapped. People are only half aware of why they wear colours, and why colours make them feel good or bad. There must be more education in this field, it is a great energy.”

“Why did this idea come to me too early, why didn’t it come at the right time?”

“It was like the seed that was planted, it had to have time to grow, and this took many years. You also had to grow, but we wished to plant the idea, ahead of time, so that you would have time to get used to it. You thought you'd forgotten it, but it was growing within you, we say the world was not at that stage ready for such a concept. Colour therapy, will be the medicine of the future.”

“There are other experts doing this overseas now, aren't they?”

“Yes, but it needs to be brought to the level of the people. There are scientists and doctors experimenting with this, but this
knowledge is not translated into useful purposes, in everyday lives. The scientists and doctors all do good work, but they must translate it into language the average person can understand.

For example, your colour machine, they can identify with the changes in atmosphere, that colour would bring to a room, if only the mood. They do not realise what an affect the colour will have on their own bodies, also Julie had the idea for food colouring, they can identify with the eating, and also they can identify with the idea of relaxation, using the coloured rooms.

On a deeper level they will be getting the advantages of the colour, but you see what I mean, it must be brought to a level they can identify with. To raise their consciousness, it must be brought to a material level, if it is to benefit them. They are frightened, frightened of things they do not understand, therefore you must give them the understanding, you must provide the link between this colour energy and the average person.”

(2010 INSERT. I don’t believe the general public are ‘frightened of things’ like colour changing lamps, I feel this statement was a feeble attempt to get me sidetracked into building and seeking out manufacturers, to add this leverage to persuade me.

Even the word frightened was used twice to reinforce the emphasis to make the lamp, because the people are frightened.

“But how do we do that?”

“You cannot imagine the success of this machine.”

(2010 INSERT. To tell you the truth, I can’t remember if I had told Julie about the colour machine I had stopped building nearly a decade before, outside of the recorded class nights, but is this a subtle way of tempting me, Julie not knowing that I had already imagined and believed in the success of the machine.)

“I did, too well; it frightened me, didn’t it?”

“But you must focus on the benefits of the person who buys it.
This energy will be colouring their lives, whether they realise it or not, they will begin their colour education.”

“I had a lot of trouble getting parts for this machine, and getting it sorted out.”

“The way was not clear, then, but we can make the way clear for you now.”

(Estelle) “Will I be doing the channelling this year for other people, to help them?”

“Yes, it is one of your strengths, and you must develop it. We urge you all that the time is so short, that you must redouble your efforts to help those who dwell in ignorance. You must bring them to the light very quickly. We cannot tell you how urgent this is; we try not to rush you, but your efforts must triple even.

In the past, perhaps you have been afraid of being misunderstood, or persecuted, but you can't have this fear anymore. There are many energies being beamed into your universe; more enlightenment is being beamed to the people. They are being prepared to hear these ideas; therefore, you will not find as many obstacles as in previous times.”

(Estelle) “But how do we go about telling them?”

“Each in your own individual ways, which you will develop in time. They do not yet see how important this is. Their priorities are not yet in the right order; they do not know how close the time is. Because the time is short, we ask you to put aside many personal interests. We call for all your strength and devotion in this time.

You may have to give up many things of a personal nature, but we cannot express too much, how important this is. You may not think that it will reach the people in time, but you are acting not for their physical bodies in this life, but for when they pass over.”

(2010 INSERT. I feel all this channelling, after Estelle’s questions, were meant for Estelle, but they way it sounds it might make other students feel it was meant for their lives or mine, when it comes to connecting up the words ‘Each in your own individual ways which you will develop in time.’ and ‘Their
priorities are not yet in the right order,’ then in both paragraphs, spirit didn’t specifically refer to Estelle, when they first ‘ask you to put aside many personal interests,’ and then repeat, that whoever, ‘may have to give up many things of a personal nature.’

My guides knew very well how much personal time it took to type all the class recorded transcripts onto my primitive word processor, to give back to the students the following week, it was more than ten hours every week, and at this stage I still had my five day a week, full time job with the gas company.

“Brian, you will be able to see more in your development clairvoyantly, in the coming months ahead. When you have much to see and experience in your meditations, to help you develop and overcome your past conditionings. You will be able to see more and more as you progress, for we want you to write a book, to explain what we showed you in your meditations, if you record your own meditations. You may not understand them in the beginning, and some you will never understand, as they are programmes for your subconscious mind, which are deprogramming your conditionings. But the other meditations that you record, as you learn from the teacher, and teachers, what you experience, you can write this down.”

JULIE AS THE CHANNEL FOR A BREATHING EXERCISE FOR ME TO DO, MORNING AND NIGHT

“Sit up completely straight, so that the chakras can be cleared. We wish you to breathe in and hold for the slow count of three, and then exhale when you are ready. (Ten to fifteen minutes silence)

Now repeating this: when you breathe in, contact your higher-self and ask it to help you release your fears, with the breath you release, let it all out. Ask your higher-self to unblock your chakras, and remember with each slow breath, that the fears are being released, expelled from the body. Say to yourself,

‘I accept the things that I have done, and I know that I will do much better. I will not repeat the same mistakes, I have learnt my
lessons, and now I wish to put behind me selfish acts, and to act for
the good of mankind. I want to make up for all that I have done
before, but I release all my past, I let it go.’

Just let go. Now, we wish you to do the same process, but do it
fast. Breathe in fast for three, and breathe out fast. Now, you are
breathing in strengths: breathe in the strength and the light, and
send it to the chakras. Taking the strength, the universals energy, it
is changing the chakras: the chakras have been unblocked, and the
strength is replacing the fear. Breathe strongly, the light has
entered the body and is filling the empty spaces.

That is enough for now. You must repeat this process, twice a
day: first thing in the morning, and the last thing at night. But the
main thing is that the process will not work unless you believe in
what you are doing.”

(And here is tonight’s total of command
words which Julie has spoken, 15 ‘You Must’s,’ 11 ‘Must’s,’
and 9 ‘Do Not’s,’ 5 ‘Cannot’s,’ 30 ‘Not’s,’ and 14 ‘Can’s.’

And the word ‘Fear’ was channelled 13 times in reference to
me, and once in reference to Estelle.)
In case you are losing confidence in me, my guides wanted me to show you my abilities six years later on, with this class night, besides it will give you a break from Julie.

Throughout this disc, where the pace of the book requires a boost of energy, you will find extracts from future classes or therapies, and for the advanced readers, who are starting to feel that there is something not quite right in the land of Julie; this next chapter might put a smile on your face.

Because reading the advice that Julie was channelling can tend to switch your brain into neutral, or idle, as the pace of the questions and answers is a bit laid back, this next chapter is at a totally different pace.

I don’t know if it’s a well known fact, but communication between people is vastly different, when gender is taken into consideration. For example, men and women talking to each other, is the slowest speed of communication between adults, men talking to men is the next fastest, but women talking to each other, now don’t take offence, there is a reason I am explaining this, you see women understand each other, better than men understanding men. I won’t go in to explaining the reasons for this.

So if you are a man, and running classes like these, and you are doing past-life therapy to a group of young women in their late twenties, where three out of the four are going to be shown a past life they lived together, and the fourth one is just being shown the events as an observer, and they are all seeing the past life events from different perspectives, and different time periods, and they are to be free to speak out what they are experiencing.

Then I hope that you can keep up, and still receive the guidance from your intuition, if you have been a past-life therapist in a past life-time, but if not, your guides will send you the concepts for the questions you are to ask the ladies, if you can understand the concepts.

But don’t worry you will only have to cope with what you can handle, your guides will look after you, so don’t think that all past-life therapy
sessions go at this pace, because the pace is very fast, as the more they experience a little excitement creeps into the session, which speeds it up even more.

If you are being trained by your guides to be a past-life therapist, then you most likely will have your psychic sight well developed to be able to monitor and help your students if they make a mistake and think they are the wrong person in the past life.

How many times a day do we see the face of our wife or husband, compared to how many times a day do we see our own face in the mirror, so sometimes we think we recognise a face, but it is more often someone we saw a lot of in our past life.

This was Shelly’s twenty-ninth class and therapy attendance, as she was being healed of quite a few problems in private, in one patient per session nights, outside of class nights, and this was Shelly’s sixth class night with the three ladies, so she was fairly at ease with them in the class, but Shelly has been in previous classes with other students who eventually dropped out, which you have read some of in other chapters.

All three new students started class together on the same night, they had all read volume one, at least, to prepare them for what they might experience in the classes, I don’t remember if they were friends, or that they even knew each other.

You will find when I typed up the transcripts for the students to have the next week, my guides were getting me to add clarifying details, so that what conditioning wasn’t released on the night of the class, I would have asked them at the next attendance to check with their guides or higher-selves, if they had missed releasing anything.

I also typed these inserts in the context of them being read by future students. So with all these additional inserts, it will be slowed down to a pace that you can read more comfortably.

As this night’s session was mostly for Lucy and Paula, I will only list the meditations that all the students had experienced on the previous six class nights, just to show you that students don’t go on past-life meditations every class-night.

1\textsuperscript{st} night, “MEETING HIGHER-SELF AND SHANGRI-LA MEDITATION.”

2\textsuperscript{nd} night, “ATLANTEAN HEALING TEMPLE BY THE NILE MEDITATION.”
3\textsuperscript{rd} night, “\textsc{Basic Chakra and Advanced Hospital Meditation}.”
4\textsuperscript{th} night, “\textsc{Advanced Hospital and Medieval Europe Meditation}.”
5\textsuperscript{th} night, “\textsc{Through The Eyes of Jesus Meditation},”
and “\textsc{Ghost-Busting Thought-Forms in The Vatican Meditation}.”

This last meditation is from volume two, in the next disc.
6\textsuperscript{th} night, “\textsc{Both Chakra’s and W.W.I. Field Hospital Meditation}.”

As Lucy’s past life-time was a male, I will shade all Lucy’s name tag’s in blue, and because Paula’s past life-time was a female, in a romantic relationship with Lucy’s past life-time, I will shade Paula’s name in pink, and because Shelly had a past life-time there as well, Shelly’s name will be in yellow, and Rachel, as the observer, her name will be in tan.

**HEALING CLASS 10/3/92.**
**LUCY, PAULA, SHELLY, RACHEL**

“On tonight’s meditation you are going to be shown scenes of a past life-time event, some of you may have had a past life there, and some of you may only be shown the scenes to be a neutral observer, to help clarify the events, and maybe help the other students, who had a past life then.

Remember the akashic records of which you will be shown, are a combination of memories of the past lives, and camera views from outside, as if they were filmed from the spirit world, which can record other peoples thoughts and emotions, also any visiting spirits are filmed for you, if they have any influence on the recorded scenes of the event.

We are going to go back in time, metaphorically, because you don't go there really, but you see it like as if you are going there. So, you are going back in time, across the world to Europe, going back about one hundred years. We are going to come down in the winter-time, its daylight and we are going to arrive in Holland, and it's an outer lying village, it's not a big town, but you can see the windmills on the canals.

When we arrive at this village, there is a lot of festivity,
feasts and celebrations, and it’s an event they hold every year. It's connected with the racing on the ice, skating races around the canals and all these skaters are all gathering at the starting line, and they have to skate around this course, along these canals.

And they set off, and start skating like mad, racing, and everyone is cheering on the banks, banging things and making noises. I’ll leave you now to see if you have a past life connected to it.

If anyone starts to recognise that they have a life-time, speak up and start describing what you are seeing and experiencing, and others will come in on that.”

(Lucy) “I'm seeing that I've been pushed over, I'm skating, and I've been pushed over by Paula and I broke my neck, but I'm not dead, and I’ve got a sore neck at the moment, here in the class, I could feel it, and Paula’s past-life is very upset.”

“Are you either boys or girls racing?”

(Lucy) “No, Paula is a girl; I'm not sure what I am.”

“There were girls in this race.”

(Lucy found out later that she was a boy, and the girl who Paula was, loved Lucy in the past life-time)

(Lucy) “But anyway, she's not feeling very good about it all, but I know that she didn't deliberately mean to break my neck, she was just eager to beat me. So, she sort of nudged me out of the way, but I've fallen and broken my neck.

There are all these people around me, and Paula’s stopped, she standing over me. She's quite hysterical.”

“What do you feel Paula, or see anything?”

(Paula) “I'm not seeing anything like that.”

“Ask your higher-self, Paula, if this happened? Shelly, are you seeing anything connected with the scene?”

(Shelly) “I actually thought it was me that had pushed someone over.”

“What, before Lucy said it?”

(Shelly) “Yes.”
“Everyone can check with their higher-selves, to find out.”

(Shelly) “Paula is there, and she's hysterical, because I'm seeing that Paula is a girl, and Lucy’s girlfriend, and I'm a Boy.”

“Are you another person there, a third person?”

(Shelly) “Yes, I think so. I could see there was a big tangle.”

“Are you one of the skaters?”

(Shelly) “Yes.”

“And you just observed it?”

(Shelly) “I think it was a big tangle, when everyone at the beginning was rushing to start, and I'm not sure who pushed, but somehow someone in the tangle, Lucy, just got pushed over. I'm not sure who it was, but there are people around who seemed to... I'm feeling guilty, but I don't know if I did it or not, and everyone’s... there are some people still skating on.”

“And you stopped as well, Shelly?”

(Shelly) “Yes.”

“How are you feeling if you don't see anything, Paula, are you feeling any emotions?”

(Paula) “I don't think it was me.”

“Did you ask your higher-self, whether it was you or not?”

(Paula) “I'm not even at that scene. I'm seeing something completely different, which I had been seeing from the beginning, which is that the ice gave way.”

(2010 INSERT. To make it easier for you to read, we found out that Paula’s higher-self was breaking this past life to Paula gently, by first showing Paula a scene where she went through the ice.

I have noticed in other students death scenes, that spirit show the scene of the death with no emotional memory attached to the death, if that is the best way psychologically, to sequence the revealing of the events, and then showing the scenes leading up to the death, it takes away the shock in this way.

But of course the students then will try to help the death scene student, but their imaginations, sometimes get it wrong, as they subconsciously want the student to have died accidentally, because many people have a dislike of the thought of suicide, maybe they have had many past life-times as Catholics, if you get my drift.

But no matter what the other students imagined, Paula’s past-life
jumped through the ice and committed suicide. I will expound more about this later.)

“Ask your higher-self if what you visualised, is a superimpose memory of something you’ve read, or something you've seen?”

(The reason I asked the students to ask their higher-self this question, was because I was receiving the message from spirit that this was a suicide.)

(Shelly) “Well, I got that at the beginning, too, that the ice gave way.”

(Shelly didn’t ask her higher-self, so she was still under the belief that Paula died accidentally.)

(Lucy) “So did I, it wasn't like it was deliberate, because I'm seeing it again, and we take off, and there's a whole lot of us in the race, and the first corner of the canal is quite narrow, because there's so many of us that have started, we've all got to sort of squeeze in, to get round the first corner, and that there's a heap of collisions, and I wasn't the only one that fell over, I just happened to break my neck.”

(2010 INSERT. The reason Lucy’s higher-self is showing her the same scene again, is so Lucy will describe it in detail, to help break down not only Paula’s past-life trauma and conditioning, but also for Lucy and other spirits who were present in the classroom on that night.

The question of who caused, pushed or pulled Lucy down, to break his neck, is not important, but for all those that feel guilty, or thought this person or that person caused the injury, they have to release their own feelings, beliefs, or blame, this is important.

Which includes everyone who had a life there, including the relatives, who were in spirit, listening to this past-life? But let's face it; Lucy's higher-self engineered his accident for the purposes of growth. I will explain more about the reasons in another insert.

Sometimes a student patient's higher-self will show the death scene at first, to take away some fear, and then show what leads up to it, but
because the emotions that Paula was feeling, leading up to the death scene memory, were so traumatic for Paula, there was a large degree of blocking happening, as the hysterical and guilt belief emotions were the most traumatic, which made it too hard for Paula to see most of the cause of her distress.

This I feel was the reason that all your higher-selves agreed with each other, to review this life-time together, so you can help each other, because even Lucy’s higher-self is only showing Lucy the scenes in the right sequence to help the most traumatized past-life first, which was Paula’s.)

(Shelly) “I keep on getting the vision of Paula, this girl, going to pieces over Lucy, and they are in a relationship or something, and I'm a young man, and I'm feeling guilty.

I don't think I pushed Lucy in this tangle, but I'm feeling guilty because I think I have an attachment, or hope for a romantic... hopes towards Paula, and feeling like…”

“Well, it's more than guilt; it's something else then, isn't it? What would the emotion be, disappointment, loss?”

(Shelly) “Sorry?”

“The loss of not being able to have that relationship, because you found out that the person might have been more emotionally involved with Lucy’s past life?”

(Shelly) “Yes.”  “Do you feel a loss connected with guilt?”

(Shelly) “Yes, I feel like I've done my dash.”

“You can ask your higher-self, if the guilt feeling, is conditioning from past life-times?”

(Shelly) “Yes.”

“That’s welling up again in this situation, that you always feel guilty if anything bad happens to anyone around you?”

(Shelly) “I suppose my responsibility for whatever goes wrong, in any given situation, it's always my fault, and the repercussions will always come down on my head. I’ll always suffer, like I’ll miss out, or lose out, and that's my own fault.”

“It’s like setting up a life-time to suffer in advance, isn't it?”

(Shelly) “Yes.”
“So, you subconsciously choose the person to come in contact with, who is going to go through these experiences.”

(Shelly) “Yep, I'm feeling like retched human being.”

“Well, now you know what you've got to release, because you weren’t the cause, it was your choice of incarnation to see the events. It doesn't mean to say that you’ve caused the events, just by being there.

So, you know that you can release that, can't you?”

(Shelly) “Yes.”

“Now, what's happening with Lucy?”

(Lucy) “They've taken me to an ambulance, and Paula is in there with me. I think I'm a male, I keep getting that I'm a male, anyway.”

(Paula) “I get that as well.”

(Lucy) “Yeah, but Paula and I seem close, I don't know if we are together, but we seem close, anyway, friends, and they are talking around me, the ambulance people, and they're saying, I've punched something in my spine, and I won’t be able to use the left side of my body, which is freaking me out a bit. Well, I'm not handling in very well at all, I think skating was my life, was my outlet. I'm thinking, I can’t do it again, and I don't really want to live, if I can't use my body.”

“Paula, I did ask, and I got, ‘Yes,’ you did have a life-time in connection with this, if you don't see it, maybe it can't get through. Maybe you can't see it because it is too painful for you to see it, but maybe for Lucy to speak it out, will help you, do you understand, Paula?”

(Paula) “Yes.”

(Lucy) “This is really upsetting me; I don't really see the relevance.”

“Oh yeah, there is stuff to be released, alright, and forgiven, and misunderstandings. Because you've got to remember that maybe not what's been said, while the event happened, and the other person may have all these emotions of guilt’s, all the negative emotions, conditioning there.

Maybe just the explanation of what the person was feeling, and going through, might help release the... you ask your higher-self, if what I'm saying is right?”

(Lucy) “I'm not feeling... I don't feel any anger towards Paula, at all; I know that it wasn't deliberate. I just don't really feel that I can live
without the use of my body, I don't want…”

“You see Paula was hysterical, and going to pieces, and I don’t think she would have heard anything you said at the time of those events, because she would have been so wrapped up in her own emotions, of which she was going through, that it blocks out what anyone else is saying, anyway.

But now Paula is not going through those emotions, and she can hear what you said, or what you have felt, and that may help Paula to release the trauma from that life-time.

This is a very strange meditation, but this is what I get told from spirit. So you're doing fine, Lucy, your job is to explain exactly what you felt, what you saw, for Paula to hear, that's okay. Sometimes therapy works like this, isn't this right, Shelly?”

(Shelly) “Yes.”

“And Shelly can help, Shelly’s doing fine, Shelly is releasing stuff herself, aren’t you?”

(Shelly) “Yep.”

“I said, didn’t I? That there’d be a few in the class that...”

(Lucy) “Well, they're taking me to some hospital now. I've been in the ambulance for a while, and it must have been quite a way away, and I’m going to the spinal unit, and I just don't feel like I'm coping with this news very well.

They've strapped me in some sort of framed bed, and they're telling me that there's nothing that they can do to make me walk again, move my left side again.”

“Is Paula around, does she visit you, or is she by your side?”

(The reason I asked this question was because I had this feeling from spirit, that Paula’s past-life had already died, and I was trying to see if Lucy would find this out, that Paula’s past-life spirit was by his side, at the hospital.)

(Lucy) “No, no, I don't know where she is.”

“Shelly might have been around at that time, knowing what was happening with Paula. Are you seeing anything, Shelly?”

(Shelly) “I just got a glimpse of a figure jumping through a hole in the ice.”

“Right.”

(Shelly) “It looked like a female.”
(2010 INSERT. The purpose of the meditation is to help the students accept the truth, so then they can release what they believe. It would have been no good me telling the students that Paula had committed suicide, if they had already imagined that she had accidentally gone through the ice, and with me not being allowed to see the events, and not having a lifetime there, how much would they have believed me, even though I had accepted what I had been shown, after confirming it, by asking my guides many minutes before.

So, knowing the way the guides work, I waited until the students started seeing the suicide, sometimes there is wisdom in keeping my mouth shut, until the right time, like now.)

“Yeah, my guides say that's true. So, what Paula was getting, was the death first, which sometimes happens to take away... It sometimes helps to release the trauma, by seeing the end of the life, before actually going back to find out what caused the person to do that.

And you can all ask your higher-selves, if it's true, that she did jump through the ice, committed suicide, and Lucy can find out from the past life memory, if he found out that his girlfriend jumped through the ice.”

(Lucy) “Yes, yes, I know.”

(Lucy) “I know, well, I'm angry, because I'm thinking that... You know, she got her life and her body, and she should have lived, and it should be me that dies, because I can't use my body anyway. I'm just getting this feeling that I felt it should have been me, and not her, since my body is useless, and hers wasn't, that she just threw it away.”

“So it wasn't imagination.”

“You have to forgive Paula, Lucy, for the emotional upset that she felt, guilt’s of you being paralysed, and the devastating effect it had on her, that made her do that.

You’ve got to be in their shoes to understand it, and then you can release it easier, release this anger and stuff like that.

You are now in the twentieth century, and understand what drives people to do things, and you can forgive them.

Can you forgive Paula for not being able to cope with....?”
“She thought responsible.”

“Yes.”

“I forgive her, because I understand that she felt it was her fault that I was left a cripple.”

“And I think she might have felt anger from you, she might have, it may not be true, but she might have felt imagined your blame, or hatred, yes, she loved you at the same time, and that’s very difficult to handle, to feel rejection, maybe there wasn't, but we don't know how the mind works, in what it believes, do you understand what I mean? I can't say for Paula, because Paula is not seeing the past life-time.”

“She saw my anger, but it wasn't directed at her, it was directed at...”

“The situation you were in.”

“Yes, I felt that life had given me a rough deal, so that every time she visited me, I was angry, and she thought I was angry because of her.”

While Lucy was explaining his anger, while his past life girl-friend was visiting the crippled boy-friend, I was also shown a scene of the girl-friends spirit visiting her boy-friend, immediately after her suicide, but before her boy-friend and parents knew that she had died.

Also in the scene I was shown, the crippled boy’s parents were visiting him, and while his girl-friends spirit was by his bed, she was picking up the thoughts and emotions coming from these parents, blaming her for his injury, which my guides were telling me had created powerful beliefs and guilt conditionings coming through to this life.

I was told not to ask Paula but wait until later when it was the right time for Paula to find out about this scene I was shown.)

“And what’s the other emotion you felt, when you found she had committed suicide? There might have been anger at first, but there might have been a little niggling thought, that you might have been responsible, by being angry, that you might feel guilty for her committing suicide?”

“Yes, I do. I seem to have this hang-up, that because I'm a cripple, and so angry about it, that I caused her death. By directing my anger at her, when that was really not who I was angry at.”
“And you've got to forgive yourself, as well, for the way you reacted, and not feel guilty; you need to release the feeling of guilt. There's a lot to be released in this life-time you are seeing, isn't there, between the two of you?” (Lucy) “Yes.” “It starts with a simple life-time, but it can get really complex, can't it?” (Lucy) “It sure can.”

(Shelly) “Do you see any of this, Paula?” (Paula) “Some of it, yep, yep. I'm seeing that I did actually grab hold of him, going around the corner, and pulled him down, and everyone falling on top of each other. And after he's been seen to by the people, and they know it's a spinal thing, I've felt that I had jumped through the ice then, not later.” (Shelly) “That's what I got.” (Paula) “That I've done it, like immediately.” (Shelly) “I got that she'd done it, pretty well immediately.” (Paula) “Yeah, yeah.”

“You may have also imagined that he was angry with you, and blamed you, do you follow what I’m saying? Even-though he might not have? You've got to ask your higher-self about that, whether you felt (imagined) those feelings as well, if you actually imagined those feelings. Sorry, I'll get the context right, do you follow? We do sometimes imagine what other people feel, but it may not be true, isn't that right?” (Paula) “Yeah.”

“So that might contribute to causing you to committing suicide, as well.” (Paula) “Yes.”

“And also Lucy might imagine that his anger was the cause of Paula’s suicide, which may not be true, either. There may not be any connection there, so you can't blame...

Well, Paula's got to release the belief that Lucy was angry at her, and Lucy's got to release a feeling that she is guilty of her knowing that he's angry, and mistaking it as anger towards her.

It gets complicated, but life is complicated, like that. Is this a bit heavy for both of you?” (Lucy) “Yes. I get the vision that I remained in a wheelchair, and I was
really bitter at myself, and at the fact of Paula’s suicide, relating to my anger, which was directed at nothing, but that I felt even more bitter, because I'm just getting this thought pattern, that I’m not even capable of killing myself, because I can't use my body to do it.

That's what I want to do, though, but for some reason I don't do it, a bit of cowardice, I don't know.”

“Are there any fears connected with this life-time, coming through? Fears of racing a person?”

(Lucy) “I don't like cars, I know that.”

“Like fears of competition? Sometimes they have to be released.”

(Lucy) “When I asked my higher-self, I got a, ‘Yes.’ But I've never really been a competitive person, but maybe that's why.”

“Well, this is what they are saying, if you see a situation where it may seem to you like competition, you may hold back and not go for it, but it may not be a competition at all, but it (the conditioning) will prevent you from succeeding in certain areas that you feel is a competition, like an exam, or something like that, do you follow?”

(Lucy) “Well, I’ve sort of set myself up with the belief that I don't like competitiveness, I think it breeds superiority and inferiority.”

“We can choose reasons to label our feelings towards, or against certain things, but they may not be our true reasons, those are reasons that we choose, (or rationalise our dislike of competing.) the actual underlying feelings of maybe fears, may be connected with angers. You've got to ask your higher-self this.”

(Lucy) “Well, I'm being told that I should release some of these things now. So I release the feelings of anger that I directed at Paula, in that life-time. I release the feelings of bitterness and inadequacy of my physical body in that life-time.”

“Release the fear of competing, and fear of being crippled, being hurt, for being severely restricted.”

(Lucy) “I release the fear of feeling that physical disabilities means an end to life, not wanting to live any more, I release that.”
“Release the fear of being crippled.”

(Lucy) “Yes, I release the fear of being crippled. I release the anger directed at medical professions, for their lack of knowledge and cures.”

“I'm getting anger towards God, as well.”

(Lucy) “Oh yeah, I release the anger directed to God, for dealing me this hand, in this life-time.”

“God didn't deal it, you've got to release the belief that he dealt it to you, in the first place, as well, because he didn't. So re-phrase that, you know better than that.”

(Lucy) “I'm trying to get out of it. I release the belief that I was dealt this hand by God, and the anger associated with that belief. I release my grief towards Paula, my guilt towards Paula’s suicide, in that life-time.”

“Ask your higher-self if you made any emotional vows, or vows to repay in debt type repayments?”

(Lucy) “In my bitterness I made a vow to myself, that if I was ever to be disabled in a wheelchair, that I would kill myself, rather than live out that life. God, I know this, because I’ve said this, in this life-time.”

“This is what I was talking about before, that very often you will recognise the beliefs or fears we have, directly related to what caused them, from the past life-time you are seeing.”

(Lucy) “I don't know how many times I’ve said that.”

(Paula) “What about thinking that crippled people are half people, or something, because you obviously thought that about yourself, that you were like half a person?”

“How did you react to the presence of a crippled person, in an elevator, say, in a wheelchair?”

(Lucy) “Mostly, what it brought up was the thought pattern that I couldn't live if I was like that. I didn't feel that they were any less a person, I just felt that if I was in that situation, I wouldn't be strong enough to live.”

“Yeah, because you know what it feels like?” (Lucy) “Yes.”

“Good, you released that. Now, did you make any vows in connection with Paula, that need to be released, vows of wanting to get back together, to help repay a debt. Well, you know what I mean, anything like that?” (Lucy) “No.”

(Rachel) “You didn't release the fear of competing.”
“I don't feel like I have a fear of competing, I don't know, because I've never been competitive.”

“Well, you ask your higher-self, if it’s working?”

“No, my higher-self says that I don't fear competitiveness, I just don't feel a need to be part of it.”

“Well, that's good, maybe it's a growth. Maybe that was the purpose of the actual event. Maybe you were too competitive a person, and every life-time you were competing at the expense of others, and maybe it was a way of curtailing it.

You ask your higher-self if it was a way of curtailing your too competitive nature.”

“Yes, they're saying, ‘Yes,’ the whole time.”

“We do have these life-times for purposes, not just to suffer, don't we? We choose the incarnations, or your higher-self, or guides will choose the incarnations, so that you will... it's like a bonsai tree, another twist of wire to get you straight, and the life-times are like a twist a wire, to get you back onto the straight and narrow. Paula, do you have anything to release?”

“Yeah, the trauma. So I now release the feelings of trauma in this life-time, with this accident, and I release the feelings of guilt over Lucy's disability, that it was my fault.”

“You have to realise that the actual break in the spine was arranged to happen, not by you, Paula, because lots of people can pull people over, and they don't get broken necks, but it was arranged for it to happen for a reason. So you are not wholly responsible for what Lucy's higher-self wanted to arrange to happen to Lucy.”

“I release the responsibility for her death.”

“Do you feel responsibility in this life, for other people's misfortune?”

“Oh, yeah, yeah, I do, I do.”

“You have to release this belief that you are responsible for other people's misfortunes.”

Okay, I now release the belief of feeling responsible for other people's misfortunes.”
“How do you feel in this life-time, when you see people who are disabled in wheelchairs?”

Well, I'm an adult really, I see them as people, I feel like I want to help them, but I also think that they think, ‘We don't want to be helped.’ They’re probably fine without me interfering, I do feel pity for them, I’m glad it’s not me.”

“The best thing to do, is ask your higher-self if there is any conditioning affecting the way you react in the presence of crippled people, if there is none, there is none, it's alright.”

No.

Some conditionings don't occur, and some get released in other life-times, we can never know which one sticks...

Well I got, ‘No,’ for that too, but I thought I could be wrong, that's why I asked, because I was asking my higher-self, if I had carried over, and given Paula any sort of conditioning, where she'd feel guilt, when she saw somebody in that situation again, but I got, ‘No,’ as well, so that's good, I feel better about that.”

“Did you make any vows? I think you were too upset...”

Yeah, I was very rash, very impulsive.”

“I had the feeling that Paula was visiting me in hospital, could that have been in spirit?”

Yeah, I'm just getting... No wait a minute, you're jumping the gun here...

(The reason I said, you're jumping the gun, is because for a student or patient to believe what they will do. It is better that we don't suggest what spirit have revealed to the therapist, or if another student is also picking it up.

At the same time, you Lucy, were picking up that Paula’s spirit was visiting you, in hospital, I was also being shown the same thing, and much more, like a scene of Lucy’s past-life and her relatives, not only speaking their opinions about his girl friend, but also their feelings and emotions, and seeing them upsetting the girl-friend, who was in spirit, hovering in the room with them.

And I know that to help Paula believe in what she experienced, she has to see it unfold, to know that it is not her imagination, creating what I or
another student describes. Again knowledge isn’t wisdom, but how you use the knowledge, separates the wise, from just a recording of knowledge.)

“...I'm afraid you've got to see it, they want you to see what happened to you in spirit, after you died, after you have gone through the ice and died. And now you find yourself in spirit, but on the Earth.

Whereabouts are you, and whereabouts do you go? You have to see this, because there is stuff to release.”
(Paula) “I went through the ice, and I'm in darkness, black. I’m beside Lucy, him.”

“What are you picking up while you are standing by Lucy? Are you picking up her emotions?”
(Paula) “Yes, well really, everybody's...”

“So you were picking up other people's feelings about...?”
(Paula) “The whole...”

“(Parents) “...situation.”
(Paula) “…horrible situation. Yes, the family, they are all ice-skaters.”

“Aha, so they are the ones that blamed you, I mean Lucy didn't blame you, but they were blaming you. Ask your higher-self, well, your higher-self would know, if you were picking up their feelings, and how it affected you.”
(Paula) “Oh yeah, they're (Parents) not saying it, but that's what they're thinking.”

“And how did you feel about that, that’s even stronger conditioning?”
(Paula) “Well, I feel like I want to sort of get through to them, but it’s a bit late, they don't, they can't hear me, or... I wanted to defend myself, but I don't really think that...

I was still feeling like it was my fault, as well, because I’ve just got this vision of my hand grabbing him, and pulling him down. So I do kind of feel like it’s my fault, and the whole family are bitterly disappointed at...”

“In spirit, you relive the thoughts that you are remembering, even stronger I’m afraid; and sort of condemning yourself, by reliving them. The memory of the pulling down is coming back into your mind, isn't it?”
(Paula) “Yes.”
“When you were in spirit?”

(Paula) “Yes.”

“And of course all these other people may have seen it from different angles, of what they had seen, you might be picking up on their thoughts as well.”

(Paula) “Well, they can all say it was me, now, because now I'm dead, really.”

(Shelly) “I'm feeling guilty on both your parts; I'm feeling responsible for you being crippled, and your death.”

“That's because you chose to incarnate into situations like that.”

(Lucy) “And I'm feeling anger, actually I felt this before, but I let it ride, because I didn't actually see my family, but I felt anger towards my family for not listening to me, and blaming…”

(Shelly) “It was going around that it was Paula's fault…”

(Lucy) “You see I was blaming life for what had been dealt to me, I wasn't blaming anyone in particular, and they were choosing to blame Paula, rather than life itself.”

(Shelly) “I'm picking up, that it’s going around, everyone is saying, ‘Paula, Paula.’ I was a coward, and I'm feeling…”

(Paula) “And it's made them feel even worse, now that she's died. This is going to ruin them, even more.”

“Well, that's what I mean, your conditioning has got it even stronger, since you were there picking up all these thoughts coming from people, because in spirit you will pick up on their thoughts, (And emotions) and that's more conditioning to be released, coming from after the death.”

(Shelly) “I'm feeling like a skulking skunk, who… I feel like going forward and telling the family it was my fault, but I don't.”

“You've got to release all this, you know that. You've got to do some releasing as well.”

(Shelly) “Yeah, I don't go forward to the family.”

“We'll do some releasing...” (Shelly) “I’ll do it later.”

“We'll do that with you later. Yeah, there may be a lot to release, with you. I can spend that time with Shelly, because she will be coming round on her own, to work on it.”
(Shelly) “Same old themes.”
“But we’ll work on the ones who are only going to be here tonight.” (Shelly) “Yeah, I just want to put that in that in context.”
(Paula) “Yes, yeah, yeah. I've seen you there, too. So I need to release the going back and seeing them all hating me, I really heard that the family does. So what do I do?”
“Ask your higher-self, if you've got to release the belief that they had about you, which isn't true at all, they're all distorted, about... you know...” (Paula) “Yes.”
“You were a good person, you didn't intend to do all this, it was an accident, you’ve got to believe this, and released these beliefs that they are laying on you, their thoughts, you can understand that.

You see bringing to the subconscious these truths, of it being an accident, will help release the feelings caused by that conditioning, from that life-time, won't they?”
(Shelly) “Sorry, when you were saying before, when you saw your hand pulling down, pulling someone down, do you get the feeling that you pull people down, metaphorically? That's what I was getting from spirit, that you got the feeling that you pull people down.”
(Paula) “No, I think I go around trying to prop people up all the time, really.”
(Lucy) “That's what I got, too.” (Shelly) “But would that be a...”
(Paula) “Yeah, a natural (Countering) reaction to... Yeah I feel I should, yeah.”
“Yes, well, there are positive things that come out of these things, and they don't need releasing, the positives of helping prop people up.”
(Shelly) “But if you feel compelled to prop people in...”
(Lucy) “Because you feel you’ve pulled them down.”
(Shelly) “…in, sort of above yourself, then maybe that's a problem.”
“Maybe it's just your conditioning from that life-time, Shelly, that you feel...” (Shelly) “It could well be my conditioning...”
“...that...” (Shelly) “Yeah...”
“...that you may feel that way, and you're mistaking it as...”
“Yeah.”

“I'm sitting on the fence here.”

“I think I heard spirit say something about, Paula feeling like she feels she pulls people down, but it could have been me.”

“Yeah, I'll ask her (Higher-self) about this. What I'm being told, and you can ask your higher-self, I've been told, that the spirits of those individuals, of the family, have been brought here, whether they have a physical body or not, but they've still been brought here, to experience and hear all this, and to have things released, that they have to release, and what we're picking up, is their thoughts as well.”

“So we're helping release these, through us?”

“Yeah, you releasing this, is also to help the spirits of the relatives, that have been brought here, you can ask your higher-self if this is true, that they have to hear all this, so that they can release their beliefs, which are also erroneous, and they've got to forgive themselves, for the blame that they laid on Paula, that affected Paula in spirit.”

“And the way that they treated me in that life-time, which was like I didn't have a brain anymore, because I was a cripple. They sort of treated me like a child, and I still have…”

“The same brain.”

“That's right.”

“Well, you've got to release stuff, and their spirits are here as well, they may have reincarnated, or they may be in spirit, I don't really know. You can ask your higher-selves about that.

I just got the concept of why Shelly might have been picking up a pulling down, she may have been picking up the spirit parents beliefs, who are here, of, “But she pulled her down,” that type of thing, that Shelly might have picked up on the tail end of, “pulled me down.””

“Something clicked really, when Paula was mentioning about pulling down.”

“Yeah, but what do you get about the spirits of the relatives being here, are they here, ask your higher-self?”

“Yeah, yeah, yeah…”

“Yeah, they are here.”

“Well, I get they've got heaps to release.”

“Yeah.”
“Ah well, not as much as the ones that were going through the whole trauma, like Paula did go through that trauma...”
(Shelly) “They're just being shown, what actually happened here.”
“...and then was so distressed. Oh yeah, their spirits are being shown the emotional trauma that Paula went through,

(In that the scene I was shown, was also shown to these relative’s spirits, but they were shown how their thoughts emotions or words, mentally and emotionally affected the girl-friends spirit, while she was a spirit visiting her boyfriend in the hospital.)

they are being shown the feelings and emotions that Lucy went through, so that they can release their own...”
(Paula) “Well, yeah, but they were part of the reason that I killed myself, because I couldn't stand to think of living with them, or...”
(Rachel) “Facing them?”
(Paula) “Yeah.”
(Rachel) “Living it every day of your life.”
“Anyway, have you release the beliefs, of their beliefs laid on you, when you were by the bed, in spirit, and they were all there.”
(Paula) “Okay, I release the beliefs that I had in spirit, that these relatives had the belief that I was to blame.”
“That's good. Is your higher-self showing you what happened after that? Did someone come for you, a spirit guide, or Angel, or whatever?”
(Paula) “Yeah, yeah.”
“Some relative, maybe?”
(Paula) “Yep, some elderly lady.”
“Did she come over and say, ‘Come with me, deary?’”
(Paula) “Yeah.”
(Lucy) “All these visiting relatives.”
(Shelly) “Yeah, I can feel them.”
(Paula) “No.”
“Spirits?”
(Shelly) “Oh, yeah.”
“Well, ask your higher-selves, if there is anything else to be released, other than what Shelly is going to do tomorrow morning, most likely.”
(Paula) “No.”
(Lucy) “My neck was really sore, right from the beginning.”
(Rachel) “You had it leaning to the left a lot.”
(Lucy) “I know, because it started on the meditation, and I thought, ‘Oh
my neck’s hurting, ’ and I had my head leaning on the side. That was so weird, I knew something was…”

(Rachel) “And your whole left side was different to the whole of your right side, sorry, I had to have a look.”

SHELLY AS THE CHANNEL FOR HER GUIDE JACOB

“This delving into the past is full of surprises. Out of this meditation was basically shown that a lot of growth can come from negative… perceived negative circumstances in life, because both of you in this meditation, have emerged to a large degree, unscathed, and have grown in understanding.

What you did release, was basically what hadn’t been dealt with, in-between lives, in spirit. There wasn't very much there, but he demonstrated to you, that past-lives can occur between people who least suspect it, that they had a life together, in that particular form of relationship.

Relatives from that past-life have listened to this meditation this evening, and have been greatly enlightened, and when they release, will realise their misconceptions, a lot of energy that they have been pouring out, in their beliefs towards Paula and Lucy, that energy will dissipate and won’t have any bearing upon future lives, future, and it will free them too. That's about all.”

(Lucy) “I’ve got my higher-self here, dying to talk. He’s been telling me things all through Shelly talking, and I can't remember a lot of them.”

“That’s alright, they'll bring them up again, sometimes they run it through, and then channel it through later.”

(Lucy) “I was saying, ‘Can’t you wait?’”

LUCY AS THE CHANNEL FOR HER HIGHER-SELF

“Lucy's not feeling very comfortable, she's created a headache for herself, which makes it harder.”

“Why?”

“She’s trying to block out something that I was telling her, while Shelly was speaking, channelling. Lucy has built up a belief system,
because of the parents in that life-time. She has a lot to release as far as parents go. She creates or incarnates into life-times, and as we all do, takes the parents to suit the life-time, but because of Lucy's belief system, she takes parents that do not treat her like a child.”

“Do not treat her like a child?”

“Yes, that's right, ‘do not treat her like a child.’ The parents in that life-time continued to treat this invalid, like a child, rather than an adult mind, that he was. This has affected Lucy's conditioning.”

“To choose parents that treat her like a little adult, from childhood?”

“That's right.” “That also causes conditioning, doesn't it?”

“Yes, for this life-time, particularly this life-time, where she chose to grow up very fast, feeling that she's already been treated like a child long enough.

So she chose the situation, a life-time, a family unit that would make her grow a lot faster than she was meant to, so of course this creates a lot of confusion now in her adult life.

She feels that she is more the mother figure in her family, than her mother is, that there’s some type of role reversal going on. And of course Lucy's mother in this life-time chose to have a strong child. She needed a strong child; she felt she needed a strong child to guide her through this life-time, to help her in this life-time.

This creates a lot of anger in Lucy, towards her parents, and mother in particular, feeling that she's always being the mother, and not the daughter. Lucy feels that sometimes it would be nice to be the daughter, to gain the help, and guidance, and support of her mother, that she gives to her mother.”

“She needs it back to her, to Lucy you mean, from her mother?”

“Yes, and because she created this situation for her-self, she's not getting it, so it is then of course going on to create more conditioning, where she feels that she is not loved enough, from her parents.” “Which needs releasing as well, doesn't it?”

“That's right, also this feeling of independence started to
condition in this life-time, from growing up so fast, from not really letting anybody support her in childhood, has passed over into a feeling that she can stand on her own two feet, and does not really need anybody.

At the moment she's trying to isolate herself from the people around her, that want to help her, this is just a conditioning that she doesn't want to be treated like a child again, such as that life-time."

“So every time someone tries to help her, she feels like she's being treated like a child, so she pushes them away?”

“Yes, that's right, or normally leaves the situation, so she's running away. She doesn't rebuff them, she just quietly drops out of the picture.

We can't all be independent, to some extent, of course, but we are put here, in these life-times, on this Earth, to learn about humanity, love of the people, love of thy neighbour, so that we can have continued support and friendship, which helps us to strive for harmony, and for Lucy to continue on this path, she will be a very lonely person. She does not let people in, does not let people help her.”

“Well, she has to let guides, and people like me, and other students in the class, to help her grow, isn’t this true?”

“Well, in fact at the moment she's doing well with her guides, and her higher-self, but the more she's tuning in to us, the less she's tuning into those around her, that are only there for support and friendship. She's backing away from being friends.”

“Is it because of this life-time coming to the surface to be released, and she was feeling the strong affects of it more strongly now, than before?”

“Yes, that's part of it.”

“Usually, when the memory comes close to the time that it's going to be released, the person starts behaving like as if the conditioning is stronger than ever.”

“Yes, another is ego, where she feels that listening to her own higher-self, and her own guides, and getting the support that she
needs from them, is enough for her, that other people's opinion about her life and where she is heading, or support, or things they choose to say to her, do not really have any relevance, unless they are coming from herself.

This is not a deliberate ego thing; this is just caused through the conditioning, where she feels that the person to trust most in this life, is her and nobody else.”

“It was a pretty heavy past life-time, and certainly had a big effect into this one. Was it Lucy's immediate last life-time?”

“Yes, not immediate, but close, and Lucy felt this in the meditation, that it was in a hundred years ago, as the meditation was led.”

(I misheard her, and thought she said it wasn't a hundred years ago, but later on, her higher-self told us that it was a hundred years ago. But I continued the conversation under the misapprehension)

“I get things wrong, I'm not perfect.”

“Yes, that's okay, yes, definitely a closer life-time than that, to this one.”

“Was I guided to say a hundred years ago, or did I think a hundred years ago?”

(Lucy) “I don't know. That's all, I can't get anything else. My headache has gone.”

(If Lucy's higher-self can't get through, then Lucy may respond with, ‘I don't know.’ I feel that Lucy's higher-self stopped channelling, because maybe Lucy’s mind was stirring too strongly with Lucy’s own thoughts and beliefs, at this point of time.)

PAULA AS THE CHANNEL

Paula channelled a guide called Stephen, but no one's guide in particular.

“Everything went well for the other spirits, who came in for the relatives.”

“Had they incarnated again, or are they still in spirit?”

“They are still in spirit, but they are a lot happier now, and
“Are you allowed to tell Rachel anything, about what or how she's supposed to develop, or why she is not involved in this tonight? Or what her path is, to give her some reassurance.”

“Yes, Rachel is learning through listening, and other people's experiences, listening, that's all.”

(Shelly) “I was just being told, that Rachel’s spirit needs, or Rachel’s conscious mind, needs to see to believe, at the moment, and the more she comes, the more she experiences, and learns about other people, and sees them releasing, she will feel more secure, without doing the same thing herself.”

“And Shelly needed re-affirmation about past-life-therapy tonight, to help you, didn't it?”

(Shelly) “Yeah.”

(Lucy) “I was just picking up then, from my higher-self, that Rachel's guides were not giving her anything, because she wasn't giving them anything, and until she allowed herself the freedom of seeing, then you wouldn't be shown, if that makes sense.”

(Rachel) “A bit of a vicious circle?”

(Lucy) “When you are ready to accept what you are seeing, then you will be shown.”

“Do I have that problem, or is mine something totally different, why I don't see? You can ask.”

(Lucy) “No, yours is deliberate. You have a deliberate block, because other areas are more important for your development, at this time.”

“That’s right.”

**RACHEL AS THE CHANNEL**

“It's actually for Lucy, just to tell her that it’s okay to listen to what others have to say, she doesn't have to feel that she is on her own. If she opens up to hear that other people have other suggestions, that it may actually help her, and she won't feel lonely.

But in fact there's a lot of love out there for Lucy, and yes, her higher-self has a lot of very good information, but she must listen too, learn to listen to others, and she can sort out what she will accept. That's really all I wanted to say.”
While re-typing this chapter onto this disc, my guides have told me that over many previous life-times, both Paula and Lucy were so much emotionally involved with each other, that their spirits both attached themselves to the other, if one of them had died, and the other was still alive, and because their higher-selves wanted to stop this, because this behaviour was retarding their spiritual progress.

So Paula and Lucy’s higher-selves chose a life-time where the experiences would not only break this behaviour pattern, but the fall-out conditioning would so affect them, that their higher-selves could use that to help them with a great leap in spiritual progress, by them both being so impressed by my classes, that they would continue and release much more, and develop their own group.

But if they hadn’t become aware of so much conditioning, as well as being so impressed by Lucy channelling her higher-self’s in-depth explanation, of more conditioning affecting her choice of parents, then suffering the ice skating life-time was of great benefit.

I only hope that they eventually get hold of one of these discs, as they have only read volume one and their class-nights, without the 2010 inserts.

One more thing my guides tell me that Paula’s past life paralysis was no accident, but Lucy’s actions were accidental in nature. What I mean is spirit had much to do with the depth of the injury.

Over the coming years, this phenomena of the spirits of the deceased attaching themselves to their lovers or enemies incarnated physical bodies, is quite common. I will give you an example of case in a few chapters, only because this case is not interwoven with concepts or other students past lives, this example is from so far in the future, because he was a student a few months ago, in 2009, in a class on his own, and you will read a few more complicated cases on the next disc volume.)
When I first decided to run a spiritual healing development class, I knew basically that I had learnt a considerable amount of knowledge while I had been performing spiritual healing over the previous four years. I could guide a student in how to contact their healing guides, but when it came to explaining what students couldn't understand about their meditation experiences, that was another thing.

I knew that I could channel what spirit wanted to say to the class, but I had no influence over what spirit wanted to say, other than maybe my own distortions of the communication, which happens with any instrument of channelling, to some degree.

I now realise that a teacher of this kind of subject matter cannot know how every individual student will develop, or the way that they receive their own teachings while in the class, or in-between classes, from events which guide them in awareness, that are arranged for them to experience, by either their higher-self, their guides, or God.

Sometimes, when I receive the meditation for the class, I have no idea what the results of the meditation would be. Julie, one of my advanced class students, had an experience between the class nights, and it's so troubled her, that she couldn’t wait, and came early to the next beginners’ class night. But before we started, I heard her telling another student what she had found out, and what she was going to do about it.

When all this occurred, I typed the relevant details about what happened, while all the information was fresh in my mind. Here is what happened.

As Julie was walking down the street, she saw a poster with the photo of a little boy who was missing, (I'll call the little boy Steven) and she thought to herself, ‘I wonder what happened to him?’ That night, while Julie was asleep, she saw that the little boy had been murdered by his mother. Her question had been answered; she was now convinced that she had to inform the police of the mother, to protect the other children from her. Neither God, nor her guides, had told her to take this course of action, but she felt so strongly that this was the right thing to do.
I heard the conversation halfway through, as she was telling this experience to another student. When I heard the full story, I felt that her experience was a lesson, because I had gone through a very similar experience. I asked my guides for confirmation, by asking, ‘Do you want Julie to inform the police about this situation?’

‘No, Raymond,’ was the reply. I asked, ‘Is this a test and a lesson?’

‘Yes, Raymond.’ ‘Should I explain to her the lesson?’ I was told to tell her. I then told Julie what spirit told me, she did not believe me, even though I explained to her my own similar experience. Of course I was learning to accept the student’s lack of confidence in me as the teacher.

So I said to her, ‘Why don’t you stay for the class, and find out from your guides?’

Before I give you the class night transcripts of this beginner’s class, I will give you what Julie experienced. I had received a new meditation for the students, and this is the first night where I took the students on a field trip to a psychiatric hospital on the Earth plane, Julie didn't go on it, but this is what she experienced.

**JULIE’S MEDITATION EXPERIENCE**

(Julie) “As soon as we started the Lord's Prayer, I felt Steven come and stand beside me, and he brought a lot of positive energy in. I could feel it really strong, I could feel the glow from him, and when you started the meditation a voice very strongly said to me,

‘This is not for you; you won’t be going on the meditation. Steven has come here to explain something to you.’ Then a man appeared with him, his guide, and he showed me how wonderfully happy he was. He looked so beautiful, and I just had tears streaming down my face, I think, because he looks so happy.

But I also felt sorry, because they told me that I'd have to go through many upsetting visions, but I'd have to learn how to deal with just the spiritual part of it, and not connect myself with the physical part at all. I should not feel that I am obliged to do anything physically, because the lesson, my work is to help confused spirits to move on.

He was sort of telling me off, but in a nice way, and then he took him
away, and as he was waving goodbye, as he went off, he said,

‘I'll send someone to help you.’ He sent me this old woman, who had a beautiful serene face, and she was wearing a blue-lish grey robe. She said,

‘I'm here to help you deal with the sorrow that you feel. You’ve got to learn just to deal with the spiritual, and not the physical, for this lesson anyway. You’ve got to learn, to heal the spirit, and take them on.’

She sent me a lot of strength, and she made me feel a lot better. At that stage you'd gotten up and stood behind me.”

“What did I do?” (Julie) “I felt like I had damaged my aura, I don't know. Two parts of me were fighting one another; one trying to accept the lesson, and one fighting it. I felt like you were repairing my aura. It felt like it had been damaged by that, and I felt everything come together. Then I felt better, and then the woman went away, and I was told to get up and go over to Helen, and help her.”

“These tests are heavy, aren't they?” (Julie) “Hard.”

“You can’t go by your feelings, because your feelings are your etheric and emotional body.”

( Julie) “Yes, that's what they said to me. They said,

‘Keep the compassion, but get rid of that judgement,’ they said,

‘You judged that woman, and that was not your place to judge the woman, the woman had nothing to do with you.’ They said,

‘You were only there to help Steven.’

“Well, that's what I said to you before the class. I said, ‘Jesus never went up to people who murdered, even if he knew...’” (Julie) “When they said it, I understood, but when you said it, I didn't understand. They said,

‘It was wrong of you to judge her. You should be able to look at it and just feel compassion for the spirits, and nothing else. Compassionate detachment.’ They sort of call it,

‘Compassionate detachment.’ But the main thing they were saying to me was, ‘It’s not your place to judge anyone, anyone’s deeds.’

“I was told that. I have asked spirit just now, ‘Did Steven show you the vision of the mother in your sleep?’ And I got told,
‘No, your guides did.’”

(Julie) “Oh, really?”

“They told me that they gave you the vision of the mother and her house, because it was part of your development, part of your lessons to overcome, because they knew you are going to react, and we have got to stop you reacting like this.”

(Julie) “But I felt better after that woman was talking to me. She made me see it quite clearly, what I was supposed to do. She said,

‘That's only what you were supposed to do. Your job is only to help the spirit, the confused spirit, the trapped spirit, and not the physical body that was still there. You had nothing whatsoever to do with the woman.’ But I was judging her. Guess what? My headaches gone.”

“Well, I came over and did healing on your head; my hands were around your head.”

(Julie) “That's good. Yeah, I felt that it was taken away, when that woman was talking about sorrows.”

“Well, now you know where the headache came from?”

(Julie) “Yeah, I know, it was me fighting against what they wanted me to do. Aw, I hate it when you're right, Raymond.”

“Aren't you glad you came here tonight?”

(Julie) “I hate it, no.”

(We had to resolve all this, didn't we?”

(Yes.”

(What did you pick up with Helen?”

(“I was told to send her a lot of strength, and a pink light, and I felt this other spirit with her, and old man. I could see him hunched over, and he was all grey. I got a lot of confusion coming from him. I was told to draw him out through the back, and I could almost feel something. I don't know what it was. Some matter, or something coming out, and I just got rid of it to the side.

He's gone for now, that is something Helen will have to deal with.”

“He was here tonight to listen to our meditation, as part of his education. He was to observe the communication between spirit and human beings. As I've said before, when you sit on the chair in the centre of the circle, you are protected. Any spirit that is not supposed to be here, will be removed by our
spirit guides.”

(Julie) “He was very stubborn though; it was clinging really hard, he was so possessive, he almost knocked me backwards off my feet, when Helen was in trouble there, the one in her, he gave me a push away from her, a really strong one.

Yeah, I had to force my way back against him, he’s very strong, and he's very possessive, and he's very confused. But it was a tremendous push, really nearly knocked me over, but he didn't want anyone else getting close to him.”

“But you see, some spirits aren’t meant to go that way. They are meant to go with education, so he has to come through another way.”

(Julie) “I feel sorry for him now. He was so confused. There was no maliciousness.”

(2010 insert. When I first compiled these chapters on the cases of spirit interference in our lives, my guides channelled an introduction to the chapter to clear up a few questions. So this is as good a place as any to put it. See if you can find any command words used.)

“There are many reasons why spirits interfere with the residents of the Earth-plane. If an entity has departed from its physical body after death, and yet still wishes to hang around the Earth-plane, it has permission to stay close to the Earth-plane.

Every deceased soul has free will to choose which vibration it wishes to stay in, as long as it is one that is lower, or the same as the vibration of the deceased soul.

If you can imagine the many reasons why a soul would wish to stay close to the Earth-plane, this would only be a fraction of them. We wish you to use your own intelligence to try to figure out just a few of the reasons why souls would want to keep an eye on, or interfere with, or help souls who are incarnated on the Earth-plane.

As you know, the pain and suffering that happens on your Earth-plane helps to teach what is right and wrong, or good and evil, in your terms. That educates and shows the choice of what a person can desire, or do.
Why shouldn't this be so of the souls who are still attached to the Earth-plane, when they have departed their physical bodies?

Admittedly, some are ignorant of where they are, or what they are doing when they are interacting with the Earth-plane. Some of them have been conditioning with fear by the religions of your world, and they are scared to leave the familiarity of the Earth-plane, for fear of going to hell.

Some of the souls that die, are addicted to pleasure and sensations, which had been experienced by them prior to their decease. They still have those desires until they release them, and consequently are attracted to the places where they fulfilled those desires. Of course your hospitals are often the places where these addicted spirits end up, affecting alcoholics, drug addicts, and others - those you call mental cases.

Of course, in the extreme, you classify the results of these interfering spirits as criminal cases, which you lock in prison for sexual attacks and murders. Very often, the spirits attached to the criminals are also trapped in the prison with the prisoner. Some of the so-called ‘victims’ of these spirit influences, chose to be ‘Victims’ to expiate Karma, or to learn and change the behaviour that they have acquired through their own free will, in previous life-times.

Maybe, the criminals or the mental patients with the attached spirits, may have been the attaching spirits when they were in-between incarnations, and are now learning from the interference, that they may have perpetrated when they were previously in spirit.

We wish to say that when a spiritual healer heals a damaged aura of a patient, who has spirits attached to him or her, and removes the attached spirits, it is the right time for this to occur, as the patient may have finished that lesson, or you could say, passed the exam. We cannot explain how we know when the individual is ready to have these spirits removed, as sometimes they are not ready, even though they have asked for healing from a spiritual healer.

But in most cases, if the healer becomes aware of the spirit attached, and can communicate with the spirit, then it is time for the spirit to be rescued and moved on, but your guides would let you
know, if the spirit had to stay with the patient, but this is very rare.”

BEGINNERS HEALING CLASS 5/2/87
JULIE, BRIAN, HELEN, ALICE, BELINDA
PSYCHIATRIC HOSPITAL MEDITATION

“Tonight, we are going to visit a psychiatric hospital. Your guides may take you to a hospital, anywhere in the world, tailor-made for your own development.

The physical patients will not be aware of our presence, but if any spirits are attached to the patients, and if our guides want these spirits to see us, so that we can talk to them, then they will.

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

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

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

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

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

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

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

(Approximately ten to fifteen minutes silence)

“I want you to now thank and say goodbye to the teachers and guides who have been showing you the spirit interference, and now leave the room or ward and return back to this classroom. Come back now, take three deep breaths, have stretch if you want to.”

In Belinda's meditation experience, I have deleted all the confusing material, to leave you with, what makes sense for this chapter. I have also retained what I said to Belinda after she had described her meditation experience.

BELINDA’S MEDITATION EXPERIENCE

(Belinda) “Well, when I walked into the ward, it was quite a large hospital, quite old, and there were many, many beds along the sides of the walls. It was quite busy, as if some sort of major crisis had happened, with people whizzing in, and then whizzing back out. Then there were these spirits, over just three patients…..

I know there was this woman who seemed to be in severe depression, just crying out in agony, and moving her head backwards and forwards. She had dark hair and a large round face, that’s all I could see. Then I said to spirit, ‘Do you know why she is in pain?’
Then I could see her aura, which looked like it was damaged.

Then I saw a young teenager, a male who looked maybe fifteen or sixteen years old, in an old school uniform, looking at me bewilderedly. I said to him, ‘What's the matter?’ He just looked at me with a bewildered expression. He was right beside the woman, very, very close. I was trying to communicate, but all I saw was this bewildered expression on his face, and that was it.”

“They (spirit guides) were just helping you become aware of the situation in which the mental patients are affected by spirits. In this case, even depression was an affect from spirit, and not physical thing with the patient. This is the beginning, and the more you go to these places in your meditations, the more you will be shown how to help in these situations.

Because, as I mentioned before, you can't do much for the mental patients in the physical realm, as they may be going through their karma, because of what they may have done in spirit.

Within this society, it is difficult for us to educate them while they are in physical bodies, in mental institutions. So we communicate with the attached spirits instead.

The mental patients soul education, is the actual suffering, or being affected by attached spirits, so that when they die, hopefully they'll know not to interfere again, when they are back in the spirit world.

(Or when they reincarnate again, to not use their astral body to interfere with others.)

Their education is the physical experience of being ‘Possessed,’ as it is widely referred to.

That was very good, like I said, it’s just the beginning, you can learn a lot you know, and your guides can teach you a lot about this. The idea is not just to get the knowledge, but eventually be so tuned in to your guides, that your guides can actually tell you how to communicate,
or what to communicate, what to say to the attached spirit.

Now, you haven’t been for a long time, you’ve got to keep coming, because your link with your guides has got to grow, because then you can do a lot more on the other side, like Julie's problem with Steven, she saw a photograph on a bus stop, and she wanted to help. So spirit…”

(Julie) “I didn't consciously think that I had to, I just thought to myself, ‘I wonder what's happened to her?’ and I never thought about it after that.”

“Well, they might have brought you towards that poster, so that you would see the poster, so that you could help, because then you could help, because they knew you were advanced enough to help that spirit when you are asleep or in meditation.

You have to learn that you have to ask spirit, ‘What do you want me to do about it?’ and follow your guides direction, all along, if you can, but if you go following your own feelings, and you want to go tracking down the father, and you want to lock him up (Everyone laughed) So, in actuality…”

(Julie) “That's what they said, I mean. It's so one-sided, the way we judge, that's all they said to me,

‘Don't judge anyone, because we don't know the circumstances behind a person's actions.’”

“So, Belinda, although you may not be able to communicate so well with your guide, what you experience tonight, wasn’t for them to tell you what to say to that attached spirit, and how to remove him, but they just wanted to get you more interested in coming to classes more often, by showing you the predicament of the patient, who had this spirit stuck to her.

The spirit was just lost; he didn't know he was there, and that he was affecting the patients. Someone's got to educate him; that's what we're here for, because he saw you, didn't he?”
Not all students are ready to help in the removal of spirits attached to patients. The relaying of the advanced students meditation experiences, may stimulate a desire in other students, to be more active in helping in spirit removal in their own meditations.

This is one of the reasons why I type up what my advanced students experience in their corresponding meditation. So that the beginners can read about it the following week, as you will see in the next chapter, which is the next advanced class night, going on the same meditation.)

Helen then explained that she didn't see anything on her meditation, because of the feelings she felt, and being distracted by the spirit who was bothering her, and this explanation is what Alice in her meditation experience, is referring to, as Helen's father came back to Helen.

**ALICE’S MEDITATION EXPERIENCE**

(Alice) “I went into the Ward, I kept looking around, but I just saw them too quickly, and I didn't get any message why they were there or anything, I just saw those spirits behind those people, or over them, as I saw Helen, I didn't look at her, but I just saw her in my mind.

When Helen started talking, I just saw an old man, not very old, about fifty or sixty years old, and he was all over her, like a..... Yes, I got more of an impression that it was a confused spirit, and it was all over her, like sitting all over her. That's the feeling I got, and that's all.”

“They were bringing him to the surface, so that they can communicate and remove him.

The ones in the hospital that you said had the patients... say that again about the patients.”

(Alice) “Yes, I saw the patients, and these people, standing next to them, or behind them, also over them, just hanging around. But the funny thing is, that most of them were happy, they were smiling, and there was one woman who was crying.”

“What, the patient's or the spirits?”
“No, the spirits, and I saw more of the spirits than of the people, or the patients themselves.”

“When spirit gets close to a physical person, they feel the sensations of life, and the physical life which they don't have. And when they are away from the person...”

“They are taking it from the patient.”

“In other words, they are feeding off the sensations of the person who is alive, whether it is breathing or whatever it is, that’s why addicted spirits will attach themselves to alcoholics and drug addicts, because they are feeding off the highs and sensations that the drug addicts and alcoholics experience.

But you’ve got to remember, that they are attracted to these patients, because they are attracted to the light, where they may have been in darkness, so they see the light, or would rather be in the light than in darkness, so they go whooosh, and land on the light.”

**RAYMOND AS THE CHANNEL**

“Tonight you were brought many different experiences, for we have much to do tonight on you all. As Raymond has said, you are all developing at different stages and vibrations, which need to be worked on, for you to develop. As you listen to the other students that are more advanced in your classes, you will learn not to fear what you will go on to develop in your future, by being shown what they are experiencing.

You must keep coming to classes regularly, for you need to develop further, as you can see, by the more advanced students. Their advancement is because they have been developing for many years, and you are their students, as they are teachers as well. Just as Raymond teaches the way he is in tune with spirit, they teach you in a different way of attune-meant with spirit, but it is still the spirit of God that works through them.

Your development is not always psychic perceptions of spirit
and auras, but tests to bring you the wisdom that accompanies your perceptions, just as a child learns where not to put his hands, when he burns them on the stove. You are going to exercise these perceptions, and in doing so you will burn your fingers, but we protect you from harm, but we let you burn your fingers, to educate you.

These are the tests that bring you wisdom, and change you from a person that follows the morality of the world, to following the wisdom from God. So that you can obey and work for God, without following the earthly conditioning, that is wrong.

Helen, your father will be looked after, where he has been taken to, you will find that he will grow now out of his state of confusion, and the next time he visits you, he will be very different and happier.

Brian, you will be able to see more in your development clairvoyantly, in the coming months ahead, for you have much to see and experience in your meditations, to help you develop and overcome your past conditionings. You will be able to see more and more as you progress, for we want you to write a book, to explain what we show you in your meditations.

If you record your own meditations, you may not understand them in the beginning, and some you will never understand, as they are programs for your subconscious mind, which are deprogramming your conditionings. But the other meditations that you record, as you learn from the teacher, and spirit teachers, what you experience, you can write this down.

We will be able to speak though Helen, if she is willing to practice communicating to the class.”

Helen and Brian declined from practising channelling.

**JULIE AS THE CHANNEL**

“The mental hospitals in your world are a source of much of the upheaval on the Earth, for they sometimes bring together
many, many troublesome spirit, in one area. The mental hospitals are very attractive to these types of lower-plane spirits, because the auras of the trouble patients shine like beacons, and they become much brighter when many of them are together, these spirits are easily attracted by this beacon.”

“What creates the beacon? Healers and Mediums glow like beacons as well.”

“It is a different light; you could call it the light of a troubled nature. It is nothing like the beacon light of an advanced spirit. But it is the light that these troubled spirits can see.

If you wish you may imagine it as a black light, compared to the white light of an advanced spirit. It is the only light that these troubled spirits can see, because they are of such a low plane.

They prefer it; they are bothered by the bright light of an advanced student's aura, as it is like the Sun shining in their eyes, and they much prefer the black light.

So you can see why these mental hospitals are such troublesome spots. These patients should not all be together, as it just increases the effect. It strengthens these troublesome spirits.

Doctors are trying, but their methods are very primitive. Firstly, they do not realise that having them all together is very dangerous. In fact, their own auras can be affected, and they can attract troublesome spirits, because when their auras intermingle with those of the patients, the black light enters theirs as well, because they are all together, and they are a strong influence.”

“Is this the same with drug addicts in the drug wards? Can they affect the nurses in the same way?”

“That is so; it is all the same with troubled patients.”

(I was performing healing on a woman a few years ago, and spirit told me they were healing her aura. When she asked how the aura had been damaged, I listed a few causes, one being, drug-taking. Then she said that she was a nurse in a drug ward. At the time I didn't know
that her aura could have been damaged by the spirits with her patients. My guides are telling me now, that they wanted her to experience more in the drug ward, for her own spiritual growth."

“We advise healers that in mental hospitals it is better to have large groups of healers helping one patient, rather than one healer trying to help many patients, because you are dealing with strong auras here, although they are indeed troubled.”

“We haven’t got that many healers, and we have got many more mental patients.”

“We wish the people who read this book, to know that they are all potential healers, or have the potential to heal. All must know this; the healers are not an elite group, high above the others. Many people heal in their everyday lives, and do not realise what they are doing, a kind word here, a compassionate gesture there, all are healing terms, methods.”

“What are the effects of the drugs they give to patients in the mental hospitals? What effects do they have on the auras?”

“We cannot tell you how much we loathe drugs, especially for those patients who are troubled. Drugs are an illusionary affect; they dull the senses and make it even harder for us to get through.

But they increase and help the troubled spirits. They increase the strength of the troubled spirits, and make it easier for them to enter the aura, because they (drugs) damage the aura, and therefore the passage is open for the troubled spirits to enter. No drugs, please.”

“The shock treatment used to help, because it used to help strengthen the aura, or bring the aura closer on the body, did it not?”

“No, it broke up the aura even more. It drew the physical body together for a while, but it had a terrible effect on the aura. The effect on the body was only temporary, and therefore the patient went back even further in his development. We advise gentleness
and love, not this violent treatment.”

“Back to nature?”

“Yes, pleasant surroundings. In fact for all hospitals, not just the mental patients, pleasant surroundings are crucial. You should have psychic Doctors in communication with us, because each patient has an individual trouble.

They are not all the same, yet they are treated the same. They have different spirits bothering each of them, combined with their own individual problems. Each one is unique and must be treated differently, but one can only understand this when one is communicating with spirit.

We also recommend the use of colour. When those who are advanced enough can see what colour is missing from the aura, they can use that colour to work with, to restore the colour to the aura.”

“What strengths have the healers got over the spirits; do they have command over the lower spirits?”

“Firstly, they have the strength of awareness. They have become aware of these troublesome spirits. That is a very strong weapon. These troublesome spirits thrive on not being seen, because the ordinary doctor only sees a physical patient to deal with, and uses physical methods which have absolutely no effect on the spirits.

We do not condemn the doctors; we wish them to work with us. All doctors have healing potentials, but they do not need to use drugs, as they have the healing abilities within themselves. In fact most doctors already know about this healing potential. They know that a patient puts their trust in them, and they work with this rather than pills. If they can assure a patient that he is getting better, the patient will believe this, and his own healing powers will be activated.”

“What are the reasons for a person being influenced by spirits, and ending up in a mental hospital? Are the reasons medical, with the aura being damaged, or are they karmic, because they have interfered with incarnated souls before, in previous times, while they resided in the spirit world?”
“It is usually all of the above. In the case of very violent patients, they have many influences working on them, unfortunately. But any illness, whether it is mental or physical, is brought about by damage to the aura. The aura is your shield against these things, and when it is damaged, it allows the dark side to slip through.

In the case of very violent patients, they are you dealing with their own karma, and the heavy experiences that have been dealt to them, have damaged their aura. This allows the troublesome spirits to enter as well, giving them a double set of problems. This is why they become the most violent of patients; they have two sets of circumstances to deal with. It is very unfortunate.”

“Can you list what causes the aura to be damaged, and to what degree? Like we know about drugs, alcohol and smoking, but to what degree do these affect the aura?”

“Yes, this taking of drugs is bad indeed, but not nearly as bad as the effect of emotional turmoil upon the aura. Grief and terrible, emotional hurt, they all damage the aura. Surgery of course damages the aura.”

“How does surgery damage the aura?”

“Unless it is psychic surgery. In physical surgery, unfortunately what happens, is that part of the aura of the surgeon holding the knife, surrounds the knife, and the aura of the knife connected to the surgeon cuts through the patient's aura to get through to the physical body. Therefore the aura is damaged.”

“So when you cut yourself, like in the kitchen, or when you slip and stab yourself on your own knife, it doesn't damage your aura because it’s part of your own aura connected to the knife, so it doesn't get broken?”

“Yes, that is so. Also, the surgeon's will is behind it, because he believes the knife will cut, and there is that force propelling the knife as well. Belief is a very strong weapon too, and can be misused. Again, we do not blame the doctors; we wish they would work more with our methods, as they would make much better
progress.”
“What drugs cause the damaged aura? For example does marijuana? How much marijuana smoking would create the problem?”

“Any foreign substances can damage the aura, but marijuana affects the chakras of the head, and causes illusion to come into the mind. When the illusion is present, how are we able to communicate directly?

To a certain extent, everyone on this planet is receiving communication from spirit, although they may call it intuition at the time, or that small inner voice that they think is their own.

When these drugs that dull the mind are taken, communication is so much harder for us. Hence that person will wander around, with no communication from spirit, and it is a very bad thing indeed. They are tuned into the illusion, and therefore may imagine anything as communication from spirit.”

“It also damages the aura in some way.”

“Yes, they imagine that we tell them to jump out the window, things like this. It is a very bad thing.”

“Do lower vibration spirits tell them to do this?”

“Yes.”

“The alcohol also damages the aura.”

“Yes”

“Can you explain what are the D.T.'s (Delirium tremors) in detail, so that people will understand them better?”

“We actually send our messages with these illnesses, to try and shock those persons out of their illnesses, their Alcoholics illness. They are our signs that we wish the person to recover, but quite often the mind has been so dulled with this drug, that our communication doesn't even enter the mind.”

“But they say that this thing with alcohol is a sickness, and it's not a will thing, you know like lack of will.”

“It is an illness, but it is one of the free will illnesses, and unfortunately, sometimes our hands are tied, when the free will comes into it. We have to allow the humans to have their own free will, and if they choose to take these drugs it limits our powers to
a certain extent.”

“But isn’t there a prevalence towards the alcohol, because of a sickness, a weakness, or lack in the body? What creates the lack in the body?”

“There is a desire for self-destruction deep down in these individuals, although they might not realise it. It can sometimes be their own remembrance of guilt from past-lives, which drives them to this self-destruction. Instead of trying to deal with it, they try to eradicate their guilt by destroying themselves.

Sometimes their aura has been damage so badly that the lower plane spirits can enter, and make all sorts of suggestions to them. There are several ways that this person can sink into the illness.”

(I would like to make it clear that spirit does not pass judgement on individuals, and that it is the individual that judges himself, and thus feels guilty.)

“What are the other causes of damage to the aura? Can electric shock damage the aura, like a 240 volt shock in the home?”

“To a certain extent; if only humans could realise the power of the mind. For example, only recently they have discovered in burn cases, that if a hypnotist can reach patients within a short time after the burns, and suggest to them that when they awaken they will feel no shock, but simply start the healing process, recognise their wounds, and start healing them, they can eradicate the long length of healing time that it usually takes. Once the mind is told to accept what is happening, and not feel the shock and the pain, the healing process starts much sooner.

So, in a case as you say, of electric shock or burning, if the patient was strong enough in mind, and advanced enough to tell himself that he would recover very quickly, and the damage was not great, the aura would not be damaged. You can protect your aura with your mind, but you have to be sufficiently advanced, and have the faith to do it.”
“I had an electric shock, down one finger and up the other.”

“What you should have done is: acknowledge the shock. If you could accept it yourself, and then say, ‘I do not accept the pain.’ That is called mind control - you expect a situation. In most cases, shock is the mind not accepting the situation, it is rejecting it. Therefore, the body finds it hard to deal with it, because the mind is telling the body that it is rejecting the idea of being hurt. Thus the body becomes confused and therefore, it slows down, the healing process.

But if you look at your burnt body and say, ‘All right, it's burnt. Now let's start working on it.’ You see, do not reject what has happened, accept it and start healing straight away. The hypnotists already know this, it is good work that they do, but is only a step away from what we really want: self-control.”

“Yes, that's what you want all along, with the development of mankind.”

“Yes, it is not necessary for someone else to tell you that, but many are not sufficiently advanced at the moment.”

“Is there any other thing that damages the aura, which I don't know about?”

“There is a type of energy in the universe; it is fairly rare, but sometimes it can visit a planet, and it can damage auras. It does not come around very often.” “When would that have been?”

“It is a form of energy from the dark-side, which can be tapped by advanced students of the dark arts, and it can be harnessed.” “You mean it was used in Atlantis?”

“Yes, it is usually called black magic, and these adepts unfortunately miss-used this energy. They can harm the auras of others, and they do so, to make it easier to work their tricks.”

“I met a woman in England, a couple of years ago, who was being psychically attacked by someone else still living. I don't understand all the ins and outs of that, because this must happen all the time.”

“Yes.”

“Was this person a black magician, or was the person
subconsciously doing it to the woman?”

“No, it was the work of a black magician. Not a very advanced one, but nevertheless, in order to be able to tap into a small amount of this energy, they were actually able to see this energy, and to draw it out of the air to work their evil ways. But of course there is also the balance, in the entire universe - there is always the balance of the good and evil.

There is good energy that the white magicians draw on as well. Figures such as Merlin used this energy. There is always a balance. There is always a white magician and a black magician, but unfortunately, most people do not realise they both work for us. There must always be the balance. If there was no evil, how would we know what was good?

We think you have had enough for this session, and we leave you, but we are always here to answer your questions. There are some other things we could say about mental hospitals, but not in this book. We think the doctors will have enough to contend with in this, but we do wish to stress before we go, that we bear no ill-will towards the doctors. In their misguided ways, they have all been trying to help. They simply need to use other methods. We leave you now.”

“Thank you.”

(2010 INSERT. My guides say that the spirit who channelled through Julie was of a higher vibration than Julie’s normal spirits, hence the very low number of ‘MUST’s and ‘DO NOT’s.’

And it was nice to notice the 20 ‘Can’s’ used.)
“Tonight, we are going to visit a psychiatric hospital. Your guides may take you to a hospital, anywhere in the world, tailor-made for your own development.

The physical patients will not be aware of our presence, but if any spirits are attached to the patients, and if our guides want these spirits to see us, so that we can talk to them, then they will.

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

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

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

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

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

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

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

(Approximately ten to fifteen minutes silence)

“I want you to now thank and say goodbye to the teachers and guides who have been showing you the spirit interference, and now leave the room or ward and return back to this classroom. Come back now, take three deep breaths, have stretch if you want to.”

SUSAN’S MEDITATION EXPERIENCE

(Susan) “Well these spirits that are sucking answer these patients. I got the feeling that some of them are reliving traumas that they have had in their own lives. I got the feeling that some of them don’t know that they are doing it, but they are doing it out of fear, ignorance, and low self-esteem. And it seems to me the way to get them to leave, is to educate them and raise their self-esteem.

It's sort of like, if you meet a fierce dog or something in the streets, you sit quietly and talk to it gently, and encourage it, and make them feel better about themselves, and that's the only way I can see of educating them away, moving them on.”

“Did spirit tell you how to do it?”

(Susan) “Yes, well, basically, I just stood very quietly and tried to communicate in silence to them, and send them self-confidence.”
ELIZABETH’S MEDITATION EXPERIENCE

(Elizabeth) “Well, I floated up with everybody, and I saw this hospital ward, and then there was nothing, absolutely nothing at all. And then I was aware of when Raymond came over to do some healing on me.

And as soon as he came over, my face was just burning like crazy, and I was breathing really heavily, and then I could feel my ears, my throat and my eyes, and everything was going.”  

“Going where?”

(Elizabeth) “Just sort of, that feeling, like there's somebody there, sort of working on them, like a heavy throat and my ears were prickling, and the eyes were, and then after that, I still felt terrible when I realised you were gone, and I thought, ‘Aw, what did they send him away for?’ But I still felt terrible when I realised you were gone, and I thought, ‘Well, they haven't taken me out of it.’

And then all of a sudden I got a message for myself, and I've got this feeling that this problem that I’ve got with my arm, is going to be healed. And they keep telling me that it is going to be. I wrote an affirmation at one time, and that it was going to be by first of March.

But tonight, I got that it will be cured by the seventh of March, and then I felt then working on there as well, my shoulder was going really mad too.”

“They told me, that every time you come here, I'm going to be standing there doing healing on you in the circle, with the energies of the circle.”

BELINDA’S MEDITATION EXPERIENCE

(Belinda) “I went into the Ward, and when you talked about auras, I saw somebody sitting up in bed, and it was like a big round solid egg, around the outside of them, and there was these cracks, like big chips out of it, and all the cracks down all around the top, like somebody had smashed it with a mallet.

And I started to fly around and around, I don't know whether it was in front or around the person, just round and round and round, it was just a blur, just a big circle going round and round and round.
Yes, I was flying and it got to be a blur. I was disappearing, and it was just like a vortex, I just got lost in this circle, going round and round and round.

Like I was watching it, and my head started to go back, and my throat started to feel strange, and my head kept going back, and I wanted to open my mouth. But it came back again, and I put my head forward.

And then I just started to fly up and down the ward, I got back to the ward, and I was flying up and down, playing silly buggers, being a responsible, and I thought, I really had to do something, I have to try and do something. And just right at the very end, just as you were starting to come back, I sat on a bed, and was rocking a little old man in my arms, and that was about all that happened.”

ESTELLE’S MEDITATION EXPERIENCE

(ESTELLE) “I found myself altogether, with everyone else, and then I went off on my own, and a guide was there to show me, and he was a Doctor, and I was taught how to heal auras, but not the same way you described, a different way, does that matter?” “No.”

(ESTELLE) “There was a demonstration on how to heal an aura.”

“Can you tell us about it?”

(ESTELLE) “Well, this man sat down, there was another man standing behind him, and he just tuned in, and his hands went away from his side, then he moved around to the side, and he just did the same thing there. Then I was told to do a little girl, doing the same type of thing, and I was told I should feel them, what colour should come through.

I got the colour of pink champagne coming through the hands, and that’s about all.”

“Did you see the energies healing the aura while this was happening, while you are watching the demonstration? Or did you just see the person doing the demonstration; did you see different colours coming into the aura?”

(ESTELLE) “No, then I was going to do somebody else’s spirit, then I was called back.”
CAROLINE’S MEDITATION EXPERIENCE

(Caroline) “As soon as you started the meditation, I seemed to float into the sky, and I was off to a big Greek style building. I went inside into the hospital, and I went up to the patient in who had an old lady’s face, I think. But I felt like it was my father, although it had the face of an old lady. I was trying to visualise my father's face on it, but I couldn't, it was this old lady’s face, so I just accepted it.

Anyway, I was taught things about this person. I'm not sure that it was my father, but the condition was similar to my father's. Anyway, then I went through a series of, they said, ‘Conditions.’ They described that what was wrong with the person, was to do with their head, their mental activity, thinking, and to do with past lives.

They were peeling off masks, four or five of them, off their faces, and I felt like the last one was just before this cycle that this person went into. Whatever they are dealing with now, I got something to do with past-lives. One of them had a big slash and right across the face, as if it had been through something pretty traumatic, and wasn't very nice.

Then they told me something about the way to heal such a person. It's a very long, slow sort of healing. You can't heal directly, like a physical thing; you can't heal it just like that. Something about lots of love to the heart, and love to the person, and water was a good thing.

There were a few other things, but I felt at the end of the meditation, as if there was something I hadn't seen, or something I hadn't gotten.”

JOHN’S MEDITATION EXPERIENCE

(John) “Well, I was there in the hospital Ward, and I had as a bit of difficulty focusing on various sorts of patients. I was presented with an older woman, I looked at her head; it was sort of obscured and tucked away behind a dark cloud, and the head was turned over like this, (twisted to the side).

I looked, and I tried to go down through various levels, to try and
find out what was wrong, what the problem was, and then I was shown that she was sitting like this, the head twisted to one side.

Along the inside of her left thigh there was a spirit of a child resting, just lying there sucking its thumb. By that time, you (teacher) were just saying,

‘Talk to them, (spirits) and convince them that they are interfering with the patient's,’ and I thought, ‘Well, how the heck do you talk to a young child?’

So I had to get the attention of this child, knowing that the child was there in spirit. I attracted his attention by stroking him, and tried to show him where there was an area of brightness, where we were, and encouraged him to go there. I tried to convey to the child the feeling that although he wanted to be reborn, he had been here too long, his time was passed, and that he should go back for rebirth elsewhere, which he did.

Around that time you called us back. After we came back I took another peak, I went back there, and the dark cloud around the woman's head had gone, her head was straight again, and there was no sign of the child.”

**GLEN’S MEDITATION EXPERIENCE**

(Glen) “I found it very hard to see anything, this time I experienced a lot of feelings in myself. A lot of twitching’s and jumping’s, and various things going on with me, and I seem to hear constantly, a plea for help coming from a voice, and I kept saying, ‘What should I do, how can I help?’ and I was told with words, and the whole way through I just kept getting told with words, and then later just a door seemed to open and I was looking down, and I saw a row of beds, and it was almost as if there were little coloured people, they were just around the head of all the different people sitting there, just like a quick flash, that was all.

Yes, like little coloured people sitting on shoulders, that was all just a quick look, and again I said, ‘What should I do?’ And it was just with words, and with caring, and with love and feeling, and patience,
and actually had been doing this lot, because I've had very strange dreams, or whatever, going on at night with myself, very weird things have been happening.

So I’d been doing this thing of talking to whatever seems to be with me, asking it to go on its way, and sending it off with love, and so on. So it seems that I got the feeling I'm meant to keep on doing it like that.”

**JULIE’S MEDITATION EXPERIENCE**

*(Julie)* “Right from the very start we had a double circle of protection around us. They (guides) seemed to feel that we were going to need the double circle, as well as the light that we were linking ourselves with.

I could see the guides standing behind everyone, and for some reason they had increased their size; they were gigantic. They were also linked up around us, so that we would be completely safe. We were completely protected, so that only our emotions might affect us, but we were shielded from the people that we were going to help in the mental hospital. The guides were very large tonight, and I wasn't told the significance of that until later.

We seemed like children beside them, and I saw us all trooping off, holding hands with our guides, until we stopped in front of a large door. It had writing on it, but I was at the back of the line and I couldn't see what it said. The door opened and we went through, one by one. I was told I was to be last, and each of you must have gone out again through another door, because soon there was only me and my guides standing there.

When the last person in front of me had gone through, I could see the words on the door, and they said, ‘THE VIOLENT WARD,’ and I felt a bit disturbed at that. The guide said,

‘*As long as you hold my hand, I'll be able to raise your vibrations sufficiently so that you will be completely protected.*’ that reassured me, and I felt quite confident after that. Then we went through the door, and we were in the hospital room.

The first thing that hit me was the screaming and the howling, and
just complete chaos. These people were just howling, like wolves, and contorting themselves. A lot of them were tied down, ooh, it disturbed me. The noise disturbed me most of all, because it was a horrible animal-like scream, and it seemed like I couldn't concentrate. All that screaming and howling was going on, and they were writhing on their beds.

It was terrible, and I was not able to work with them individually. I would have to deal with them as a whole, because each spirit was encouraging the next one, and they were all concentrated together, in sort of a mass. These violent spirits were strong in their support of each other. I had the sense of them being like animals.

These spirits enjoyed making these people suffer, twisting and contorting them, and making them scream. This dreadful howling just kept up all the time. I wasn't able to concentrate at first, but more guides came into the room, and said,

‘We will show you how to do group healing, where you have to deal with a large number of spirits, all at once, because these spirits are all united to fight you.’

The guides told me to sit on the floor in the middle of the room, and first of all I had to bring quietness into myself. It was a bit difficult to do at first, because of the noise that they were making, but the guides told me to imagine that I was on a desert island, or some peaceful scene.

I imagined the desert island, and I could see the water all around; it was very calming. Eventually I quietened down, and I felt I could block out all the noise, and what the other people were doing in the Ward. When I had that feeling, they told me to expand it out a few inches from my body, and just keep doing it until I grew bigger and bigger. I noticed that I could almost see a circle of blue coming out from me. Well, I could see it, and as it touched the patients closest to me, they quietened down. I became as tall as the room, and it was quite a tall room. I could see the patients getting smaller and smaller, but only as the blue extended out to quieten them all. But I kept growing larger and the feeling of peace and serenity was really strong, and it just kept getting stronger and stronger. The guides said to me,
‘Just think of the words, “Peace and Serenity;” they are very strong mantras.’ I kept growing and growing, and then I kept expanding that feeling over the whole Earth, until I was larger than the Earth was. The guides said to me,

‘You are joining the cosmic consciousness.’ Then the Earth was so small that I could hold it in my hand. It was just like a small little ball, and they said,

‘See the Earth see the poor Earth, full of negative emotions, it needs all your love and compassion.’

I felt I was easily able to send it, because I was so large, and the Earth was so small, but I found it easy to project a lot of love and compassion to it, then I sort of let it go, and it floated back in space, and I started to shrink again. I got smaller and smaller as I came back inside the ward, until I was my right size.

All the patients seemed to be sleeping peacefully, although on occasion someone would lift their head up and growl or scream. So I had to go to each bed where each person had woken up, and calm him or her down, by putting a hand on each until they were quietened. I went around the ward in that way, until they were all sleeping peacefully again; and then I came back.”

SUSAN AS THE CHANNEL

“Love to the heart; send love to the heart, patience, and use words. Ultimately, you can heal with love, not by frightening the invading spirit. The invader is probably very frightened, and it is creating more fear as a way of escaping its own fear.

But when we show it that we are not afraid, this disarms the invader. We can make this ferocious invader melts, weep, become smaller and soft, and understand that it's time to move on.”

JOHN AS THE CHANNEL

(John) “I'm being shown an Angel with a very big blue halo, long lines of people, many people who are sick, and who are falling down, or
who have fallen down, and the Angels are giving sustenance to these people, handing out small packets, which are packets of energy, and the people who are standing in lines, now and then, the ones that are calm, or probably got it all together, or something, they just disappear.”

**CAROLINE AS THE CHANNEL**

(Caroline) “Well, I'm being shown a white statue of an Angel or something, and clouds, rain, and it looks the same as the temple I went to in the ward. The place that we went into, there was big grounds around it, and the river.

And they seem to have that old idea that they had in these hospitals, of getting them out on the farm doing the work, which was a good idea, because it was getting them in contact with nature, which has a healing effect on them.”

**ESTELLE AS THE CHANNEL**

(Estelle) “I'm being told to say, not to be so self destructive, everyone, and to try and cut down on pollution, factories and things like that.

I was told, the reason you don't see, Raymond, is because you have got a blockage, and you don't want to see, so once you get rid of that, you will be able to see, you should have seen tonight, I was told.”

(2010 INSERT. After five years of sitting in circles, and running classes for a year, it doesn't make sense that my guides and higher-self would not have helped me to see on meditations, unless there are reasons my higher-self, doesn't want me to see clairvoyantly for specific reasons.

I may have mentioned this first paragraph before, but it is very hard to keep track of every insert to explain things that I was to learn years down the way, so forgive me.

In over the ten years of running classes, I have found out from my higher-self that I have been blinded in many life-times, and the
physical effects on my other bodies, and the conditioning, connected with being blind, has created a blockage that my higher-self says, is very beneficial for me developing other psychic senses to become more attuned to my higher-self and guides.

As a teacher, it is not my job to learn every healing technique, which is being taught to my students individually, and the less opinions I say to my students, the less I will dominate these text books with any misguided misunderstood opinions of my own, from my own interpretation of what I perceive with any psychic viewing senses.

Besides, my strengths are in past-life therapy, which means my mind has to be open to concepts and ideas from guides and higher-self, without my own mind, forming any preconceived ideas, notions, or beliefs about what I am looking at.

To my guides, seeing clairvoyantly for me is like my guides trying to write on a blackboard when the whole blackboard is covered with writing, and white chalk marks, where I would find it hard seeing what they were writing on the board. So my higher-self and guides like to keep the blackboard black, with no writing on it, so that they can show me new concepts, or new meditations.

**JULIE AS THE CHANNEL**

“Before we begin the lesson, we wish to open ourselves to questions, because we feel the tensions in the air, perhaps there are some things that should be cleared away, so that the mind’s may be prepared for the lessons, if there are any questions, then ask them. There is some negative energy about.”

“This discussion we have just had, would you tell me where I am wrong, so that the rest of the class will know.”

“When you say right and wrong, this is not the feeling of unity that we are trying to create. There are no sides, there is no right or wrong. Each person is at their own level of development, and they are at their correct stage, for their own individual personality.

The only way to make any progress is not to force it, do not
compare your-selves with each other; there are absolutely no grounds for comparison. This is not a subject that bears comparison to anything. You have to start thinking in a completely different way. There is no right or wrong, there are no sides. This brings dissension, while we are only striving for unity.

All we ask of you is that you listen to the inner voice, not the voices of others around you, but to the guide within you. This guide will take you to the right level of your development, if you are sincerely tuned in, there is no wrong way. But if you try and force it, if you feel you must be performing in a certain way, because somebody else is, then that is not the correct level for you to be at, you are not completely tuned in to the inner voice.

Part of your development is learning to disregard outside influences, and turn within. There is only one true voice, and it does not matter if we hear it, or see it, as long as it comes to us. But if you concern yourself with the opinions and standards of others, then you will not progress. We urge you, each of you to only listen to the true inner voice.

Caroline, at the beginning, thoughts of your father have upset you, and some of this is still with you. You still feel perhaps that it was him, but it was not. It was a similar case, but it was a test, it is a test for us all. If there is someone in our family who has a certain illness or disability, and someone who wishes to be healed comes to us with the same problem, are we going to inflict our own memories of our relative onto this person?

For if we do, many of our negative emotions, may pass onto the patient. There must be no judgements made, nothing at all. To be an effective channel you must just accept the guidance, and put out of your mind any of the details of your own lives. For you cannot be a truly effective healer if your own negative emotions are brought into play.”

(2010 INSERT. I will insert here what Julie was channelling about in relationship to Caroline’s meditation experience, if you want to read it.)
“I went inside into the hospital, and I went up to the patient in who had an old lady’s face, I think. But I felt like it was my father, although it had the face of an old lady. I was trying to visualise my father's face on it, but I couldn't, it was this old lady’s face, so I just accepted it.

Anyway, I was taught things about this person. I'm not sure that it was my father, but the condition was similar to my father's.”

“Has anybody else got any questions, on a personal note, part of their own development, preferably?”

(1) 

(Belinda) “Should I be going to England?”

“That is a difficult phrasing; do you wish to go to England?”

(Belinda) “Am I meant to be going to England?”

“If you are meant to, you will go. Do not ask for guidance in this manner, there are many details in your own lives that you must deal with yourselves. We try to answer the questions of a personal nature, but you must realise that we are not puppeteers.

We do not pull your strings, you must learn to take control of your own lives and make your own decisions. As we have said, there is no wrong way, whatever you do; you do in the right manner, for the right stage of your development. But there is one thing that we must all learn to conquer, and that is fear. We must go forward boldly, confident that we are being cared for.”

(Estelle) “Should I continue with writing?”

(Estelle) “Scientific, physical.”

“You have within you a natural talent for writing, but not in this direction. There is not a natural flow in that direction. You are learning things here that it would be better to write about. You will find that it comes to you more easily, because we will help you. The scientific way of looking at things is a very roundabout way; it is only a very small view of the way things work. We wish to give you a larger view.

Science only provides for the physical body, which is only one of the seven. You must learn to deal with the others.
You must acquire a broader vision, an opening of the eye. This is good to write about, writing spreads the message. It is an excellent communication for those who are only using their two eyes, but we will be with you, to guide you, if you will open yourself to us.”

(Belinda) “What is the source of the negative voice that communicates to me?”

“The negative voice comes from your own fears; the voice will fade once your fears fade. You must have more confidence in the positive voices. We will never guide you in the wrong direction. You must have more trust and confidence. We are your imagination.”

(John) “Will I be hearing from the sentient presence that spoke to me before Christmas?”

“Yes, very soon it will become easier to hear the voice. When you raise your vibrations, the voice will become clearer. You must meditate in a quiet spot.”

(Elizabeth) “Can you tell me when this pain in my arm will go?”

“It will go when you have learnt the lesson of the pain.”

(Elizabeth) “Can you give me any guidance towards that, because I've had it for about three years now, do I have much longer to learn the lesson?”

“That depends on yourself, each of you can make as much spiritual progress as you like. If you really want, you can go as fast as you want; in fact, you could lose the pain in your arm tonight, if you wished.”

(2010 INSERT. Sometimes the reason a student’s spiritual progress is slow, is because their higher-self and guides have to sometimes set up experiences to push the growth in, as our lives are very much distracted with what we like to do, along pleasurable lines, never mind the other reasons of subconsciously avoiding harder things we can’t deal with.

Learning spiritual knowledge, doesn’t automatically change our behaviour and make us behave more spiritually
to ourselves or others, remember all our childhood and past life conditioning maybe still be active, which is one of the reasons I have a dislike of teaching morality, or listing the way to be perfect spiritually, because I am not, and until our past conditioning is released, I don’t want a negative reaction being stimulated in students or patients, where morality lecturing will cause anyone to react with feelings of guilt. As feeling guilty is not the cure of our weaknesses.

So your guides and higher-self will to some degree control your spiritual progress, as they know you better than you know yourself, and are far wiser in the best way and speed of your spiritual progress.

So I don’t agree with or like the statement that the spirit channelled, “If you really want, you can go as fast as you want”; because the first statement at the beginning of the paragraph, “That depends on yourself,” is setting the student up to believing that they are the cause of their spiritual/psychic slow progress, in their estimation, based on their physical five senses, but they may have been spiritually progressing at a faster pace, with their other body’s or chakras, but unknown to their conscious minds.

In the 90s I had a student who kept being shown what his astral body had been up to in past life scenes, like quite a few Murders, so our other bodies also need to grow spiritually, and release unspiritual practice's, which may also be having an effect on our physical mind and emotions.

So saying that their spiritual progress depends on the student is also wrong, but it’s how the student will react to this first statement, which concerns me and my guides, especially the beginners who are fragile, until they release their conditioning, and sometimes lack of self worth.)

(Elizabeth) “Do I have the answer within me, how to do that?”

“Yes, but you must look deeper; that is why the pain has surfaced. You are being told to look deeper, to find the answers
within. Find your own strengths within yourself, and do not rely on the help of others.

You have been using that arm to lean on others. Stand on your own feet, then the pain will go.”

“If you’re allowed to, can you tell us what was happening with Elizabeth, if you want her to know what has been happening, do you want to tell her?”

“Does she not know?”

“Well, if she has any questions that she might have.”

(Elizabeth) “I don't know. I can hardly keep my eyes open; I don't know what's going on.”

“It is time to begin the lesson. Is everyone comfortable? You must be completely relaxed. If there is anything bothering you, then adjust it. A truly successful meditation does not recognise discomfort. If you can bear with the heat, we will begin the lesson. The lessons are called,

‘HOW TO BECOME YOUR OWN MASTER.’

We have already sent you the first lesson, but not many of you were present. Therefore, we will conduct a similar exercise to the first one. The first lesson involves getting to know your-self.

We wish you to imagine that you're standing in front of a large painting easel, and that there is a large blank white piece of board in front of you.

You have a palette of paints, and we ask you to look at the colours. Perhaps some of you will find there are many colours; perhaps some of you will see only one. Whatever you see will be your own individual colour or colours. Perhaps there are none, it does not matter, whatever is there is correct.

We ask you to take the paint brush, and apply the paint to the white sheet, we ask you to paint your life on that blank sheet, applying whatever colours you feel are appropriate, and painting whatever scene is appropriate.

This painting will come from the soul, and your higher-self is the painter. This painting will be very significant in your development, for you are painting the level of your development.
This painting will represent the level of your development. We will leave you for a few minutes to complete the painting.

Do not feel disturbed, if you cannot paint anything, whatever is done is significant. You can see it if you really try, Raymond.”

(2010 INSERT. I would like to know why Julie’s guides don’t know why I am not meant to see psychically, because when I was running this class I hadn’t learnt from my guides that I wasn’t meant to see while I was compiling these text books.

But again the negative implications of how I would feel about myself if I didn’t see, would make me think I wasn’t really trying.)

(Approximately ten to fifteen minutes silence)

“And now, if you wish, you may speak of your painting. If you choose to reveal for the benefit of others, we are open to interpretations. It will be far better for your progress, if you can interpret the painting yourselves, so try and tune in with your higher-selves when you are speaking.

We ask you all to remember the colours that were in the painting; these are the colours that will give you strength, and we ask you to use them in your ordinary life. They are the colours that are lacking, that you need most. We ask you to wear them, to use them in your home, for they will give you much energy.

If the colours manifest themselves as dull or as bright colours, these are the aura colours. For example, if you said that the purple and the blue were very dim, these are the chakras; they must be strengthened with energy. When you meditate, concentrate on brightening those colours and those areas.

We wish to say a final word before you leave, we ask you to imagine yourselves taking these paintings off the easel, and carrying them into your own homes, and hanging them in a prominent position on one of your walls, where you can see it every day in your meditation.

We ask you to meditate on these paintings. Some of you may
find that the paintings have changed, as you yourselves will be changing. The paintings are very significant windows to your souls.

That is all; the lessons have not yet begun. This was an introduction to your-selves; you must know your-selves, before you can learn how to be your own master.”

(2010 INSERT. Only 3 ‘Must’s,’ and 13 ‘You must’s.’)
(In my original Volume I, both class nights extracts were used to make one big chapter, and my guides wanted to add this at the end of the first text book chapter, so I will put it here.)

“Spirit interference is not only restricted to mental patients, but it also applies to illnesses that are not categorised as mental. When a person has a strong craving for certain foods or pleasures, more specifically, sexual, the interfering spirits are attracted to the individuals who feed the interfering spirits desires, and if the patient's aura has been damaged, the interfering spirit can gain access to reside within the aura of the patient.

This is where you get the saying, ‘The monkey on the back.’ The interfering spirit will bombard the mind of the patient, with suggestions of what it desires, and if the patient already has these desires, then the extra suggestions can turn the patients desires into an obsession that can get out of hand.

So, the patient becomes involved with the obsession, and this can cause harm to himself, his family, or his material welfare. We wish you to know about this, because if there are more healers that can help remove these interfering spirits, you may help lessen the number of obsessed people in the world.

We also wish this knowledge to become well-known, so that others will be able to recognise an obsession, and know that it is not just the patients causing their own problems. And that some of their obsessions may be removed with the help of spiritual healers. Of course it does require spiritual healers of an
advanced degree to know how to persuade and remove these interfering spirits from the patient's auras.

*This book is like a list of the curriculum of courses that can be learned, if one wishes to develop as a spiritual healer. We also need many specialists performing spiritual healing along certain lines, to help all kinds of health problems that your world is experiencing.*

*These many health problems are here to teach you about the reality of the connection between the Earth-plane, and the other dimensions, or spirit realms, which are constantly interacting with your world.*

*We are trying to enlighten you all at this stage of your world’s evolution. Many of you are ready for higher teachings, but of course some of you are not, and individuals need to go through experiences to prepare them for their own enlightenment.*

*Very often certain experiences are designed so that all that the person has left to turn to, is Spiritual healing or alternative ways of understanding, to help them with their problem. Examples are those so-called, ‘Incurable diseases,’ that the medical professions have washed their hands of.*

Over the years I have found that attached spirits don’t only reside in the aura of patients, but they have been residing in the physical body of the patient, the cases and extracts you will read later on this disc, and the following discs, as I finish them.

*But my guides thought that one of these cases should follow this chapter, and also give you a break from Julie.*
At the end of the ice skating chapter, I mentioned an example of spirits of past life-times attaching themselves to people, here is one of the cases I was talking about.

Jason came as a student, and he had already met his higher-self, Alice, and had been on the basic chakra meditation, but first my guides want to show you the previous class-night to show you that a student may be shown a past life without any suggestion from me. Also the past life wasn’t human.

This young 18 year old man was going through a pretty rough time when I met him, and he sat for therapy, and to take away his fears, I explained that we would help him develop his link with his higher-self, and we would take him on normal practice meditations and see what his higher-self would show him.

So this night I gave him the Atlantean Healing Temple by the Nile Meditation to go on, I will not insert the meditation. Here it is.

**JASON’S PRIVATE SESSION 19/11/09**

(Jason) “I saw an elephant, going down to a waterhole, and it’s splashing itself. I’m in a yellow room. I am seeing the elephant again; it’s a past-life. I don’t know why but I’m on my own and I feel like I shouldn’t be on my own. And I’ve been kicked out of the elephant herd, and this is in Africa.

The local tribe are coming up to me in an aggressive way. I killed a little girl from the village, I didn’t mean to. She came up to pat me, but it startled me and I squished her, so they shot me with arrows and spears, and I died, and when I left the body I saw more elephants in spirit.”

“What did the elephants say to you?”

(Jason) “That this was a lesson in trust, and that you can’t give your trust completely, and you can’t give all your trust to other people, you’ve got to question. You see I thought I could still trust them, because we’ve been friends for all of these years, and I thought it was an accident, and I
thought that they would understand, but I trusted them too much, and I didn’t question whether they would be angry at me or not, and I let myself be killed.”

“What is the reason Alice is showing you this past life?”

(Jason) “Not to trust everyone, to question what’s in front of you. I’ve got to release some things. I’ve got to release some fears surrounding trust.

I release the fear of mistrust when I make friends.
I release the fear of being accused.
I release the fear of being trustworthy.
I release the fears of trusting and of being trusted.”

I’ve got to release the fear of betrayal, which is the reason that the herd left me, I’m getting, it’s because I accidentally killed a girl. And it brought friction between the tribe-people and the herd, so I was abandoned.

So I release the fear of being abandoned, and I release the fear of betrayal.”

“Ask Alice if you’ve always had the fear of being abandoned by relatives, because your mother abandoned you, in a way, and your grandma took you in. Ask Alice if your mother’s abandonment of you triggered off the conditioning from that past life-time as the elephant, and triggered off the fear of abandonment, and that she wants you to release that, because anxiety, and abandonment, and being here in Sydney with no friends, and were you using your friends and your grandma as a security blanket, because of the anxiety. Ask Alice if this is interconnected?”

(Jason) “Yeah.”

“This is good, because that will help you when you release this.”

(Jason) “I release the feeling of anxiety and abandonment.”

“The conditioning from the elephant life-time has been brought to the surface, and you are feeling the emotions, and the fears connected to that. Being triggered off by moving down here, in a way your grandma wanting you to be away
from her, connected to the injury to the girl, is very much linked to the accident to your grandma. (She was in hospital with a broken hip, or leg) Do you see the parallels there? And the same type of events, are triggering off the feeling of abandonment. But that’s okay, you’re releasing it all now, but because it was triggered off, it was ramping up the anxiety. This is very good, because it’s now being released.”

His higher-self, Alice explained to me that the conditioning of this death experience was requested to be triggered off by Alice, so that he could fulfil a mission in this life, so his childhood rejection by his mother triggered of the conditioning that caused him to have issues of trust, and I will relay what Alice telepathically told me to tell Jason, as he hadn’t yet developed enough trust to channel Alice, himself.

“It’s like certain aspects of your life have been in pause mode, to prevent the tape being filled up with the wrong childhood training, like bad habits. So the bad habits never got trained in your mind or emotions.

Alice is telling me that this conditioning was arranged to be triggered off by your spirit and higher-self, very early on in your childhood, and reinforced periodically, so that the secondary conditionings of not trusting people or friends, and all these secondary subconscious conditionings that were activated by the similar events in your childhood, so that you were subconsciously broadcasting these fears, externally, being projected through your demeanour and personality, which had a negative and repelling affect to balanced people of your own age.

But that was part of the plan, in a way you were in a vice, to prevent you from being moulded by other kids of your own age group.

In another way of looking at it, is that your mind can be moulded by your higher-self a lot easier, if you are a blank canvas, and a lot less work, than having to remove all the old
paint, off the painting, to paint a masterpiece. But remember your spirit is the artist, and you chose to try to keep the canvas unused, until the right time.”

I had also been told by my guides, that he had an attached spirit, but I wasn’t to tell him about it, but allow his higher-self to choose the way to help this attached spirit, but I feel that his presence also contributed to Jason becoming a loner, and I know all about what that is like, because I’ve always been a loner all my life, accept for female relationships.

But now that Jason was close to twenty years old he didn’t need the conditioning from the elephant past life, which was released on the last class-night, and as we were to find out, Alice also thought that it was time to remove this attached spirit, and at the same time help give some confidence and positive reawakening of strengths and abilities.

I didn’t need to describe a past life recall meditation, because I was guided to do the advanced chakra link up before, and when he relaxed, straight away he started to describe the past life scene.

**JASON’S PRIVATE THERAPY SESSION, 26/11/09.**

*(Jason)* “I’m walking up a street in Japan, and I’m going to a temple, no, not a temple, but a dojo type of thing. I am walking through these cherry-blossom trees. I’m seeing people practising martial arts. I’m one of them. I’m doing this. It’s complex and hard, fighting and chopping bits of wood in half.”

*(While Jason was describing the scene, I was seeing a warrior cutting thick bamboo poles with samurai swords.)*

“Do you know when it was, how long ago it was?”

*(Jason)* “I think it was about 800 years ago. I looked skinny, with a bald head, with a ponytail.”

“What rank are you, compared to the other people there?”
“We’re all black belts.”
“Is it a competition, or a demonstration, or just a club?”
“I think we’re warriors for the emperor, we’re just practising.”

“Now that you recognise who you are, let the scene change to show you another scene of the events she wants to show you. You will recognise yourself in the next scene, now that your higher-self has established a baseline of what you look like, and where you are, and what you are.

She’ll take you to see a more important scene, to be watched and become aware of.”
“I’m with my people up in the temple, and I’m awarded the rank of general, and I’m part of a group that’s the emperor’s personal protection.”

“Like bodyguards?”
“Some of us will be seen, and others won’t be seen.”
“He’s like the Shogun; they were all like kings in different areas of Japan.”

“And the more Juvenal guards will be seen and the more advanced ones won’t be. There’s about twenty of them, not coming from just the bamboo, but they are coming from other areas too.

Then the conflict starts and I end up killing a few. I’ve got a sword as well. I’m a samurai, there’s another person, he’s stronger as well, and powerful he was their leader, I suppose. We get in a conflict he cuts my sword in half I cut his leg he stepped on my foot. I send his sword flying into the pond.

I hit him in the throat with my hand pointing down, and the part of the sword that broke that’s on the ground, the handled bit, I stabbed though his throat and neck. I think I've got to release some things. I think he's attached to me, Alice says Yes, he's attached to me.”

“Does Alice want you to channel him, so I can talk to him?”
“Yes.”

“Greetings my friend.”

“Greetings”
“I hear you have been watching the scenes of where you died, of being stabbed in the neck with a sword, in a battle in Japan?”
“Yes, it happened, he deserves to be in pain.”
“He was only defending his Shogun, his leader. Do you understand that?”
“Yes.”  “Why were you trying to kill the Shogun?”
“Because of my honour, and to defend my people. The shogun invaded my people, so we had to attack. I was only defending my honour.”
“Can you see a large mirror in front of you now, and in the mirror you can see the person who you are with now?”
“Yes.”  “Can you see the person in the mirror?”
“Yes.”
“This is a magic mirror, and it's going to show you the true appearance of the person you are with. Are you with the same person, you had the battle with?”
“No, he’s different.”  “This is his offspring.”
“Where is that person?”
“That person is elsewhere, somewhere else. How long have you been with this person?”
“Since I died.”
“Now, in this mirror you will see every time you attached yourself to a person, it's been a different person and you will see that their appearance is different, right through many life-times, and it's because you are attracted to the same vibrations, which are the off-spring of this original person that you had this conflict with. You will see in the mirror all the different people that you were attached to?”
“Yeah.”
“And you’ve not been happy, because you’ve been attached to the wrong one. You see, you have not been able to get revenge on this person, all this time.
In other words, you wasted a lot of your time, hundreds and hundreds of years, where you could have been happy, and had a wife and children.”
“Yes, can I find him?”  “Why do you want to find him?”
“To settle it.”
“He's forgiven you. Do you understand that?”
“Yeah.”
“Can you forgive him? Because he was only doing his job of defending his Shogun, his leader. Do you understand that there is no hatred towards you? Do you understand that?”
“Yes, I need to be home.”
“And if you let go of all this, you can be happy and go to heaven, and meet your wife. Did you have a wife?”
“Yes.”
“Did you wife die, or did you leave your wife behind when you died?”
“I left her behind.”

(I then got him to see his wife in the white light, next to the mirror. While this conversation was going on, I asked my higher-self if I had a life connected with these scenes, and I was told,

‘Yes.’ But before I could form the words of the question, I felt I was the Shogun. So I asked telepathically if I was half a dozen different people, and got a no, but when I asked if I had been the Shogun, I got a ‘Yes.’ These questions I asked telepathically, and took only about three to five seconds.

When I asked this next question, the split second after I asked it, I felt like kicking myself, but my higher-self said that she influenced me to ask the question, to show me that they weren’t going to tell this attached samurai, but misdirect him.)

“Do you know who I am?”
“The wife.”
“No your wife is standing in the white light, next to the mirror. Your wife’s coming over now, to speak to you. What is she saying to you?”
“It’s time to come home.” “Did you have any children?”
“No.” “Well, you can have children now, can’t you?”
“Yes.” “Do you want to go with her now?”
“Yes.”
“Does she say you have let go of the hatred and anger? Because you’ve been with the wrong person, all this time.”

“Yes.”
“Take your wife's hand, and you can go into the white light, with your wife, bye bye, then.”

“Goodbye.”
“That life was important to be rescued, wasn't it?”

“Yes, very important.”
“Because he was causing Jason to get angry a lot, and those kind or emotions were coming from that attached spirit, weren't they?”

“Yes, very much so.”
“And it's also helped Jason to become aware of inner strengths, and that he was put in positions of authority, and responsibility. This will give him a boost of self-confidence as well, won't it?”

“Yes.”
“And this was brought to the surface, from watching the DVD ‘Kill Bill,’ wasn't it?”

“Yes, a lot of anger was brought up, watching the scenes of martial arts.”
“I picked up that I had a past life-time there, is that true?”

“Yes.”

“Do you know who I was?”

“Yes, you were the Emperor.”
“This is true. This is what I'd picked up as well, about fifteen minutes ago. I didn't think it was a good idea to let the spirit know who I was.”

“No.”
“He might have latched on to me, instead. But the best way to rescue him, was to show him the futility of being attached to the wrong person, for so many life-times, in the mirror, wasn't it? And then show him that his wife has been waiting for him all this time.
And she can now try and quench his anger, because there's no point in still going off with the resentment.”
"Yes."  "Why is it always me who is the leader?"

"It has been a thrust upon you many times, and it suits you. You choose to learn in great aspects of responsibility and power."

"I don't know what happened in this life-time. I'm not in any position of great responsibility and power in the world in this life-time, have I?"

"No, you need a rest."

"Am I going to have great influence in the future, before I die?"

"Yes, you will."

"And that's more important than having power, isn't it?"

"Yes."

"I was saying today, that a lot of the young people have lost their faith in the major religions, which had lost their power over the people, and that a lot of the young people were committing crimes, with no..."

"Guidance."

"And in no fear of going to hell, or the other, heaven, and they just didn't believe that there was anything, but life."

"It is very confusing as they go along, and none of it will be cleared until they choose."

"And this is why I think the book's will help a lot of the young people, because they have got nothing to do with the religions, they have got nothing to do with a spiritual church.

If they get their hands on these books on the Internet, in the future, it will wake them up."

"Perhaps not this young generation. Perhaps the middle generation, first, and the older generation, later. They will come, they will learn."

"The chakra meditation, you must be doing something else. Are you balancing Jason’s chakras, with his connection with my chakras?"

"Yes."  "To adjust the energies?"

"Yes, potentially, he has a lot of abilities ahead of him."
“Jason?”
“Eventually, yes many, once he starts improving in his development.”
“Was it right, what I got earlier in the week...?”
“Yes.”
“About, that he would be a great surrogate past-life therapist. Where he can see the connections between the childhood in people's lives, and the past life, causing the problem that has been triggered off in their childhood, and be able to describe it in great detail.”
“Yes.”
“And it will show up the mediumship in the spiritual churches, to get them developing, using the exercises and meditations, to develop them better.”
“Yes, it will be more open-minded, to other outlets of developing.”
“And his personality, is perfect in his appearance, because his appearance is his ascendant sign, isn't it?”
“Yes.” (Ascendant/personality sign, Leo.)
“And the moon conjunct his ascendant, with its affect of appearing caring, in a way a motherly leader of the people.”
“This is true.”
“I mean, I stand up in a room and put people off.”
“But that's not your fault.”
“My destiny was to run classes and write the books.”
“You are a very confident soul in this life, and that is good for your books.”
“I still get tongue tied and nervous, if I try to do anything on platform, because of my past life-times. When I was a leader, and caused a lot of harm in the world.”
“That is okay, that is not the main reason. You are not here to demonstrate, you are not a showman.”
“I might have had the power to sway millions of people in the past, but I don't want to do that.”
“Jason needs to release the fear and guilt, of spearing the
Samurai in the throat.

(Jason) “I release the fear and the feelings of not being able to cope with violent confrontations, and situations.

I release any guilt towards the death of the Samurai, and I accept the forgiveness. I release the fear of Samurai swords and knives. I release the feelings of anger towards Samurai.”

“You have to release the feelings of anger generated by the attached spirit.”

(Jason) “I release the feelings of anger generated from the attached spirit. "Which is not yours.”

(Jason) “Which was not my anger.”

“And you can let go of it, and not own the anger, which is not yours in the first place.”

(Jason) “I can release this anger, which is not mine in the first place. I felt it and thought it was mine, but it wasn't mine, and I now let it go, and release the anger.”

“Does Alice say that's good?”

“Good, yes very good.”

“Because, what was happening was, when he was with you, you were believing his anger was yours, and it's hard to let go of it, if you believe it's yours, but you aren't the generator of this anger in the first place, do you follow?

It was just welling up in the spirit, which was making you get angry. And that’s about all.”

One more thing, while putting classes from 1989 back onto the computer for volume three, an advanced student, Tim, doing past life therapy at home, with his girlfriend who was also one of my advanced student, was shown a life where he was a Shogun, and he said he was fighting me, who was another Shogun.

Because it happened at his home, he only described about a paragraph, and because it was nearly nineteen years ago, I completely forgot when Jason started seeing the past life, I even asked my higher-self, but even if I had remembered what Tim had told me, I would then have asked if it was the same Shogun.

Oh, I have a large collection of Shogun mini-series and DVD movies.
HEALING CLASS 12/2/87
FIONA, ALICE, BRIAN, BELINDA, BILL, BERNARD, JULIE, JOE, HELEN, ESTELLE, BEGINNERS HOSPITAL MEDITATION

“I want you to imagine that you are getting lighter and lighter in your chairs, floating away from your chairs up higher and higher. Going through the ceiling and up into the sky, you can see the cars and the lights of the city coming on. We are now taking you across the city to a hospital in one of the suburbs. Your guides are with you and we are getting closer to the hospital now.

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

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

(Approximately ten to fifteen minutes silence)

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

Come back now, take three deep breaths, have stretch if you want to.”
FIONA’S MEDITATION EXPERIENCE

(Fiona) “I was taken to a hospital, and I saw a gentleman lying there. He was not young; he must have been in his fifties. I saw his aura, which was fairly bright, and very quickly I also saw that there was quite a black blob out around his head area. I asked my guide, what was this man's affliction? And I was told that he had a problem with the neck area, with the throat. I physically actually felt this too. Then I asked what the trouble was around the throat? And I was told it was a cancer around this area. I asked why he had this affliction with the throat, and I was told that the cancer was a psychological problem. He wasn't able to express himself through his voice, what he truly wanted to express.

How did they tell me? I've forgotten how, but I understood that it had accumulated into this area of his body, and I asked, ‘What is the depth of the problem?’ I was told that it was related to his daughter. He had to forgive his daughter, and then that would help him heal.

I asked my guides, what would help him in the way of diet, and I was shown green, I understood immediately that it was to be more of a vegetable diet, more of a purification diet. Then I asked, what other healing, can he have? They said that there would be an operation done for him, that the healing would come with the operation, along with the forgiveness in his soul towards his daughter, which will help in the healing process.”

ALICE’S MEDITATION EXPERIENCE

(Alice) “There was only one bed, and there was one guy sitting up on the bed. I didn't see the guys sitting on the bed, I only sort of sensed him. There was a blue light behind him, and then I started seeing another man clearly, and I know what he looks like, and he was giving the patient healing, and I asked him, ‘Why are you here, what are you doing?’ And he said,

‘Well, I'm here because I'm his brother, and love him and I'm giving him healing.’ And then my mind wandered off, and I didn't get any more.”
BRIAN’S MEDITATION EXPERIENCE

(Brian) “I was in the hospital, but I didn't know exactly who or how I could help. So I felt back to last week, when I thought of my grandmother, and so I seem to be directed. I had an idea of putting healing into all her arthritic joints. So I did my best on that, and the colour I was using, that I more or less had to use, but I couldn't use any other colour, was pale rose red. I was surprised at how I had to go through every joint doing it.

After that, I thought, ‘Well, I'll have a go at my father.’ He seemed to require something like pale yellow orange, just as a general massage all over him. I was then going to try my mother, but you pulled us out.”

“I feel that this is what you wanted to do, and not what your guides wanted to show you, and teach you.”

(Brian) “No, my guides were helping me with the healing.”

(When I first felt that I should mention this to Brian, I asked God, ‘Is this right God, and the reply was, ‘Yes, Raymond.’ So I didn't argue, and I went to the next student, for them to relay their experience. Later on, when Julie was channelling, spirit confirmed to Brian, what I had already told him.)

BELINDA’S MEDITATION EXPERIENCE

(Belinda) “Well, I went to a ward, and there was only one patient there, an elderly woman, and all I could see was just blackness, an outline around her body. I was just looking at her to begin with, and then sort of basically out of the corner of my eye, there was this other gentleman, probably in his late forties, standing there. I was undecided whether to stay with the woman, or go over to this fellow.

Anyway, I had this compulsion more so to go over to him, and I asked, why was here, and what I was meant to do? Basically, I just felt to stay with him. I don't know, if you would call it healing, but I just held my hands around the head area, and just move them down over towards the chest, and around here, and that was it really, I couldn't see anything else.”
BILL'S MEDITATION EXPERIENCE

(Bill) “My guides, never talk to me, they just look at me and never say anything. Tonight, I just went to the hospital, and tried to get them to talk to me, but they still just looked at me and smiled. I just went down, and I tried to get my guides to give me a little bit of a push, but they wouldn't.” “Maybe your guides want you to just observe.”

BERNARD'S MEDITATION EXPERIENCE

(Bernard) “I was in this ward, and there was this one guy there, and I was just standing there. He had like a black film on his chest, and I didn't know what to do. I looked at my hands, and they were a rake. I just started running my hands down him like that, like a rake so to speak. And then I started chanting, I started saying, ‘On the wings of snow, the beast will go.’ And I kept on saying that, and then it got really windy.

Then I was just sitting there, and there was this, I know it was an Indian with a lot of feathers. All the feathers were glowing, and I said to him, ‘My back aches,’ and he just sort of stared into me. I had a really bad backache before, but when I came back, my backs fine, perfect now, and it was aching ten minutes ago, like nothing. So, the Indian had fixed me.”

JULIE'S MEDITATION EXPERIENCE

(Julie) “Firstly, to go right back to the beginning, for some reason I could see that someone was sitting on the chair in the centre of the circle, before we started, and I was told that someone, somehow, had slipped through the circle, who shouldn't be here. When I asked who it was, they said that it was Helen's father, but this time, they told me that I had to deal with him, and get him to go away.

He was fairly easy to deal with this time, because I put it to him, that although he thought he was helping Helen, he was really interfering with her progress. He felt that she was his daughter, and that he should be with her. He was quite strong, and he was able to get through the circle, so he was really quite strong.”
(2010 INSERT. Wrong. I have just been told, as I type this, that the circle guides, allowed Helen's father to enter the circle, so that Julie could help him. If the circle guides didn't want him in the circle, no matter how strong his will was, he would not be able to gain access to the circle.

So his strength didn’t give him access to the circle. The guides don’t want anyone believing that the stronger the spirit is, the easier he can get into the circle, this is wrong.)

(???)

(!!!)

(2010 INSERT. Wrong. I have just been told, as I type this, that the circle guides, allowed Helen's father to enter the circle, so that Julie could help him. If the circle guides didn't want him in the circle, no matter how strong his will was, he would not be able to gain access to the circle.

So his strength didn’t give him access to the circle. The guides don’t want anyone believing that the stronger the spirit is, the easier he can get into the circle, this is wrong.)
I felt a bit worried about that, but they kept telling me that I'd be protected, and they told me that I had to go by choice; they couldn't force me to go. So I said, ‘Well, alright, as long as I'm protected, I'll have a go.’ So I descended into the depths of this volcano, and I walked along a road; there was mist all about.

It was quite frightening, because although I had a protective circle around me, these demon like faces kept jumping out of the mist at me, all yelling and screaming. It was quite horrendous, but the guides led me along this road to something like a Castle, it was cut out of the rock. I went up there, and there was a spirit guide waiting. He said,

‘I'm the one who looks after the lost souls here, I've called you are here to help me.’ I said, ‘What can I do?’ So, he said,

‘Can you sit in that chair there?’ It was like an electric chair, for some reasons my wrists had to be fastened; I don't know if that was to prevent me from jumping out, or what. I even had the cap on my head. The guides said,

‘We are going to send a lot of the energy through you, we want you to do the same as before. We want you to lead these people towards the light, again, but it will be much more difficult to lead these lost souls towards the light, because they don't want to go.’ So I said, ‘All right.’ Apparently, I was hooked up to some sort of broadcasting system, and they said,

‘All you've got to do is project love and compassion, to start with.’ So I started doing that, and I could feel a tremendous amount of energy coming too me, and flowing out through this broadcasting system, to all these lost souls.

The surroundings were incredible; it was just like all the paintings of hell, the stories of hell that you see. It was quite awful. I was projecting that tremendous energy and urging them to go towards the light, but they were very difficult cases; they didn't really want to go. They seem to like their torment for some reason.

I applied more energy, and all of a sudden there was a tremendous electrical storm. The electricity was quite incredible, it literally split the Earth open, and the rain created an absolute flood. Apparently this was to really get these lost souls moving; they had to feel that they
were in danger, before they would do anything. I could see some of them start climbing up the rock faces, towards a door at the top, where the light was coming from.

I had to keep urging them to climb up and up and up. Some of them fell back into the water, but I was told not to worry about them, they weren't yet ready to reach the top. After quite a struggle, with me encouraging them, they finally got to the door. I could see the guides and people they knew, waiting for them, welcoming them in.

When the last one had gone through, the door closed behind them. I was told not to worry about the lost souls that had been left behind; there will be more opportunities to help them. Then, the guides said,

‘Well, we’ve got another experience for you.’ And I said, ‘Oh no, not another one.’ But they said,

‘No, it will be a pleasant one this time.’ And all they asked me to do, was just to sit underneath a rainbow, which was flowing over me like a waterfall. I felt quite refreshed from that, and then I came back.”

(2010 INSERT. If you have been following the enormous amount of these inserts in regard to what Julie has been experiencing and channelling on her class nights, we have decided to give you a break from critiquing most of the channelling of this night, as it is getting harder to read or explain the between the lines so to speak, of the motivations of what spirit are channelling through Julie for.

I will still leave in the highlighted sections, where you could say I, my higher-self and guides, are not happy with.

But beware; mixed with truths and facts are opinions slanted to get you to believe specific themes. We want you to either tune into your guides or higher-selves, or if you intuitively feel the theme, of what is truth, from what spirit want you to believe. But then again it may not be the same spirit. In the next channelling the spirit was talking about rescues, but earth-bound spirits were never brought to the classes until 8/12/87, months after Julie had left the classes.)
“There is a glut at the moment, of souls trapped on the Earth-plane. We wish you to spend some time on rescues.”

(Maybe by persuading earth-plane wandering spirits to go into the white light doorway, to the spirit level of vibration that they have attained, which they will rise to, or be taken to by relatives or angels, once they have gone into the white light.)

“She went indeed to a very low level, and it is only an advanced soul that can go to the lowest levels. It takes a great deal of advancement to be able to go down to that level; most cannot.

It may have seemed slightly exaggerated, when she said it was like a picture of the souls in hell, but we wish to emphasise that on the lower levels, it is indeed a place of hell. Because your minds cannot understand what it is really like, we had to put it in perhaps an exaggerated version, but the torment is very real.”

“It is worse than we can comprehend.”

“It is, it is more, though, it is not a physical torment, although it might seem to be, but it is more anguish of the mind and the spirit. It is sufficient to describe it in terms of hell, as most people think of it, but it was a very real place, nonetheless.

So, we also wish you to put in the book, that no one should deliberately attempt that sort of a meditation. It is only for the very advanced, because there is a danger that although this place might be reached, they may not be able to come back.”

“But wouldn't that frighten too many people from developing?”

“We wish to frighten them from trying that particular meditation, which is very dangerous for those not advanced enough.” “Yes, always let your guides take you through your meditation; don't go wandering off by yourself.”

“She was able to do it, because she is psychically advanced enough, she could bring herself back from it, but we wish people
to be frightened away from trying it. The only time, they may try it, is if we send it to them, but we will not send it to many.

(Bill) “If I study and continue developing, will I finally develop my chakras and my third eye? And if it is possible, by doing that, can one learn to see the aura?”

“What is your goal in these matters?”

(Bill) “My goal is to be developed, as far as I possibly can, spiritually. So I can help other people.”

“To be spiritually developed does not necessarily include the side-effects, such as seeing auras. A person may not see auras, yet be quite spiritually developed, and these are only side-effects of growth. They are not the goal that we are striving for here, but if you continue in this manner, you will find the growth that you seek. But do not be distracted by the side-effects of spiritual growth, they are not the goal.”

(Helen) “Can you tell me what was the black aura I saw around Joe's head, or am I not to allowed to ask any questions about this?”

“Blackness in an aura indicates blackness in the personality of the spirit or that person. Black indicates a very serious imbalance in the body, and needs a great amount of healing. When there is black in a person's aura, it means that serious physical diseases have already taken place in the body, so you must send all your healing to this person.”

(Joe) “This disease that you said that is affecting my body, can it be overcome?”

“Yes, but it will be a long and difficult battle.”

(Joe) “Can you be more specific as to what it could be?”

“You, yourself, saw the blackness tonight, the blackness that was reflected in your own aura; did you learn how to deal with this blackness?”

(Joe) “I was told to ask that spirit to leave that person in peace.”

“Thus, you can do likewise for your own aura.”

(Joe) “So, am I being possessed by another spirit?”

“It is partly because you have not protected yourself against these spirits. All of us must protect ourselves, for these spirits will
wander into our aura, and finding no resistance, stay.”

“Why do some have automatic resistance, and others don’t, and they can just walk right in? What are the reasons?”

“It concerns awareness and sensitivity. On a subconscious level those who are sensitive enough can sense the spirits around them, and subconsciously they protect themselves.

But those who are not aware, do not sense these individuals around them, and thus do not protect themselves. The protection lies in the awareness, once you become aware of these spirits, then you can protect yourself.”

“If an aura is damaged, can spirits affect the person easier than if the aura is not damaged?”

“Yes, black is a very serious colour for an aura, but is not entirely produced by a malignant spirit. There is also a blackness in the individual himself, a blackness that comes from depression and emotional turmoil.

These emotions must be dealt with before the blackness will dissipate. The soul must be lightened, and the light must be allowed to enter. There must be more trust in the processes of the universe; there must be less fear, more trust.”

(Joe) “It is very hard to find in Sydney.”

“It does not matter what your surroundings are, you must find it within yourself. Each of us must find the light within ourselves. It does not matter where we are, you cannot avoid the lessons in life by physically travelling from place to place. They will come to you, nevertheless; you must fight them and not run.”

(Helen) “As I will be dealing with heroin addicts, is there anything that I should be made aware of?”

“You will see the same sort of blackness in their auras as well, and you must understand that it will require a great deal of patience in healing, to deal with these individuals. You must try to deal with them one at a time, because the spirits that possess them, can work much better when encouraged by other spirits in their vicinity.

You must not group them together, to help them. You must
work with them, one-to-one and be prepared for many back slides, because the black aura is the most difficult to deal with; but we will send you help in this matter.”

(Fiona) “Can I ask why I came here tonight?”

“No, you must not ask such a question. To ask such a question indicates lack of understanding in the self. There was no need to ask that question of me, ask yourself that question.”

(Bernard) “Has my ritual work in the last few weeks helped me progress in the steps that I have done? Has it knocked away barriers, and am I progressing? Has this been the source of my inspiration, or enlightenment?”

“Do you feel that you have made progress?”

(Bernard) “Yes.”

“Whatever methods we use, as long as we are drawing strength from it, it does not matter what it is. When we feel we are making progress, then we know that it is a good thing. You may continue with this ritual, but there will come a time when you no longer need it. It is a crutch that helps you at this time, through a difficult time, but soon you may throw it away and walk alone, and unaided.”

“Is there anything in the physical healing that I am teaching, that you can add to, that would be beneficial to help them with healing patients, that I'm sort of missing, or have left out of the teachings, that I will be teaching later on tonight?”

“We are sufficiently pleased with your instruction. We do not wish to add too much to the matter at this stage, because there are many beginners here, and it may become too complicated.

Each had its own vision tonight, and each was suited to the individual. Some were simpler than others, but this is what was desired by us, because each is at a different level, and cannot be rushed.”

“Can you tell us where this communication is coming from, if it is permitted?”

“There is not a single entity here, there are many. There are many guides standing behind each of you tonight, and we all
come through this channel. It is never just one entity, all are advisors here. We speak through the channel in a single voice, but there are many of us.”

“So these messages are from the highest, and no messages are from relatives? These are all from guides, aren't they?”

“Yes, there are relatives here tonight, but we do not wish them to speak. It can be confusing for the messages are not always clear, and not always correct. Therefore we do not like the relatives to visit, unless it is for a very important spiritual reason.”

“Like rescues?”

(Brian) “How can we be more in touch with our guides in normal life?”

“By listening.”

(Brian) “But if we… how are we to know when we hear them?”

“This is the paradox of spiritual development, but you will soon attain a level where you can distinguish between the voice of your own will, and our voices.

(2010 INSERT. I feel that because I had a strong will, and mind, my guides and higher-self right from the very beginning, when I attended my first development circle, would move my head, to confirm my questions. I didn’t have any problem with receiving information from my guides, but I wouldn’t be able to distinguish between my strong thoughts from their communications.

And my guides say that a person’s spiritual level of vibration, or development, has got nothing to do with a person’s strong will. It just makes it harder for them to distinguish their higher-self or their guides, from their own thoughts.)

But first you must put away that strong will of yours. Each of us brings his own will in to play, and sometimes our will can bring us voices that are not the true voices, but merely the voices produced by the will.
But as you spiritually progress, you will learn to hear the true voices, which is the voice of yourself, your inner-self; the will must be put aside.”

(2010 INSERT. This sounds like removing all desires, so that a person can hear spirit communication, and if a person doesn’t want to obey or do what the spirit says that they MUST do, then the spirit will say that their will is too strong, and that they might not be listening to spirit guidance, but imagined voices produced by the will.

It would have helped if the spirit explained a more detailed description of what the will is, so that we can recognise it.

If a person has a weak will, or has put aside their will, then other stronger willed people or spirit who is channelling can get the weak willed person to believe or get them to do whatever they want, but if they don’t, or say no to the spirit or person, then they might be accused of being ruled by their will. My higher-self channelled this while I was compiling these paragraphs.

If a person has developed a strong will and mind over many incarnations and childhood experiences, its usefulness is taken into consideration when his destiny is chosen, and if his destiny or mission or calling is going to need a strong will, because he would face much opposition in which his will, will not be swayed or conned or through attacks, be diverted from his mission, from both sides of the veil,... [You will read about these spirits from my past life-times, on the third and fourth disc.]

then we knew that he would need a strong will to complete his mission, especially if it was going to take some considerable time to accomplish, where he has to do 95% of the physical work, like all these discs.

So we didn’t want Raymond to put aside his will, besides his will is very much under his control, and is not trying to make anyone else do what his will wants, as we are always monitoring his choice of words when he is trying to convince or teach others,
and as you will learn into the following disc, of his capacity for patience and great intuitive wisdom, we chose the right person to bring great enlightenment to the worlds.)

(Brian) “Can you give me any information about the entity clinging to the left side of my head, please?”

“This entity is a guide. He has brought a particular instruction for you, to aid you in your spiritual development. You need to be balanced in a certain area, the area of your spiritual growth. At times there has been too much intellectualising, and not enough work on the spiritual level.

This guide brings you a gift, a gift to raise your vibrations to a more spiritual level. It will also affect the way you feel physically. Is there any more you wish to ask?”

(Brian) “So, is it quite alright for me to feel that there is something clinging onto the side of my head?”

“It is only your mind that pictures it as clinging; it is a helpful presence, but if you really felt that you could not abide the feeling, the guide would go.”

(Brian) “If it is good for me, I welcome the guide, thank you.”

“Unfortunately, there is an obstacle in the path of your spiritual growth, and that is the strength of your will and your desires.

Tonight, although you did not realise it consciously, you did in fact, act in the direction of your desires concerning your relatives, although you did not feel that you are going against the guides wishes.

In fact, it was your own will coming into play. You have a very strong will, but you must learn to give up and accept the guidance from the spirits. You must learn to compromise you cannot always have your own way, in matters of spiritual growth. You must learn to relax the will, and in meditation and leave yourself open.”

(2010 INSERT. Julie channelled 8 ‘Must’s,’ 12 ‘You Must’s,’ 8 ‘Do Not’s,’ 21 ‘Not’s,’ and 4 ‘Cannot’s.’)
In the early chapters of this disc I introduced you to Paul who is an advanced soul who arrived in the class just over a year from the date of the classes you are reading now, remember his higher-self channelled in great detail about his development on his first class-night.

These next class extracts start a few weeks later, after his mother joined the class, and I have combined showing you the process of recuing earth-bound spirits, with lessons of a different kind.

I feel that when spirit channelled through Julie about attached and earth-bound spirits, it was very much connected with students who thought it was right or alright to have spirits of relatives, or whoever attached to them, some we became aware of, but my guides tell me, that some of the students kept quiet about their own spirit attachments, and it was important to set quite a few students straight about the wrongness of this, and how deeply attached some can get.

As you will see later on in this chapter, as if you want the spirits to stay attached to you, then the spirit’s also feel wanted, and will be more reluctant to leave, especially if they are close relatives.

But remember, an older spirit relative has different fears and morality, than the present day which you are integrated with, and they may cause you a problem in that area of your life.

The first time a student channelled a lost soul, so to speak, was on the 8/12/87, the student, my guides say was normal, not suffering from any attached spirit problems, or suffering from past-life conditioning.

My guides are now explaining that when a new student, who has never sat in classes like this, or has never raised their vibrations, they are better suited to channel lost souls, as the students vibrations are closer to the earth-bound spirit than a more advanced student whose vibrations are higher. And as the new students vibration rises, then they will be unsuitable to channel these souls.

The reason I am explaining all this is firstly, because after the last chapter, which was very heavy with emotion and fears connected with
the influence of spirits on people, and this next chapter will help take away those negative vibe’s, if you the reader are being affected by them.

Secondly, a few chapters ahead, while Julie was in attendance, Julie’s guides took us on an exercise, which at the time may have been necessary to perform in that way, but years later an alternate way of dealing with a similar problem, was achieved mostly by higher evolved beings in the connection with helping earth-bound spirits who were attached to a person and their home. And this alternative way will be inserted after Julie’s channelled exercise, in the same chapter.

So, we have decided to give you the best examples of rescuing earth-bound spirits, in connection with two new students in the class in the process of channeling.

These extracts are taken from the first few weeks after Paul had channelled his higher-self, but the rest of Paul and his mother Gail’s development, will be in the third volume on this disc, as the date of their arrival in the class, was at the end of 1988.

HEALING CLASS 8/9/88
PAUL, GAIL.
BASIC CHAKRA MEDITATION+
MEETING YOUR HIGHER-SELF MEDITATION
GAIL AS THE CHANNEL, FIRST CLASS NIGHT.

“Is Gail's higher-self going to speak?”
“No.”

“Are you a guide?”
“No.”

“So, you’re a visiting spirit, allowed in by the other guides. Are you a man or a woman?”
“A man.”

“Have you been listening very long, in this class?”
“No.”

“Why are you here, my friend? Can you see this white light behind me?”
“Yes.”
“Can you see a figure in the white light, a figure of a woman?”
“Yes.”
“She's holding her hands out to you. Do you recognise her? You should, is she coming closer to you? Is it your mother?”
“No.”
“Who is it, do you recognise her?”
“No.”
“She seems to know you. Is she smiling at you?”
(Gail) “It's Maggie.”
(Gail) “You know her then?”
“Gail”
(This Maggie, who was in the white light, was this spirit man’s wife.)
“And who was she to you, a relative or friend?”
(Gail) “A friend who I cared for.”
“Gail”
“She's speaking to you.”
“I can't hear.”
“Well, go closer; she wants to speak to you. Hold her hands. Feel the love coming from her. She wants to tell you something. Has she been looking for you? Will you go with her? Are you happy now? Bye bye, then.”
(If the spirit keeps quiet between questions, I just keep talking.)
“You may feel a shift in energy as he leaves, did you see anything?”
(Gail) “Yes, I did see Maggie, and it was Maggie. It's an old lady that I nursed in hospital, and I cared for, and helped her and her husband pack up and go to a rest home.”
“Where was the husband? Who was the spirit of the man who was with you?”
(Gail) “I don't know.”
“Gail”
“Maybe it was a relative of Maggie’s?”
(Gail) “It could have been Roger, her husband.”
“They bring people to be rescued, and at the same time help you to develop and learn about all this. So, that's why they brought somebody you knew.” (So Gail wouldn't be afraid.)
(Gail) “She showed me a doll, a big doll, sitting in the chair, a life-size doll.”
“This spirit hadn't seen his guides; you see I've done this for so long, I seem to know if an answer is untrue. It can get
very confusing with a student channelling, with who is answering the question, which could be right. But on a different level, not the level we are working on.

I’ll give you an example, I might have asked the spirit consciously, ‘Have you seen your guides?’ and you may have channelled, ‘Yes,’ Because you, Gail have seen your guides, and ‘Yes,’ came into your mind from your own mind, so then I would I get the feeling that something is not right, and would I double check with my guides, I would ask my guides, mentally, ‘Has he seen his guides?’ And they might tell me,

‘No, Raymond.’ You see if he'd had seen his guides; he wouldn’t need to see the white light. There would have been no reason for him to see the white light, because he would have been able to travel through the dimensions at will and maybe he was just visiting, to say hello, or to teach you something.”

You see, we never know until we get them to start talking. Usually the teachers or guides you can recognise, because they talk on and on, but the ones that are lost, tend to be very reluctant to speak.”

(Gail) “You see I nursed Maggie, she'd had a stroke, and Roger had to part. They couldn't live together in the house anymore, so I helped pack them up and shift them, and visited them in the rest home, took them out, now and then.

Then Maggie died, and I helped shift Roger to another rest home. I used to take Roger out, I used to try and see him at least once a week. He became very close, and Roger died. I went to his funeral, and about ten days before I flew to Australia, I was at a friend of mine’s, and Roger came through Linda, and thanked me.”

“But Roger still hadn’t met Maggie on the other side?”

(Gail) “No, that's right, he hadn't.”

“Some of your answers were coming from your consciousness. This is when in the beginning, you can be channelling but your mind remembered what you knew of
the situation, and you dropped out of channelling and you said, ‘A friend, who I cared for.’ but he might have been wanting to channel, ‘My wife.’”

(Gail) “But I got the woman as Maggie. I sort of picked that up, as Maggie, so I guessed it had to be Roger, but you are right. You see, when he spoke to me before I came to Australia, he hadn't seen, Maggie, he was just on his way to see Maggie.”

“There’s no time in spirit, either, so if he was helped now, or in twenty years time, it didn't really matter, because there wouldn't have been any lapse of time, he wouldn’t have thought, ‘I've been sitting around here for twenty years trying to find Maggie.’ It's not like that at all.”

(Gail) “It wasn't that long, because, as I said, his funeral wasn't long before I came over here, and I guess he came to Linda, about two days before I flew over here, so it wasn't that long. He said then, through Linda, that he hadn't seen Maggie yet, he was on his way.”

“I’ve done hundreds of rescues like this...”

(Gail) “Is it a rescue?”

“That's a rescue. Whenever spirit is in the spirit world, and hasn’t gone to the higher level, that’s why they are here in the classes, because the guides have arranged for them to be here.”

(Gail) “So that's what you call rescue work?”

(Yes.)

(Gail) “So, have they gone now, together?”

“Yes. They're both together, and she will take him, because she's been rescued already. She's a higher vibration. Now, if she hadn’t been rescued, it would have been a relative in spirit for Roger. It could have been a mother, do you see what I mean, and then Maggie would have been rescued at another time, or he might have been the one in the white light to rescue her.

Because once they've gone onto a higher vibration, to the right place to be debriefed, they can wander around, and be shown all these different things on different levels.”
On the second class night, the same night as what you have just read, Paul channelled a little earth-bound spirit-boy, to be rescued, to familiarise Paul with the procedure, to prevent Paul fearing the unknown, so to speak, also Gail helped with the rescue.

**PAUL AS THE CHANNEL**

(Paul) “I'd seen, well, hopefully my guide, but he was dressed in a sort of Hebrew outfit, on an Arabian plain, with a dried tree stump, a dead tree cut in half, lying down.”

“How old are you?”

“Twelve.”

“Have you been looking for someone, have you been looking for a relative, like mummy?”

“No.”

“Are you lost?”

“Yes.”

“Are you Australian?”

“White.”

“Have you met any children where you've been?”

“No.”

“Are you happy?”

“Sometimes.”

“Have you seen any white lights coming near you?”

“No for awhile.”

“Can you see this white light behind me?”

“No really.”

“If you look in the white light behind me, you'll see a little boy about the same age as you. Can you see the little boy?”

“Yes.”

“He's got a ball, hasn't he? He's bouncing it. Can you see the ball? He wants you to go and play with him.”

“I don't want to.”

“Why not, can you give me any reason why not?

“I'm scared.”

“Why are you scared?”

“A big light.”

“Look at the little boy, don’t you recognise him? Isn't he one of your friends? Look at his face, he’s smiling to you. He's bouncing his ball, he's saying,
‘Come on, what are you waiting for?’ There's nothing to be scared of. I'm not scared of the white light, and I've got my back to it.

What's your friend doing now in the white light?”

“I can't see him anymore.”

“Can you remember your mother?”

(Paul) “I get a mental picture of who it is.” 

(Who is it then?)

(Paul) “It feels like David, auntie Dot’s David. But David is alive, healthy, and living in Manly.” 

(Maybe it’s your imagination.)

(Paul) “Well, I've always saw that time period, on the grounds that we went over there, and it was pretty hard-shit, for him to grow up under such circumstances.”

(Gail) “So you're relating to David as the lost twelve-year-old, you would have been twelve when we saw him last.”

(Paul) “When we stayed with him, yes, he was about twelve, I suppose. That's probably my conscience.”

(Gail) “Because he was a lost boy, and I think he is still lost. He's my nephew, and my sister died when he was two, and his father married a woman with six children, and David and Diane had to milk the cows and do the meals. We weren't allowed to go and see them, they worked hard, and Diane is…”

(Paul) “I felt when I got the projection of David's presence, just a feeling that I had, always around David. I felt motherly, sort of like Dot, I don't know, probably just another force acting on me. Then I thought it was Dot, but it was nowhere near as strong of the image that I got of that.”

(Gail) “But you sort of felt of Dot?”

(Paul) “Yes, this power over here. It was someone I could feel, but it wasn't close enough to feel me, I suppose.”

(Gail) “But would you remember Dot?”

(Paul) “Yes, at the hospital, chocolates and flowers, and no teeth, and couldn't do this.”

“Well, for all intents and purposes we’ll say that David is in spirit, and we’ll keep going on and tried to get him to the right place. I'll explain later what it's all about. But if you don't want to go on, we'll get Gail to help David, it's up to
“You have to have discipline, you know, and sort of...”
(Paul) “That's what I lack, at the moment.”
“...just allow it to happen. Is your name David, my friend? What are you feeling?”
(Paul) “A spasm type pressure.”
“It will go away when the spirit leaves. You do feel sensations from the spirit. Sometimes the students feel physical problems that caused the death, feel the sensations in your organs, or the part of the body that was injured. Are you still there, David?”
(Paul) “I can't get anything out of it.”

GAIL AS THE CHANNEL

“Who are you my friend, a guide?”
“It's David.” “Are you the David, who knows Paul?”
“No.” “Are you a stranger to us here?”
“Yes.”
“David, can you feel this woman that you are talking through?”
“Yes.”
“Can you feel the love coming from her, Love, she feels for you, David?”
“No.”

(I eventually found out who he missed. He said he missed his Mum, but when his mother came through the white light, this is what he said.)

“No, no, no.”
“Why, if you miss her, why do you deny her?”
“She hurt’s me.”
“Not this mother, that's all gone now, release it and forgive. Your mother is not the same person anymore, she's a nice person. Have you heard of Jesus?”
“Yes.”

“Well, if you look in the white light, Jesus is there with your mother. Can you remember what Jesus looked like, can you see his aura, his beautiful Halo. Can you see Jesus?”

“Yes.” “Is he holding his hand out to you?”

“Yes.”

“Why don’t you take his hand, and feel his love?”

“Yes.”

“What’s he's saying to you? Do you feel loved by Jesus?”

“Yes.” “Will you go with Jesus?”

“Yes, bye, bye.”

(Paul) “I saw crowds of faces, hundreds and thousands of faces, and people walking up a staircase. People, there was crowds of them, and then it went back into faces again.”

“It looks like he didn't have too much of a good time with his mother.”

(Paul) “No, I did see him. I did see a picture of her belting him over a chair.”

“So, he missed the only one that he knew, but she gave him a lot of pain, so he didn't want to go with her, anyway, and he wouldn't accept the boy playing with him.”

(Paul) “I think he didn't trust very many people.”

“Yes, it’s difficult. We have to find the right one, sort of, Jesus...”

(Paul) “He backed off a lot, I felt him backing away.”

“I wonder what convinced him?”

(Paul) “I think it was Jesus.”

(The reason that this spirit was attracted to you both, was your sympathy for another boy in a similar situation, and of course your strong desire to help someone in the same situation.)

The following week Paul was channelling another rescue which may show you more of the relationship with his mother, as Paul’s guide channelled through Gail to explain the connection of the rescue with Paul’s childhood experiences.
“What's your name?”
“Peter.”
“No.”
“Confusion.”
“Twenty five.”
“No, it's too dark.”

“Can you see this white light behind me?”
“Far away.”
“Slowly.”

“It's coming though. Let me know when it's closer? What have you been doing with yourself, Peter?”
“Hiding.”
“In dark places.”
“I feel safe.”
“I can touch the sides, because they're black. I can't see any further, so the sides are really close.”

“Can you see me?”
“No.”
“It's dark.”
“No.”
“Yes.”
“A barbecue at auntie's place.”

“This light, that's coming closer to you, can you see it?”
“A bit more.”

“In this light, it's like a window, and you'll be up to see the barbecue and the sunshine at your auntie’s place, and it's a window in a door. It's coming closer to you now, have a look through the window, can you see it?”
“Yes, I can.”

“Would you like to go through the door into the barbecue?”
“Yes.”

“My auntie.”
“Will you go through the door, now, and have a barbecue with your auntie?”

“Yes.”

“You won't be scared of the dark anymore, will you? Bye, bye, then.”

(Paul) “It doesn't feel like he's gone.”

(Has he gone?) “Yes, I get a great feeling of claustrophobia with him. I think he was all curled up, like this. And in the blackness, the walls were this big around him, and it's been like this for so long, and at one stage he was lying down.”

(Also, the type of rescues are very much keyed in with your blocks, can you identify the type of rescues with the blockages within yourself?)

(Paul) “Yes, on the grounds that it was so hard.”

“It also releases blockages within you, which are parallel, similar ones.”

(Paul) “Yes, I can see them running on parallel fields, because in each, whatever, there's a larger scope, but you're still contained in the same, and occasionally these larger scopes overlap, which…”

(These rescues are like therapy for your development, for unblocking certain things. These types of rescues, they help you grow.)

(Gail) “Do you relate back to a time when you might have been a little bit frightened, and perhaps crawled into a cupboard with something, and sort of hid yourself away?”

(Paul) “Yes, I remember lying, crying in the cupboard, at least twice for something.”

(Peter might have identified with you, and was attracted to you, because of that.)

(Gail) “And he could be releasing some of that.”

(Paul) “That's the first time I've ever recalled that. I was very very very young, but I remember rocking and shaking, and then there'd be a noise coming down the stairs, and I'd pull the raincoat over my head, and I'd smell the raincoat. I remember it now.”

(Gail) “This is what we're saying; it could bring it to mind. It's
brought it to thought, and with it, it's probably released a blockage.”

(Paul) “Yes, how this block could be something which happened to me so long ago, that I haven’t made peace with it, or accepted love for these endeavours.”

(Gail) “Well, you probably haven't even thought about it, to try and even get it out of your system.”

(Paul) “Well, I didn't know it existed, until it was brought back to me, and I remember being at least four years old.”

“You see on a conscious level, you might not understand why that type of a rescue. And you might think, ‘Oh, that was interesting,’ and you may not read any more into it, but I'm seeing more into it. But they're telling me there's more to it.”

(Gail) “Well, what I was going to say was while Paul was channelling, I sort of went back, and that one was my guide, and we had been in a previous life before that, which was in America.

He was like a wild Bill Hicock on a horse, and I was there with him, which brings me to the relationship of why he is my guide. So then we went back to the age of the wild wild west, and so that's where we were when Paul came out of it.”

GAIL AS THE CHANNEL

“What's your name?”

“I'm Peter.” “Another Peter?”

“Yes.” “Are you a guide?”

“Yes, I am Paul's guide.”

“Not the same Peter that went to...”

“No, no.” “Why are you channelling through Gail?”

“Because I can't talk to Paul.”

“You find it easier telling Paul things through Gail, than channelling through Paul?”

“Yes.”

“And what development are you helping Paul with?”

“To be Paul, not what he feels people want him to be, to know
himself.”  “Do you want Paul to ask you questions?”  “Yes.”  (Paul) “Peter.”  “Yes.”  (Paul) “In my development stage, will you always be there to help me, and remind me?”  “Yes.”  (Paul) “Can you go through my consciousness, so I can be aware of you faster?”  “Yes.”  (Paul) “This would make me very happy, Peter. I would like to have you as my guide, and also to correspond with you.”  “Yes.”  (Paul) “Will my blocks interfere with any other feedback, which Harmony has to offer me?”  (Harmony, must be the name of his other circle teacher.) “Yes.”  (Paul) “Will I overcome my blocks?”  “Yes.”  (Paul) “I wish to overcome my blocks.”  “You will, you will. But until then I'll go through your mother, than with you. And it is a contact until you have freed yourself.”  (Paul) “The use of drugs on my system, Peter, are they detrimental to my consciousness?”  “Yes, stop it.”  (Paul) “What about the drugs the practitioners have put me on?”  “You will come of them. You won’t need them as you grow stronger. All will be well. You need them now, but not later.”  (Paul) “Will I get to fulfil, some of which is the most strongest desires in me?”  “Yes, Paul. There are a lot of hills, and you have a long way to go, but you will achieve.”  “Is this rescue that Paul did, of Peter, a subconscious part of Paul, which he rescued? Or was it a spirit entity, who was lost, or a guide posing as Peter?”  “It was a release of Paul.”  “So it wasn't really a spirit being rescued to the light?”
“No.”
“Can you explain it?”
“It is the beginning of Paul's blocks, with freedom to come, starting now.”
(Paul) “How was my life evolved until they had brought the plane in which it was first set?”
“Growing up, Paul, growing up. You've gone off the path.”
(Paul) “Have I gone off, or have I fallen off?”
“You've gone off, you will come back.”
(Paul) “In the time that I've had with people, have I done irreparable damage to these souls?”
“Yes, but you will heal them.”
(Paul) “Can I go back in my past and heal the souls that may have been damaged, as I was younger?”
“No.”
(Paul) “How will I amend myself?”
“You will be given ample opportunity to do this.”
(Paul) “Have you been a friend of mine throughout centuries?”
“Yes, Paul.”
(Paul) “Am I on the right track to releasing the things which I felt I'd need, needed?”
“Yes. It's a long road, it's not easy.”
(Paul) “I appreciate a little bit more help, Peter.”
“You have to do the work, too. You have to clear yourself.”
(Paul) “Goodbye Peter.”

HEALING CLASS 17/10/88
PAUL, GAIL.
PAUL AS THE CHANNEL

“Hello my friend, have you been waiting long?”
“No, not all day.”
“What's your name, can you remember it?”
“John, or something.”
“Are you lost?”
“Yes, I suppose I am.”
“Can you see this white light behind me?”
“Yes.”
“There’s a figure in the white light, can you see the figure?”
   “Yes, John.”
   “Who’s John?”
   “John’s my old sea-buddy.”
   “He's come to help you, what he's saying to you?”
   “Overboard, were off.”
   “Are you going to go with him?”
   “Yes, sure am.”
   “Have you got any friends there, you would like to take
with you, with you, where you are?”
   “Yes, a few old souls.”
   “Do they want to go with you, ask them?”
   “There are three of them.”
   “Tell them they can come along as well.”
   “They’re coming overboard, too. See you around.”
   “Are they going with you?”
   “Yes.”
   “Good, go off with John, then. See you later.”
   “And you.”
   (Paul) “A distinguished English gentleman.”
   (Paul) “Was it?”
   “Grey-haired, about six foot three, or four.”

Paul has channelled more rescues than any student or patient that I
have ever come across, by a factor of ten times. On this next class
night he would be channelling a mixture of age groups, but mostly
children and young people. I’ll give you a few quick examples, and
then what another of Paul’s guide had to say about this.

HEALING CLASS 24/10/88
PAUL, GAIL.
PAUL AS THE CHANNEL

“Hello my friend, what's your name?”
   “Fiona.”
   “How old are you?”
   “Eight.”
   “Have you been looking for someone?”
   “Yes, I’ve been looking for my dog and my mummy.”
   “Can you see this white light behind me, there's a dog and a
woman there, standing in the doorway in the white light,
can you see them?”
“I see something.” “Have a look.”
“Fluffy.” “Is your mum there?”
“It looks like her” “And what’s she saying?”
“I brought your dog, I brought your dog.’”
“Will you go with your mummy?”
“Yes.”

“Bye, bye, then. You know who her mummy was, the higher-self of the mother, who is still alive on the Earth. This happens when there are no deceased relatives.”

(Paul) “The higher-self of the mother with the dog?”
“Yes, the higher-self of the dog, as well, most likely. You see the mother can be with the spirit, as long as it needs to be.”

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“What's your name, how old are you?”
“Six.” “Have you been looking for your mummy?”
“So lost.”

“In this white light behind me there is your mummy. Can you see her, what she's saying to you?”
“Where’ve you been all this time?”

“Do you want to go with your mummy?”
“I don't really want to.” “Why not?”
“She doesn't seem to be much help.” “Why not?”
“She's always leaving me alone.”

“Have you got any brothers and sisters?”
“Two.” “Can you see them in the white light, as well?”
“Yes.”

“Do they want you to come into the white light with them?”
“Yes, she's got an ice-cream for me.”

“Will you go to the white light?”
“Yes, I will.” “Bye, bye, then.”
“Bye, bye.” “What's your name?”
“Rodney.” (Guide) “About time.”
“We thought so ourselves, actually.”

“Why is he getting all these children?”
“It's an easy way for him to release the pain, easy for Paul.”
“What pain?”
“Just watching the kids, and the pain kids get, and hurts people more, and that pain adults get. Paul's got some pain, and the child that helps them, it makes him happy.”
“How come we get many of them from England, and not all from Australia?”
“Picky, picky, picky.” “I just want to know how it works.”
“Don't ask me, ask Peter. I'm sure he's not going to tell you anyway.”

Is one of the reasons Paul doesn't see very well on the meditations, because his vibration has a got to be raised sufficiently for him to start receiving more?”
“We think too much, too soon, will put him on the wrong track. This slowness that he's taking now, he's choosing his own track, and it's the best for him. So the little we give him, the more he's got to work with. We are not closing him out; he is making his own expense. Powerful boy.”
“If you get a little, you can easily remember it, but if you get a lot, it's harder to remember.”

“Paul's got his. I have to say this, because me and Paul have been talking, and he won't think he can say it, without it making sense afterwards. But the things he has to release, are the children and the love of, and the love and the pain he had from his childhood. And the more children he see's release, the easier it is for him to release, and he still must release his childhood, and this we both agree on. I feel sad though.” “Why?“
“I'd like to stay just a shade.”
“Will you be able to rescue souls outside the class, and be able to perceive them to rescue them?”
“No, he hasn't got the feel for them yet. Here's the place he gets filled up.”
“Has he got any still attached to him, to be released? These were all outsiders that we rescued tonight, weren't they?”
“Yes.”
ADVANCED HEALING CLASS 13/2/87
JULIE, CAROLINE, SUSAN, SYLVIA, ESTELLE, HANNAH.

As I have lost any record of what meditation I gave them, or what, if any the students’ description of the meditation. I will give you what I have left. I got the students to practice channelling, before I and Julie channelled, as I knew that Julie was going to channel another exercise meditation.

SUSAN AS THE CHANNEL

“You have come here tonight to learn about colour.”

SYLVIA AS THE CHANNEL, FIRST TIME.

“There is nothing to fear, you must always be aware of that which is around you. You are to go forward into a new dimension. You are not to worry about this, you are being told what to do, and you can be made more aware in the future, as to that which we ask. You are not to worry about communication, you're not to worry about those around you, and only to speak that what you feel. You should be prepared for more things happening.”

HANNAH AS THE CHANNEL, FIRST TIME.

“You will see soon.”

ESTELLE AS THE CHANNEL

“You are all progressing well.”
RAYMOND AS THE CHANNEL

“Tonight you were brought together for a very special purpose, which we will explain with the aid of Julie. Your energies were being saved for this special purpose. We need your help tonight, for we are going to increase the vibrations of one of you, very similarly to what we did with Julie.

This will happen to you all in turn, eventually, when you are ready for this stage of development. We know when you are ready. You will find that we prepare many of you in this way, to be ambassadors and emissaries for God. Will you help with this project? For you will receive many things when you work for God.

We must emphasise that you put aside your desires, for we are helping you to develop, so that you will work for God, and you are not developing so that God will work for you.

We will now let Julie conduct the circle.

JULIE AS THE CHANNEL FOR A PRE-BIRTH MEDITATION.

“It is true, that tonight you were not sent Taxing meditations, because we wished you to conserve your strength and your energies for the hard work that is to come. Therefore, we only sent you very brief ones, although indeed, they were helpful ones.

Tonight, we asked you to join with us in a double-sided lesson. The first will lead to the second, for the first part you will need to expand your consciousness to a high level, so that we may work with it. In the second and more difficult part, we ask you to imagine yourselves centred within your minds; in the very centre, the very focus of your minds and your wills.

You can perhaps imagine it in the centre of your brain, although it is more extensive, and we ask you to push out, to expand that consciousness; physically push at the insides of your brain, push them out until they grow larger and expand more and more, and you can feel your whole head pounding, growing and expanding outward, outward, outward.
All that you see is pure white; there is nothing but white light. You are the white light, and you are surrounded by the white light. Your consciousness is huge, it is vast, and we ask you to dwell within that huge consciousness for a few moments, before we continue with the lesson.

Now, we are going to take you back to perhaps the most important time in your whole present life-time. We want you to imagine that you are standing in front of a door, and above the door you see the writing, “ONE YEAR.” You grasp the handle of the door, and pull it open towards you, and the light streams forward onto your face and onto your body. It is a cleansing light, and you step through the door, and it closes behind you.

When your vision clears, you see another door in front of you, again with the words, “ONE YEAR,” and you will repeat this process of stepping through the doors, going further back into your past, one year at a time.

Step through each door; feel the light grow stronger as you step through each door, and you are going back, back to the most important time in your life, back to when you were a babe in your mother's arms, back to the time when you had complete knowledge.

Go through each door until you have reached that moment, the moment of just born, and you are just babes, but you contain the knowledge of the universe, which unfortunately you will lose as you grow older.

But at this moment in your life you see it all very clearly, and now that you have that knowledge, that perfect knowledge. Now that you see clearly, you can see the reason for your coming to this life-time, and we ask you to watch as the words or the pictures form, as you are told the reason for this present life-time; the reason you have come into this life-time, and been born to those parents; what you will grow up to do, and to be.

You will see all the lessons you must learn, and those you must teach others. You have clear vision, you can see very far ahead. You have complete knowledge, and you are safe and secure in
that knowledge, no matter what is revealed to you. Now, you will see the reason for your being, and you will know the purpose that you have come back to do.

We ask you to watch and learn, and most of all to remember, and to hold that moment of perfect knowledge. For you will be asked to act upon that knowledge later, and we ask you now to look at that knowledge revealed to you; your complete life is opening up to you.

You understand now; you understand, you see, and the knowledge completes you. You are beautiful, and you see without pain, and without fear, and although there is darkness, you have stepped into the light, and now you know.

Now we ask you to come back, come forward through the doors once again, but retain that knowledge, that memory of the reason why. Step back through the doors, feeling your consciousness grows smaller and smaller, through each doorway until you are now in the present.

You are now in this room, and perhaps you will wish to share those experiences with the rest of the circle. There will come a time when we repeat this lesson, and it will be seen more clearly, because of the lessons that came before.

Those who have not yet seen, do not wish to do so at this stage. They know that once the purpose is revealed, their lives will be changed, and at this stage they are not ready to give up what they have. But there will come a time when they must see more clearly. Everything will come about in its proper time.”

(2010 INSERT. As with most of Julie’s channelled exercises or meditations, I didn’t see anything, and I don’t have any record left, of what the students said. But if the students had seen or said anything I would have put it in the first volume, so they mustn’t have, so Julie continued to channel, and spirit started bringing up a future holocaust. But don’t get taken in.)
“Can I ask why I came here tonight?”

“Do you not know? To ask such a question, indicates lack of understanding in the self. There was no need to ask that question of me, but ask yourself that question.

We have been waiting for Estelle to speak to us, but it seems that she will not. There is something that she should get off her chest.”

“How am I progressing, so far tonight?”

“You have not progressed tonight. You know the reason why, we do not wish to state it before the group. But we ask you not to feel so lonely and afraid, and to trust people more. You must not be afraid of saying things in front of the group, because it is in expressing things verbally that they attain more power, and we make more progress.

Do not compare yourself with the others, each is an individual, and each progresses at his own rate. We send you our blessing.”

“You have had many past lives where you have been working in close connection with the Earth. In Atlantis you had a special job concerned with tending the Earth, and you have carried through this feeling into this life-time.

We do indeed have a special purpose for you concerned with the Earth. But this purpose will not be revealed until the time of the Holocaust; it is then that your mission will begin. You must now only prepare yourself for what will come.”

“Not so much in the traditional sense, as you must learn to commune with nature. You must learn to absorb the energies of the Earth, and of nature, and you must learn to listen to what it has to say. You can obtain many messages from the Earth itself.

Yes. Tonight, Estelle you did not completely divorce yourself from your emotions, and you saw what it was you wish to do with your life, not what we wished you to do. You must learn to disconnect yourself, like Raymond, from your will.

The emotions are a very powerful thing, but you must learn that it is not what you want in life, but what is best for you.”
“Am I going to get into any kind of work in a spiritual line?”

“All of you who attend this class are being prepared for that purpose in different ways.”

“Is this before the Holocaust? Are we going to do anything before the Holocaust?”

“There will be a certain preparation, but the chief work that all of you will do, will be after the Holocaust. This time now is the preparation for that. You will learn how to lead lost souls to a safe place. There will be much work in this course, after the Holocaust. You must learn to be healers for that purpose.”

“Isn't it possible for any of us to get married, you know, to have some kind of relationship like that, to have children when the Holocaust is coming up?”

“It does not matter whether your children are of the physical, or on the spiritual, they will be dealt with in their own time. Do you not know that you have children on the spiritual plane?”

“That is correct. Whether or not you give them physical form is up to you; they are there, nevertheless.”

“Do all of us have that?”

“That is so.”

“What created the children?”

“They are people that you have known in past lives. It does not matter whether they take physical form or not, they are still learning the lesson.”

“I thought you meant children, babies.”

“I meant entities.”

“Is it a good thing though, to bring them into the physical body? For example, if I get married, it wouldn't be until I am twenty-eight or twenty-nine, in which case it's not very far off from the Holocaust. It would be pretty close to that time. I suppose it's a personal decision, isn't it?”

“Not entirely. If it is the will of the spirit that you become pregnant, it is difficult to say at this time. There may come a time when we desire an entity to be given physical form, and we
will send it through you, or another.

It depends how swiftly circumstances change. But be assured that if you do become pregnant, then that child will have a very special purpose, as it is born close to the time. No life will be wasted, in fact, those children that are born close to the time, will be special messengers, indeed, they will have a special purpose.”

(Estelle) “What sort of Holocaust is coming up? Natural causes?”

“A complete destruction of the way of life that you now know; natural causes that have been brought about by emotional and physical upheavals, by the damage that we have done.

The Earth is going to rebel very soon against the injustices that have been done to her. But this will be a time of cleansing; do not fear it, for then will come the golden age.”

(Caroline) “Is that like not knowing what I'm going to do in the next few years? I've only got an idea of my work career.”

“But we are asking complete trust of you, that you will be taken care of. There is no need for you to know. You must learn to relax and accept what comes to you with complete faith and complete trust.

It is very difficult, but you will gain a certain amount of comfort from knowing that you are being taken care of, that life is not aimless, but there is a certain path that you are following, and that you have indeed a mission in life.”

(Answer to Susan's inaudible question about her friend)

“There is nothing that you can do for her. It is her lesson, and she must learn it in her own way. This is something that we all have to learn as we become more sensitive. As we become channels, we are going to see our friends going through times of turmoil, yet even in this we must learn to divorce ourselves, for we cannot be complete healers, if our emotions are involved.

All we ask of you is to express your love and compassion. You cannot meddle in their lives, but they are being sent their own lessons. You can be there with your love and compassion, but you cannot help them to stand on their feet; they must do this
themselves.

There will be much conflict within yourself about this, especially when it is someone very close to you, but you must learn.”

“I've been trying to get this across to them for weeks, haven't I? They are interfering in other people's lives.”

“It is indeed interference. You see we have greater plans than you know of for your friends, and you cannot interfere in these greater plans. In fact, it is more effective to deal with people who are unknown to you, thus only your love and compassion can flow to them. But when it is someone that you know, there are more emotions involved, and thus the case is prejudiced, and the healing does not flow properly.”

“Plus the fact the motives come into it as well.”

“Yes, you must learn to be equal in your love and compassion. You must see all people, as your friends.”

Sometimes I'm not sure when it's my intuition to do something, or not, and lately I've been thinking of moving into a new line of work. I have felt compelled to do it, and that it’s the right time to do it, or otherwise, not to. Is this correct, or is this just that I need a rest?”

“You are bound to feel restless at this time, but you must understand that restlessness comes from the spirit, and physical surroundings do not have an influence on it. You may move your place of work and find the same conditions.

It is yourself that you must deal with. Outside conditions should not have an effect on us, although we allow it to. It is the restlessness within yourself that you must deal with. It is because you are going through many spiritual changes, that you feel this restlessness and impatience.”

“Is my intuition clearly, guiding me, or not?”

“The job does not matter.”

“What job will I be getting into, in the future?”

“Again, it is not your physical surroundings that matter; it is yourself that you must work on.”

“I still need a job.”

“But it does not matter what you do, but who you are and who
you are helping. You see, we place you in these jobs sometimes, not for your own benefit, but for the benefit of the people around you. There may be certain people who require your specific attention, and we will continue to keep you in that job, or that situation, until these people have been healed. 

So do not always think of yourselves in connection with your jobs; it can be the people around you which need your help."

“Like the customers I meet at work?”

“That is so, in fact, the more tiresome and more challenging the job, the more you should try and conquer it.”

(Estelle) “But I don't have anything at the moment.”

“That in itself is a lesson. You cannot deal with your missions on a conscious level, but there is a level that you are dealing with it, so do not ask questions about it.”

(Answer to Caroline's inaudible question.)

“Yes, there are people around you that need your help. You must exert yourself more. You must learn to send out positive energies every day. We ask that you remain in that job for a certain time.”

(Caroline) “It seems I've been made to confront a heck of a lot of things at the moment.”

“This is called progress.”

(Caroline) “It's not very easy.”

“Rest assured it will get much harder.”

(Caroline) “Thanks.”

“You must be constantly challenged, if you are to gain any strengths. There is a saying, ‘You ain't seen nothing yet.’”

(Caroline) “I was just wondering if there was something that can help me deal with the discomfort I experience at times; probably I had to deal with it myself?”

“You should not wish to relieve the discomfort, for the discomfort is our way of working.”

(Caroline) “How long is it going to go on for?”

“Until you stop fighting us, the pain is your physical reaction to it, to the progress. It is not us that sends you the pain; it is your own physical body reacting to the spiritual progress, to the lessons. Once you stop fighting us, the pain will go.”

(Susan) “My friend Nick's going through a lot of loneliness, and I feel he is a very beautiful person. I want to know if there are any words of
encouragement, to be given to him, about why he's going through this loneliness."

“As in most cases, it is a case of the past life. In fact, he may have to endure much loneliness in this life. But as you say, he is becoming a more beautiful person. It is in fact, strengthening him. As long as he can realise that he is gaining strength from his loneliness. Perhaps you can get this across to him.

In fact, he was also always surrounded by people in a past life. In fact, he used and manipulated them; therefore in this life he must learn to be alone, and to gather his own strengths, not those of others.”

(Answer to Caroline's inaudible question.)

“It is simply as you say; we can never stress enough the importance of colours in your life. They affect you on more levels than you know. It is a spiritual sending. Purple raises your vibrations.” (Estelle)

“Do you have any personal messages for me?”

“You must accept change when it comes, Estelle, you must not fight it. Sometimes, you must trigger that change yourself, you must move on. You are not making much spiritual progress at the moment.”

(Estelle) “What sort of change?”

(Caroline) “Can you tell me if I've had a relationship with a guy called Chris? I saw in my mind's eye, us being brothers in a past life, where he murdered me, by spearing me in the forehead. Is this true, or is it just my imagination?”

“It is the truth, but in fact he was directed by spirit to do that. In fact, when he speared you in the forehead, it opened up the third eye, somewhat. So, in fact he did not do it from a malignant viewpoint.”

(Caroline) “He was a quite aware then, at that stage?”

“It was a physical death, but spiritual growth. It was the exact moment that we wished her to awaken, therefore, there was no wrong done to you, and no bad karma was built up.”

“Am I being blocked by any injury from a past life? Like Caroline was opened up by an injury, am I being blocked by an injury, from a previous life time? Like being executed or
whatever?"
   "Not now, you have worked that through."
   "Oh good, I did have it though?"
   "Only recently."
   "Oh right, a question now for Julie, because Julie never gets any answers, as Julie doesn't ask the questions."
   "But we talk to her all the time."
   "No, I was just wondering about the help that Julie will get, if she moves in with me, to share my place."
   "She can in fact, do you a very great service. In fact, she will be the catalyst to our works."
   "To help me develop?"
   "In helping you achieve the things that you want."
   "All culminating with me leaving the Gas Company, will help me really relax, and get stuck into the work."
   "You were a spirit directed in this."
   "Yes."
   "If fact, we wish you to use Julie as a channel, so that we may advise you in the putting together of your book."
   "Good, what about the things that are going to be revealed to me, that are not allowed to be heard by other people? I feel that they are about my past. Is this so that it will overcome..."
   "That depends."
   "...my fears?"
   "If it is expressed, it will be more helpful to you. If you feel that you can, you will make greater progress. We must emphasise to you all that even though it will be a painful memory, when there is a painful thing to say, we urge you to express it. When expressing it, you release it from yourself."
   "Just like the re-birthing techniques?"
   "That is so, and it loses its hold upon you, once expressed."
   "If you know what it is."
   "You know on a subconscious level, it must be brought to the surface."

(Julie channelled 26 ‘You Must’s,’ and 7 ‘Must’s.’

Around about this time both Julie and Caroline were unhappy about where they were living, so I invited them to share my place until they found a more suitable place to live.
It just shows you how unaffected I was, by what Julie had been channelling over the last few weeks, and my guides say that the circumstances that brought Julie and Caroline to the point where I invited them to share my place, was orchestrated by the same spirits who had ulterior motives.

But of course their true guides thought it would be a good lesson for Julie and Caroline, and knew that I was protected, as no-one learns in a vacuum.)

In an early chapter, where I was warning you about channelling, I inserted an extract from one of my advanced students, Betty, who channelled some wisdom about channelling, to prepare you for when you read about Julie.

I now think it is time that you read what the same student, Betty, channelled about prophecy, which I also used at the end of Julie's channelling about the Holocaust, in my first textbook.

It is now August of 2010, 23 years later, and still no Holocaust. Betty was the only student who turned up on this class night, approximately a year later from this class night with Julie, so I had time to ask a few questions while Betty was channelling.

You will also hear me refer to a past life of mine who died in a concentration camp; you will have to wait until the next volume, to read all about it.

HEALING CLASS 26/1/88

BETTY.

PRE-BIRTH, THEN PAST RE-CALL MEDITATION.

BETTY AS THE CHANNEL

“Isn't this world just a classroom for souls to learn on?”

“This is true.”

“And whether civilisations last or fall, it's not a great loss for civilisations, or the world to go to pieces, because it will be rebuilt again.”

“You must understand, that your world, though it is of course a classroom, it's only one of many such classrooms. It is a part, as you
might say, of a great conveyor belt. So that experiences on your world are extremely important, and every soul, or every entity must come here at some time to experience physical matter, at the particular level which you have it on this world.

But in the past few decades there has been increasing concern that matters on this world have been getting out of control. If you should all decide to blow yourselves up, it would not simply be a matter of one world snuffing itself out, the repercussions would be felt throughout the universe.”

“Has this happened to other worlds in the past or the future?”

“It has. We are learning all the time and all entities must continue to learn. If they cease to learn, then they cease to grow. So mistakes have been made in the past, if you search back into your ancient history, you will see myths which are about the whispers of events in your past, you should read, where mistakes were made.”

“This world’s mess, which it’s in the moment, and all the predictions from all the prophets and channels, we don't know whether they are picking up what is going to happen to another world very similar to this one, or whether it could happen to this world, or whether they are just feeding back what everybody thinks will happen. We don't know what the reality will be for us, maybe we are not meant to know. But I would like to sort of know.”

“It often happens that when people foretell the future psychically, or when information is channelled, there is no reason why it should not be one hundred percent correct. But it may be true in some other world, as you say. Often, what these people are channelling is a spectrum of possibilities. This event may happen, if this is, this, this and this other event, continue in their present path of probability.”

“Yes, I understand.”

“But it may happen that one or two events in that probability path may change, may be different. And therefore the path will divert in another direction, and so the predicted event would not occur. So, you are unlikely to avoid such things as climatic extremes.
in the immediate future.”
“Like earthquakes, volcanoes and tidal waves, which have been predicted?”

But we do not think that the extreme disaster forecasts will occur, there may be localised disasters, and certainly there is always the possibility of such things occurring. But the chain of events is an extremely complex one. It is difficult for us to explain, that there are actual things that are random events.

This is why people should not become too, we think, ‘hung up,’ is the correct term, on working out why some particular, or perhaps reasonably important event occurred, and trying to trace it back to some karmic significance. It does happen that occasionally things simply happen. It is true that there is nothing you can't learn from, if you have the right frame of mind.”

“But aren’t we aware of what we are going to experience, before we are born? If there are any disasters coming up? Like World War II was a pretty devastating disaster, that you would have known before you were born, that it was coming, to experience, obviously.”

“It is difficult for us to explain this, but on one level, all conscious entities are aware of all the possibilities. That is to say, your higher-selves are always aware of all the infinite possibilities, in every direction.

This is why of course certain entities make contact with these probability streams. If they happen to contact the correct one, then they make a correct prediction. If they contact the wrong one, it does not happen in their reality string, and people say, ‘So-and-so made an incorrect prediction,’ but the event may have happened on some other alternative probability stream.”

“It's like our past-lives; we may have had life-times in other probability streams, and not this Earth.”

“This is true.”

“I think my past life-time in Auschwitz, or in a concentration camp, was another world, not this Earth, is that so?”

“This is so.”
“Well surely, like when the earth tilts on its axis and change the polls. It's happened many times in the past, are the circumstances known in advance, like does the earth start to wobble on its axis a long time before there is a tilt of the axis?”

“We will consult. (Short pause) Yes, there are many precursors of such an event, such as very noticeable magnetic fluctuations on a large scale, the type of magnetic fluctuations which occur before earthquakes. But they occur very much more widespread, and at a much greater magnitude.”

“And what are the reasons for the tilting of the Earth? Is it caused by humans, or caused by the sun, or planets, or the earth’s magnetism?”

“Simply a natural cycle, the Earth is part of the universe, a part of the solar system, and part of the geomagnetic field. It is influenced by all the magnetic fields, of all the other planets, of the Sun, and it is influenced by emanations billions upon billions of light years away. All these things have cycles, and eventually these cycles will converge once again to a tilting of the poles.”

“If this cycle is so predictable, with this happening on a regular basis, does it happen with the same period of time between each tilt of the Earth? Or is it more complex?”

“The period between reversals is fairly regular, but like all natural cycles, it is not absolutely precise. There are no neatly rounded numbers in the universe.”

“I just thought you might have known in advance when the next one was coming up, whether it was close, or whether it was a long way off, the next tilt, because we have had a lot of predictions about that.”

“We are allowed to tell you that there may be localised geomagnetic disturbances. We are not permitted to tell you...

“...if there is going to be a tilt, or not?”

“This is true.”

“Does that mean that our classes and our development could also be development for working in our spirit bodies, if we happen to die?”
“Yes, this is true. All spiritual development is being assured, should you happen to die.”

“What I meant was that we could be developing specifically for a coming event like this, where we might lose our life, and actually help with all the other souls that are dying, and help rescue them on the other side. You know what I'm talking about?”

“This is correct.”

“The possibility is correct, you mean, don't you?”

“Yes.”

“You're not going to give anything away. Have you told me about those things, I asked about the Holocaust, so that I can put this at the end of the chapter that I am compiling now, about when Julie was channelling all about Holocaust and things like this? So that it will help to teach the students when they read that part of it, that these are the possibilities?”

“Yes, it is good to teach students about the range of possibilities.”

“Good.”

(While the students of volume two were attending my classes, I was compiling to print volume one, and a few extracts of the students of volume two were used to clarify a few misrepresentations.)
On the beginner’s class of the 19/2/87 I was the only one who channelled after giving the students the ATLANTEAN TEMPLE OF HEALING MEDITATION, the only student I have a record of was Elizabeth, so here it is.

HEALING CLASS 19/2/87

ELIZABETH,

ATLANTIAN TEMPLE OF HEALING MEDITATION

“Tonight we took you to the Temple of healing, for you all needed some colour healing for your development, this was what we wanted you to do. There will be other opportunities to go to this Temple, where you can have many different experiences. The longer you keep meditating the stronger the link with your guides and the meditations become. For then we can organise your experience for your development more accurately than in the beginning of your development.

What we call attunement to spirit is not human attunement to yourself, we will be freer to help you in your development when your link gets stronger, and we would rather have you thinking after your meditation, than during it. Thinking and analysing restricts your experience. We wish you to observe more than think and make decisions in your meditations, as we will show you and give you the experiences that will help you grow or overcome your previous conditioning.

We wish to talk to Elizabeth. You have been receiving healing tonight and further development. We wish you to be more assertive in your life, and this will help with the healing of your affliction. We want you to do more healing on yourself as well. We will help to show you what you can do for yourself.

This class tonight was very good. We like to hear you express your opinions as you will learn that your viewpoints
are different, but the facts stay the same. We wish you to become aware of the difference between what you want to do, and what we want you to do. If you only did what you wanted to do, you would not learn things that you didn't want to do, and this gives your options, visions, ideas and imagination limited to what you want to do.

We want you to grow learn and expand, so that you understand many many different things and ideas, so that you can help in areas that we teach you. If you want to know whether you think it is your desire, ask. Just ask and you will find out either yes, or no. It is your decision. We do not force our meditations on to you if your desire is to do something else.

It is hard to write on a blackboard when the writing is already on it. So we have to wait until you clean the blackboard before we can write on it. This is all part of your development.”

**ADVANCED HEALING CLASS 20/2/87**

**JULIE, CAROLINE, SUSAN, HELEN, ESTELLE, JARRED**

**JULIE AS THE CHANNEL FOR THE MEDITATION**

“My children, tonight, we are amongst you to take you on a journey, a journey into the soul. We have a very special visitor tonight; one whom we call a Master, and he is going to take each of you on an individual journey. But first, we ask you to perform a small exercise with us.

Last week, you were given an exercise that was to show you the power of the will and the desires. The exercise we perform now, is to show you how to divorce yourselves from the emotions.

We ask you to imagine that you are split in two, and that there is a mirror-image of yourself, standing in front of you. We ask you to believe that this image represents that part of you, which is your will, your desires, your emotions, and your intellect. You yourselves have become empty vessels. All that is human in you stands before
you; you are now separate from it, and you will stay separate from it, until the meditation is over. We wish you to be empty vessels for this meditation.

You must hold this image of yourself, standing in front of you, very strongly, because the will is very strong, and may wish to reunite. But hold this image; divorce yourself from your emotions. Do not think, we ask you only to feel, to be clear channels for our messages.

And now he is amongst us, and he is waiting to take you on your individual meditations. He is now seated in the chair in the centre of the circle, and he will call you by your names. As you hear your name called in your mind, your astral body will leave the chair you are sitting in, and you will go up to the chair in the middle of the circle.

You will see an old man, and very wise old man, with a long white beard and a glowing white robe on. You will put out your hand to him, and he will take your hand. He will lead you to a place of many doors, and he will take you through a door, and that door will be the door of your soul.

We ask you to hold in your mind the images that you see when you go through that door, be they terrifying ones, or be they pleasant ones. For each will be a lesson, and must be remembered, so that the lesson can be taught and remembered. Now go with him through the doors and experience your souls, and we will return to you later. You may trust this man; he is one of the Masters, and possesses great wisdom. Now, go.”

(Approximately ten to fifteen minutes silence)

“And now the Master will bring you back, back to this room, and back to your own seats. Before he goes, he will give you each his blessing, and you will be filled with peace and tranquillity, great love and compassion for mankind. This is his blessing to all of us. He now returns to a higher vibration, and you may once again be reunited with your will and your emotions. The astral body may step back inside you, and you must slowly open your eyes, and remember what you have seen.”
CAROLINE’S MEDITATION EXPERIENCE

(Caroline) “First, I saw a face, black on one side and white on the other side. Which is typical of my thinking, black-and-white thinking. Then I saw the face of an old lady, and the look in her eyes wasn't very nice; the sort of person that would scare you, mostly. But because I had made myself completely empty, I had no will to react, or to do anything about it. I wasn't going to do anything, so I just sat there and looked at her, and I could look at her, no matter how harsh and horrible.

She was trying to give out these awful thoughts to me, and the mask peeled off, and I saw a street, some guy doing something which I won't go into. I saw a horse break its leg and fall over, and people being cruel to horses. Then I saw this lighthouse and the light was going round and round, all over the place. It seemed like I was trying too much to get in the light.

I don't know, but the main message that was coming through to me was just to divorce your emotions, don't try to do anything; you have no will to do anything. Soon as I did that, I found myself being drawn into the light, out of another door, right in the top of it, and there were people inside the light-house. They had bodies but you couldn’t see eyes or anything; they just had outlines, like they were immersed in light.

I didn't ask for the meaning of that, because I was concentrating on having no will. I have to make myself totally in, so I don't have any emotional reactions, because I can't receive the right information if I'm having an emotional reaction. I was totally emotionally cut off, and I had no desire to do anything.

I was just watching all this; I mean, not the desire, but I had no emotional feeling in myself, I was just watching, because that was what I was instructed to do. But when it comes to the desire to help people, which is in itself an emotion that is blocking me. But I have always justified it, by the fact that I want to help people, so it must be good, but actually it's not.”

(In between classes, Caroline had found out that her deceased grandfather had been visiting her, and interfering with her life. Before we enlightened him about what he was doing. This is what
Caroline is referring to in the next part of her meditation experience.

(Caroline) “Anyway the message that keeps coming through is related to something which has been hindering me a great deal, that is the desire to do things to help people. That is actually blocking me, because I had to give up that particular will, we can never really saw as will before, but it’s very similar to what my grandfather was doing to me.”

**SUSAN’S MEDITATION EXPERIENCE**

(Susan) “The first image I saw, the door was only half open, and I could see these beautiful gum trees, mountains and things. When it opened, and there was a rabbit, it was a back view of a quivering rabbit, very gentle and soft. Then a blue flower, and then came a flash of red and a feeling of death; and then of sorrow, and then there was a black dungeon, like a prison, a black hole, like a cave. Out of the black hole came a snake-like thing, like at tongue, or a worm, or a snake, darting in and out. It was very frightening and repellent to me, so I kept it in front of me for a while, to face it.

Then there was the interior of a house, like a seaside cottage; old-fashioned style with a china teapot, and the windows were closed. It was like where two old pensioners might live by the seaside, and it gave me a rather limited depressed feeling. It was almost cosy, but more depressing than cosy.

Then there were a few other images. I can't remember, I think there was a bird, and again more scenery. There was a mixture of beautiful images and frightening images, or ugly images. But the one that was most striking, was the inside of this cottage. I think it was something to do with my childhood, something to do with life in England.

It's almost as if my childhood and my past, imprisons me, and I might try and find security in the cottage type of environment, which might have been similar to something I'd known in my childhood, but in fact that’s not security, that's a prison, that security. I feel that security is just being free, and in itself, and independent.

The frightening images of the dark cave, the red, and the grieving, I
think are from past-lives; possibly not from this life, and the feeling of the black tongue darting in and out, or snake. I feel it's a sexual image, and it's as if a part of me is very frightened of sex and is somehow threatening to me.”

HELEN’S MEDITATION EXPERIENCE

(Helen) “I could understand that it’s ambition that I've been using as my energy, a lot; that I'm an ambitious person. I started to see the different ways in which I compete, and use my ambition. I've been using it almost like it's a drug. Anyway, I then asked him, ‘What else is in my soul? And he said,

‘What about the sadness in your soul?’ there's a lot of sadness in my soul, for some of those who are around me. I said to him, ‘Why do they need to live like that? Why do they need to choose an unhappy way?’ he said to me,

‘Just as you choose your way and learn, and have experienced your ambitious way of experiencing life, the energy which you can change. So with these other people, they too can change. These other people are experiencing their experiences, and can change from that.””

RAYMOND AS THE CHANNEL

“Tonight, we were all shown our souls and what they represented. This was for you to be re-programmed by your higher-self. To help you become aware of your lessons, and trials, or destiny. You were shown these pictures for your subconscious mind, to help break the pattern of your life, and put you on the right road to your destiny.

This was achieved tonight, even though you think, not, for we know what we are doing.

(Susan) “Can you interpret Raymond's meditation for us?”

“No, for he is not allowed to know, for his own protection.”

(2010 INSERT. This next insert is from the same Guide who channelled through me in previous inserts.)
Another reason we deliberately blocked Raymond from seeing his soul at this time, as he would describe what he would see, and this would allow Julie to use this knowledge as a stick to beat Raymond down, through her channelling.

(Susan) “You mean that he could be harmed if he saw what was in his soul?”

“Yes, it would affect his development adversely.”

(Susan) “So, are there times when we are not meant to see what our souls are like?”

“That is so.”

(Susan) “Is it that our human intellects can't cope with the revelation?”

“We do not wish to talk about this matter.”

(Susan) “Is there anything else you want to tell us?”

“Yes, we bring you these meditations for you all to do, but they are meant for certain individuals, as other meditations are meant for other individuals. We do other work while you meditate, and get you to practice leading a circle.”

(Susan) “Is there perhaps another way that Raymond can help himself remove these blocks?”

“No, we will help him when the time is right, as he is like nitro-glycerine, and his affect upon himself, and the world, has got to be handled very carefully.”

(2010 INSERT. This next channelling was from the same Guide who channelled on this class-night. When my guide channelled this insert in 2010, I hadn’t been persuaded to explain much of this in the beginning of this disc, but because of all of these additional channelling’s from my guides, from this channelled piece, I was to learn that they wanted me to use most of what I was just learning now, in this channelling, to either use some of these extracts, or repeat what they channelled, so I will high-light what I used for the first chapter, if you want to skip past it.

“This is all true, but he had more blocks than anyone in the
classes knew about, including Raymond. Most of his blocks were deliberately installed by us and his higher-self, because even-though his mind and intellect, from all his studies and observations, and our guidance in all that, from a human viewpoint, is impressive.

But because he had to be born into a baby, with a mind like a blank slate, he couldn’t bring with him all his psychic abilities, wisdom, knowledge and awareness, learnt from many hundreds of thousands of years experience, or his true spiritual vibration, they had to be left behind. But from our point of view, the adult human conscious mind is like a child.

But he had chosen to not only be blocked, but suppressed, until he had finished school, and was guided into an apprenticeship, which was a means to an end, which was emigration. So his childhood suffering was the conditioning his mind needed, to set his mind free, and open up new ways of looking at the world and humanity, which to us was perfect to start his spiritual apprenticeship.

Starting off with Astrology and numerology, and this was also needed for a secondary purpose, and that was, what we will call, what you humans will aptly recognise, as ‘The second opinion provider.’ We will explain.

If a human has been diagnosed as H.I.V +, but the human feels perfectly well, they are going to find it hard to believe, so they might seek out a second opinion, where they go through all the blood tests again and the doctor might tell them the same thing, but now the patient will believe the truth about their health.

So as Raymond ran his classes and after a few years, he was then ready to experience students who had past lives with him, so then we could prove to them firstly their conditioning from those past lives, not knowing at first who these past life people were, but once they were convinced of the connection between the past-life events and the conditioning in this life, plus their connections with each other, as more proof, to hopefully support their acceptance of finding out who they were, then they were shown scenes which were recognisable, from historical, or biblical recordings.

And even then, days and weeks later, their minds couldn’t cope,
and denied their past lives, but we kept bringing them back to read the class night transcripts. But before the students could polarise their beliefs the wrong way, in not accepting their famous past lives, we bombarded the students with more group past life therapy sessions, which in one way only increased their disbelief, even though they accepted their past life characters, even though they didn’t find out who they were, till far enough into the session, after they had again recognised this life’s connection with the conditioning from their past lives.

But because Raymond had gone through such negative conditioning from his Mother and Julie, but we knew Julie would be coming to his classes, and was necessary for not only Raymond’s learning, but serves as a large example of what to watch out for in channelling, for the text books.

But we knew we needed a second opinion scenario, to help support his belief in his past-lives and his belief in our support of what his soul and his conscious mind wants to achieve on this physical plane, but what he didn’t know was that what he will achieve will reverberate through all the planes which observe the earth-plane.

And that this astrological and numerological second opinion was brought to his mind, and re-shown to him, when he was finding his past life-times difficult to believe, even though the students who had these past lives with him, had been convinced, because Raymond in one past life which you will read is the result of conditioning from the previous group-past-life, that they were shown the week before, was describing the scenes of their past lives, which they had already been introduced to, in their home meditations, and Raymond didn’t know about this.

So this increased their belief in their own famous past lives, when they recognised Raymond’s past life with theirs, which he then explained that two years before he had been shown the childhood and much of the adult life leading up to the events that the students saw of their connections with his past life.

But getting back to this second opinion, which was needed to be
like qualifications, or like a certificate you see on the wall of a doctor’s office, which is also useful for his patients to accept his expertise and experience.

But primarily Raymond’s proof of qualifications and experience was his astrological and numerological birth charts, but he still had to study the science’s sufficiently, for him to believe and recognise that they are valid studies of humanity, but he still didn’t grasp the complete picture from studying both birth charts when he was sitting for his spiritual healing training by us for the first four years.

But for what his development, text book, classes and famous past lives needed, was not just his astrological birth chart, which is like a glove to his destiny, with no real strength of proof, but his numerology birth chart, was like the hand in the-glove, which not only was a perfect fit for the glove, but was more-so connected with and matching Raymond’s spiritual qualifications, experience and wisdom, which he was able to eventually be able to recognise from his many past life-times, and his past life therapy ability.

It was also planned that these astrological and numerological qualifications would also be useful for when his books would spread around the world, to help the world accept Raymond.

His numerological study of his name and date of birth was in a way delayed, because the books hadn’t yet arrived at his book shop, at the time of his studying these two sciences over the first three years. So when we guided him to acquire the latest new release of a book on all the master numbers, not just 11, 22, 33, which approximately 50% of Numerology books already explain the meaning of, but right up to and including 99.

So when he finally was ready to become aware of what his numerological desire number 44, representing his astrological sun sign, Virgo, he could recognise its meaning from his analysis of everything he has physically done in his life, from the age of 14, but he still wasn’t aware of his past life therapy abilities in connection with the number 44.

But when he read what his personality number 55 represented,
he started to laugh, you see it said, ‘Master teacher of communication, which is represented by the sign Gemini.

But first we will explain, from the very first time he started studying mostly astrology at first, we have subtly kept him from becoming aware of his teaching capabilities, and most of his interest in astrology was in the subject, and all its connections with humanity, and after three years we guided Raymond into reading and studying Humanistic and Esoteric astrology, of a more spiritual nature, which his Moon in Sagittarius subconsciously desired to do, anyway, and at the same time we introduced him to a numerology book, where the master numbers were interpreted up to and including 44.

And at the same time we got his Astrological Society, best friend, who was also born in England, who knew Raymond’s time of birth, to ask,

‘What if you are born so late at night in England, that it is the next date at the same time in Australia, and then if you come to live here, would the extra number at your date of birth significantly change your life lesson representation, if you are living here permanently?’

So Raymond quickly calculated the addition of one number to his life lesson sub-total which was 32, which now became 33, and when he read the meaning of this life lesson, which is the learning of how to teach universal love, and giving of love, and teaching to put others first, and self sacrifice, and that 33 is represented as the astrological sign Pisces, where the description of what Pisces means is the giving of love without prejudice, because of the ability to feel everyone’s suffering, to the point of total acceptance of other people’s weaknesses or failure of character.

His childhood experiences of his physical abuse by his mother and step-father, where his brother was never touched, because he was the favourite, and his brother used to set Raymond up to be punished, because his brother knew he was untouchable, was teaching Raymond the unfairness of not loving everyone equally.

But the hardest lesson of the 33 Life lesson number, is that if you
love anything too much, it is taken away from you. So if a relative wanted to only experience life for so many years, and then return to spirit, he might be matched up with a parent who is learning a life lesson 33, as my mother’s date of birth also adds up to 33. So my brother died in a motorbike accident, when he was 17 years old.

He could accept that what he had been learning through Astrology was the suffering of people, described by their astrological indicators, and the many hundreds of astrology charts of notable people, from all over the world, and because Sydney is so multicultural, he found that everywhere he interacted with humanity, he was learning about different races cultures and religious faiths, and their core astrological race programming, like both England and Germany are connected with Aries, the god of war, and Switzerland and Japan are connected by Virgo, which make good accountants and bankers, and the Virgo’s attention to detail and perfectionism, made sure that Japanese manufacturers, had the least amount of flaws in their products, thus less returns to the factory, under warranty, which the American automobile factories soon became aware of.

What we are trying to say is that he was learning the lessons of what 33 meant, and this training was to awaken his love of humanity which was his spirits core level of spirituality, but this life lesson number can be a hard lesson to digest, for any human being in this predominantly selfish world, because if he loves anyone, or thing, or vice, too strongly, too exclusively, because his capacity to love others is so high, then it is arranged that they are taken away from him.

You have all heard of the expression ‘Love is blind, well another aspect of this quote represents, if you love something too strongly you are not only blind to what you are in love with, but your focus on the object of your love, interferes with the rest of your life, and you put the love object’s needs above your own, like the other quote, that we all have heard before, ‘fallen in love,’

So we needed to not allow his great love capacity to interfere with his chosen destiny, and not have any strong ties, which would
emotionally sway him from his spirits chosen objective.

Also the retraining of his love will be transmuted into a broader manifestation, with this love as the engine of force behind his will to learn and understand the reason for suffering in the world, which would be his four years of training, after he first stepped foot into the spiritual church.

So you see he also recognised that the 33 life lesson was active. We then thought the time was right, from what he had learnt about his strengths and abilities, from observations of his life up until this time in his life, and recognising the corresponding matching astrological descriptions which matched these, to reveal to him what his numerological name represented, with these new books on master numbers.

So when he came to read what his destiny number 99 represented, he went quiet, and got a bit freaked out by what it said, which wasn’t much and he would have to wait until after 1988 for a more extensive book on the higher master numbers, where he read that 99 represents, ‘Master Teacher of Teachers.’

So from our viewpoint, we didn’t mean that he was nitroglycerine in a bad way, but if you read Susan’s question before we responded, it was a question about (Susan) (“Is there perhaps) another way that Raymond can help himself remove his blocks.’ At the time of the question we his guides and higher-self were telling you the truth, and no matter what reason Julie channelled about Raymond, it wasn’t true.

His blocks were to protect his physical body, and his mind, like you insulate a blast furnace with asbestos, or you block nuclear radiation with walls of lead or concrete.

And this is what we meant in relation to Raymond and nitroglycerine, and his affect, not damage, on himself and the world, has got to be handled very carefully, and is still being handled, this is why we have not rushed to introduce these approximately ten volume one size books to the world over the next five years.

There were also blocks for Raymond from going on Julie’s exercises, mostly for his protection from Julie and from learning
things until he was more spiritually and psychologically developed at our pace of his development, not through exercises from Julie, or her so called guides.

Her exercises are fine for students who want that kind of exercise, but that varies, depending on who is running the class, and their spiritual level of vibration, and we don’t mean Julie.

There was a deliberate reason we chose the nitro-glycerine in connection with Raymond, and that was Julie, we just gave her some more rope, as you will come to read.

We know Raymond has an ego problem, and he is strong willed, but that’s okay, ageing will fix that, but Raymond needed these attributes as strong tools for his mission, which wasn’t just going to be one book, or three discs. He has much more to achieve, and we have already told him he will be kept alive and healthy past his 100th birthday.”

It was after this channelling came through that it was explained to me that my two birth charts were meant to be included and assist in the acceptance of these text books so that is why the first chapter is explaining briefly my astrology chart, but more extensively my numerology master numbers.)

(Susan) “Is he (Raymond) on the right path at the moment with all the work he's doing? Is he progressing in the proper manner, then?”

“Yes.” (Susan) “Do you mind us asking questions like this?”

“It depends on what you ask.”

(Caroline) “Does being a trance-medium cause too much strain on the heart, and thus do many trance mediums die of heart attacks?”

“We do not cause mediums to have heart attacks. If the medium creates the circumstances, they will have heart attacks, but you have got your facts wrong, not all trance mediums have heart attacks.

Trance has nothing to do with causing the person to have a heart attack; the medium, rather than the experience of trance, creates the heart attack.”

(2010 INSERT. Most of what supposedly spirit channelled
through Julie about me is not true, there is too much to go into and break down, but my guides have already explained what the nitro-glycerine represented.

“Over this and the last few chapters we explained about Raymond’s will, and as for stubborn, his higher-self chose his birth to give Raymond his life lesson number 5, while he grew up in England, which means he had to learn the lesson of accepting change, and he was also helped by having a very adaptable astrological influence from the position of the planets at his birth.

Besides after reading all these pages of what Raymond has written, do you believe he is stubborn?

Over the next few months, both Julie and Caroline became increasingly more obsessed with the will, so we will high-light it with a different colour, because it will be used by them both, and spirit, to try and destroy Raymond, psychologically.”

JULIE AS THE CHANNEL

“When I was channelling before, how much of it was wrong? How much of it was my additions?”

“Yes, a part of it was. Raymond, we find it hard to get past your will, you must become an empty channel. You failed in the meditation to see your soul, because of that will.

In fact, the will was not allowing you to.

In fact the will did not want to see, because the will would be shown that it was the will that was standing in the way, and the will did not wish to see that.

Your stubborn will Raymond, has been built up over many lifetimes of being a stubborn person, and it will take a long time to get rid of. You are only half the channel that you could be. As we have said, we are working on you.”

“What's that bit about nitro-glycerine, or did I make that up?”

“No, that was our nickname for you. But it is helpful to see yourself as a volatile substance. Your emotions are too close to the surface, and can easily be set off.”
“I am trying to damp them down, though.”

“Yes, but you must try harder, otherwise there will be a very bad explosion, and you will go back to square one. It is not so much that we are asking you to withhold your emotions, or control them. Nor are we asking you to release them. What you must learn, is to deal with your emotions, so that they do not exist anymore. This may be hard to understand at this stage, but the lessons that you learn here, will help you tonight.

Caroline has learnt tonight how she can divorce herself, even from her good emotions. When she felt that she felt love and compassion, she saw how she can even divorce herself from that, for even that can be a prejudice of a sort.”

“So, my will is stopping me seeing, as well?”

“It is.”

“How can I set a good example, if everyone else is going through these exercises, and gaining from them, and I'm not?”

“In itself Raymond, that is a good example. You see, they can learn from your faults. They can see how the will can hold you back, and then they know that they do not want this to happen to themselves. In this way, you are the example. We are sorry to have to use you like this, but you yourself are stopping yourself.

(The centre, where I conduct the classes, is the home of the family that conducts a spiritual service every week. They also run development classes, but different from mine. They also help people with problems.

One of the people, they were helping was a 17-year-old boy, Jarred, who was now living at the centre, and sleeping in their son's room. I did not know what his problem was, but he asked me if he could sit in, and participate in my advanced class. I never refuse any students to sit in the beginners’ class, so I asked my guides, and they said it was okay, as a test for the advanced students. Normally, we do not attract young students, as most students are over 25 years old.

During the course of the class, when we were recalling our experiences, Jarred started arguing with Julie, while she was channelling. It’s so long ago; I can't remember why I didn’t type up the argument.)
[2010 INSERT. My guides just told me, that on this first night of Jarred’s attendance, my guides didn’t want me to type it up, and start analysing the argument, as I might have started analysing Julie’s channelling in connection with Jarred, so they steered me right away from that, so I don't have it to show you.]

He started getting emotional, and walked out of the room, so this is what Julie’s channelling is about next.)

“We use Jarred as another example to the group. We will bring many difficult people here, but you must learn to see them as lessons, not as obstacles.”

“Do you want Jarred to be allowed to attend next week, if he turns up?”

“You must not let him attend the class, don’t let him come again.” (Estelle)

“What is his name?” (Estelle)

“Peter.”

“There seems to have been a past life blockage. Your family were together in another life-time, when there was much friction. Your brother was the cause of the deaths of the family members, and he bears this guilt in this life-time. It is such a heavy burden of guilt, but it expresses as aggression and violence in him.”

(Estelle) “Will that change?”

“If he can understand, but all that was in a past life, and he does not need to carry it through to this life. The guilt has gotten rid of the past crime. In himself, he is very sorry for what he did. Therefore, he need not carry that burden anymore. But this is something that he must come to realise in himself.

You can help by sending him compassion and understanding, but each of us, in our own ways, must find our own strengths and deal with our own problems. You can do that for him, but do not take his problems onto yourself. You can sympathise, but do not take on his problems.”

“This bit about subconscious deprogramming; is it all true, that what we saw on our meditations, was to help us grow, even if we didn't understand it; and it's supposed to
deprogram our subconscious minds, or is that my idea?”

“You must realise, that you are much deeper than just your conscious bodies. There is a part of you that is immortal, and this is the level that we deal with in the meditations.

We do not care that your conscious bodies cannot understand the symbolism of the meditations; that does not worry us. We know that we are reaching you on the deeper levels, and in fact, your deeper levels have communicated with us tonight, your higher-selves.”

“And were not allowed to know what our higher-selves have communicated?”

“That is so.”

“And so, I'm not allowed to know what the pillars in the cathedral type building meant?”

“Your higher-self knows; that is enough. Your conscious body cannot deal with the images, but your higher-self can.”

(Susan then asked a question, which was inaudible up on the tape, but the question was about the quality of my teaching and channelling. So, remember, if you're running a development class, these questions may be posed about you.)

“Raymond is sufficiently learned to be a teacher, although he has not cleared himself completely as a channel. We are able to communicate with you, through him, but we are just not able to get through to him, quite clearly. You can rely on the messages that he gives you; it is just that we cannot get through to him that clearly.”

“It's always hard to get it for yourself, isn't it?”

“That is so. That is why we wish each of you to try to be channels, to help the others. We wish more participation from the others as channels. It is unbalanced at the moment, to rely on just a few people. We wish all of you to become channels, and we are taking you through the process of cleansing yourselves of your emotions, and your egos. Only then will you be ready. You do not always know what is best for you.”

“This thing about me not being allowed to see yet, is that still
so, or is it just me, my fears saying that? Or am I still being blocked from a lot of knowledge?"

“What was meant was that your conscious body is not allowed to see. Your higher-self sees everything and is dealing with it, but your conscious body and your will, are still fighting each other, they are not ready for the images.”

“Then, I still failed, then?”

“You did not fail.”

“Not as far as I'm concerned, ever since I’ve been developing, I'm still failing, because I'm not...”

“That is your pride talking, that is your pride.”

“Then, I still failed, then?”

“It is your pride talking, your will is talking. Even now, it is in control of you.”

“But you said that I'm not fully developed to be channelling, to help, you know, I'm just sort of... I do know.”

“It is pride that pushes us to progress. We must learn to love knowledge for its own sake. We must not take pride in our progress, you cannot force it.”

“I'm not sure whether the messages I am giving out, are from me, or from spirit. I don't want to lead anyone on, that's all. And if I was more clear with the messages, more confident in what I give out...”

“Rest assured you are clear in your channelling for others. It is just yourself that you're mistaken for. You will never give out an unclear message for others; we will make sure of that. You are always correct in your messages for others, but you misinterpret our messages for you, as did the medium the other day. She was an example to you all.”

“I'm a little afraid of emptying myself completely. It feels rather uncomfortable, and I'm not sure when I should do this, or should I walk away, doing this all the time?”

“There is always the fear of letting go completely. You humans are used to being tightly in control of yourselves. This is the root of all your troubles. You hold your emotions in, and control yourself, but when you control yourself we cannot take control. But our control is of a different sort to your control."
We guide, we give advice. Our advice has more knowledge behind it than yours. When you empty yourself, you in fact come into your true personality. Rather than lose something, you put yourself in the hand of God, and he can thus lift you up into the light. You are a much lighter load then, for him to lift. You must unburden yourself. It takes a very high level of vibration to be completely empty.

You have heard of the Tibetan yoga is this is the high level of achievement that allows them to be empty. But this takes much meditation, and much self-sacrifice. At this stage, you are not ready for that. You will not be able to achieve that level in this life-time.

What you must learn, is to have trust, and have faith that we are looking after you. You must learn to lose the fear that you have, of going forward in life. When you come to a difficult situation, you must place your trust in us, that we are guiding you, and that we will bring you through it safely.

Instead of trying to fight this obstacle, go with it, be sure in the knowledge that we are with you. Have no fear, fear holds us back.”

“This destiny you mentioned; these destinies that we are going to fulfil, are they flexible? If we don't follow through with the learning, and the growing, and the developing, will we have different missions, is that so? Or if we fail in our development, will we take a lesser mission, do you understand the question?”

“I understand the question, but you might not understand the answer. I shall try. There is so much that you cannot know about your destinies. You think that perhaps if you do something else, you might change them. But in fact, that will be sending you towards the original destiny. You do not know which path it is, that is your mission.

You may think you are putting yourself into another set of circumstances, by perhaps not coming to classes, or the like, but in fact that could be our original intention for you. You cannot know; you can only leave yourself open to guidance.”

“So I shouldn't worry about my development; because whatever is going to happen is going to happen?”

(1)
That is what we ask of all of you. Put away this worry and this fear. You must learn to trust, to have faith that you are being guided. You must relax.”

(Raymond as the channel)

“We warn you, that your own fears were amplified by the circle’s energies, and your thoughts and imagination of what you thought might happen, affect you. You have to ask where this feeling is coming from. When you are aware, you will not feel the feeling. We also show you your reactions, so you become aware of them, and then you can control them.

The reaction came from your mind, if your mind had not reacted, you would not have felt the fear in your emotional body. His feelings were nullified, and you are protected, but not from your own imagination. You imagine what you have just said about being psychically attacked, not what you sense from the boy.

He is here for you to be aware of yourselves, and how you react towards him. He is very mixed up, and if we had everybody equal in their development, in your classes, you would not be aware of yourselves as much. These influences in your classes stimulate your reactions to them, so that you can become aware of your reactions, to learn and grow. You have to be detached.

We want you to send love to him, and try to treat him equally, and he will feel more wanted. If that is all that he can receive for his development, it's still a step upwards, a help in his growth.”

(2010 insert. Julie channelled 5 ‘Must’s,’ 14 ‘You Must’s,’ 8 ‘Do Not’s,’ and 5 ‘Cannot’s. And in connection with my will, this word was channelled 11 times.’)

2010 insert. My guides want to explain why I, my higher-self and
Guides didn’t critique very much of Julie’s channelling.

“The spirit’s who were using Julie, were selectively playing on Raymond’s fears, by injecting fabrications about his past, which he couldn’t prove, with truths to the other students, but telling students blatant truths about their past, or what they need to overcome, including the false reasons for Raymond, are like a person reading out a list of cures of diseases, but they haven’t the skill or experience to bring about the cures, but everyone believes they are qualified to give advice, but they aren’t even close.

They just have all the information at their fingertips, so to speak. But their advice is more harmful than helping the student to overcome whatever it is, as these spirits are using a sledgehammer approach to appear to help a student develop, and not the students own higher-self and guides way for that student’s development, or healing.

The way the Julie’s spirits are channelling, are very much tied to getting the student’s and Raymond to believe what they say, in that they are also trying to impress all who listen, that they are of a high vibration, and they are not, they are tricksters.

Your own guides are of a higher-vibration, and those students who were in these classes with Julie, are there because of Karmic reasons, and this whole Julie and her channelling experience for Raymond, was meant to happen, mostly for readers of these text books. To for-warn them that there are con-men and con-women in spirit, just as there are con-men and con-women on the Earth, but do not throw the baby out with the bath-water, as you will come to learn over the following disc volumes, there are multiple benefits of development classes.

This is why we got Raymond to show you many examples from future classes, to cancel out the negative influence of Julie’s channelling.

The high-lighted sentences and passages are not liked for multiple reasons by us, and some of them you will recognise, and some of them you won’t, but we left them in to warn you, but there is still a lot not high-lighted, that we are not happy about.”
BEGINNERS HEALING CLASS 26/2/87
BRIAN, MARION, DAVID, HELEN.
MEDIEVAL EUROPE MEDITATION

“Tonight’s, meditation is going to be a bit different, in that you can wander wherever you want, within the area that I'm taking you, so that you may be drawn to different things in the overall picture.

I want you to imagine you are walking down a country lane, and the countryside is set somewhere in Europe. As you walk down the country lane, in the distance, you can see a mediaeval village. As we come to the village, we see market stalls, public houses and all the life in the village going on around you. If ever you feel drawn to any area, just go and explore wherever you want to and just ignore the rest of the meditation.

As we walk through the village, we see in the distance that the village is a suburb of a large city, and you can see a large cathedral in the city, set in the mediaeval time. As we walk between the houses we see the peasants and soldiers walking in the streets.

If you feel drawn to the large cathedral, go to it. As we go past the cathedral, in the distance we see a castle on a hill. We will go up to the castle. There are guards stationed at the entrance to the castle, where there is a moat and drawbridge. You can go inside, if you want.

Inside the castle is a big hall, where people are feasting and drinking at long tables. A Jester is clowning around in the centre, and everyone is dressed in period costumes. There's a king and his Queen.

If you feel like wandering around the castle, into the rooms, you may do so. I leave you now to wander around,
**Medieval Europe.**” (Approximately ten to fifteen minutes silence)

“I want you to now return from wherever you have been wandering in mediaeval Europe. Come back through the village, and back down the country lane, and come back to this room. Come back now, take three deep breaths, have stretch if you want.”

**BRIAN’S MEDITATION EXPERIENCE**

(Brian) “Suddenly, I seem to come across a dungeon of some sort, and somebody inside recognised me, or could see me. I thought, ‘Oh dear, he's dead and you can't get out.’ So I tried to think of how I could get him to come out of the dungeon, as he wasn’t willing, even though he could do so. He didn't realise that he could just come through the bars if he wanted to.

So I went inside, the dungeon, where he was, and tried to tell him, ‘Okay, come with me.’ But he still wouldn't. I realised that he was probably religious, so I immediately got a cross, to show him that I was an important person, and could do this sort of thing, and I told him that he should trust me.

The first time that I tried this, I went through the bars, but the other person couldn't come out through them. The second time I said, ‘Just close your eyes and let me lead you.’ So, the person closed his eyes and the both of us just went straight through the bars of the dungeon.

Once outside, I didn't know really what to do with this person, and I thought, ‘Well, the easiest thing is to find some white light.’ So I created some white light, and told him to go towards it, which he seemed to be quite willing to do, thus disappearing from view of the castle so to speak. Then I asked, ‘What can I do now?’ And I got a simple message,

‘It's all right; there is nothing more you have to do, do as you please.’ It’s not the best meditation that I have had, actually. It's what I'm more able to talk about, because I’ve heard other people talking about them, and that’s allowed me to release a bit more of what happens to me. Before this, I’d always been blocked from talking about it, but now it's more real to me; I feel I was actually there, instead of watching it.”
“That person was a spirit; it wasn't a scene from the past, for you. The idea was to take you into that situation, to get you to a dungeon. That person may have died many years or centuries ago, but at death he believed that he was in the dungeon. You were sent there by your guides to help that person to leave, because they would not have accepted a white light from a higher being, as I said earlier on. So you went in there, convinced him, and led him out of his darkness, just like Jesus would do.”

(Brian) “It was easy to do.”

“That's right, it is easy to do, because you are a vibration which fits in with his, and thus you could convince him.”

(Brian) “And if I could go through the bars, so could he. I did actually think that it was a real dungeon, in a real castle, and he was someone who was killed in the dungeon, who just couldn't get out because he felt he was still alive.”

“He was in a dungeon, in a real castle, but he had created the bars on the door, because I've just been told, that the bars and the door are missing from this dungeon at the present time. So, you had to convince him, take him out and rescued him; you send him towards the light, which is what you were supposed to do, because in the light are the guides, the relatives and friends, who will help teach and educate him. You know what I mean; they can't get through to him, but we can.

So, you did exactly what you were supposed to do. You see, you are not really using your imagination, you are perceiving, but not imagining. In other words, when you were in that cell, and you thought, ‘What shall I say to convince him? I know I’ll get him to close his eyes.’ Your guides were communicating that idea for you to say, because they know that will work, does that make sense?”

(Brian) “Mmm.”

“And that's exactly how it works. So all these experiences build your confidence, don't they?”

(Brian) “Yes.”

“And also every meditation gets stronger, and seems more real to you. The vision becomes more real, because your development becomes better, and thus your psychic
perception helps you to see these visions with greater clarity, than if it was just your imagination. Does that make sense? Because your psychic perceptions are getting stronger; that was very good, just great.”

MARION’S MEDITATION EXPERIENCE

(Marion) “I thought I saw a crystal ball, a white crystal ball. It didn’t feel as if I was there, but I was seeing pictures. Then I thought I’d wander around and see what else I could see. I thought I saw some swords and armour, sort of thing that you see in those times. Then I thought I saw something like a tapestry or a big quilt. So I thought this is the Castle. I also wandered down to the dungeon and hung around there for a little while. Then I thought, I bumped into a wizard, but all this could have been my imagination.”

“What type of wizard?”

(Marion) “The one with the pointed hat, and a wand.”

(Marion broke into laughter at this stage)

“Did you see his face?”

(Marion) “Not really, he sort of had a beard, a white beard, yes.”

“Anything about him, like his clothes glowing, or white?”

(Marion) “He seemed a happy guy; he’s a friendly wizard, yes, quite tall, very tall and skinny.”

“You will meet him in the future, in your future classes, because that’s your guide.”

(Marion) “Oh, right.”

“He showed himself, so you saw him, so you know it wasn’t your imagination.”

(Marion) “Right.”

“His clothes might have been your imagination, but he wasn’t. His build, stature; tall, skinny, whatever, that was him showing himself to you, so you will recognise him in future meditations.

He may be a wizard for all I know; he may have wizard clothes on; you may see him as a wizard every time you go into meditation, because in your meditations you can talk to your guides, and they will tell you what to do. So, you will see him, and you can say, ‘What shall I do?’”
(Marion) “Like I have a clear picture of him; I can’t describe the other people in the Castle, but I could describe the wizard.”

“So, you met your guide tonight; I’ll put it this way, the guide for this stage of your development.”

DAVID’S MEDITATION EXPERIENCE

(David) “Well, I looked into the church, and I didn't stay long. Then I went with you to the Castle, around the table, and certainly saw the Queen and the King. Then I thought, no, I don't want to stay in this room. So I decided to take a walk through the Castle, and remember seeing like a full suit of armour, and a couple of people there.

So I walk through, down to the kitchen, where there were servants all very busy, working very hard. Then I wanted to look further, so I went down outside and saw people practising with their swords, saw the blacksmiths. I went to the stables, and then I came further down, where there were quite a few peasants sitting around, and there was a little boy crying. So, I felt I needed to go to this little boy, I asked him. ‘What was the matter? Why are you crying,’ and he said,

‘My mother is lost.’ And I said, ‘Oh, where is she, what happened?’ And the little boy said,

‘We were out in the field, tending the crops, and a man in Black came and took my mother away.’ So I said, ‘Did anybody else see it?’ And he said,

‘Yes, that man over there.’”

(David, what you saw on your meditation, was a mixture of akashic records of the events, which you were shown, but when you were asking the physical people questions, you were receiving the answers from your guides, through the illusion of these two people answering you, and also if you didn’t think up those questions to ask, they also may have popped into your head, for you to ask.)

(David) “So I went across to the man, and asked him what happened, and he said,
‘That yes, a man in Black took this lady away,’ and I said, ‘Where?’ He said,

‘He went down that long road, you will know where to find this person,’ and I said, ‘What was the matter?’ And this chap said,

‘She had a lot of marks all over her face, a lot of sores, and she had to go way.’ So I thought, ‘Well, I need to go and find this person.’ So I went along this road, and I came across a hut in the middle of a field, and there was a wooden fence right around it, and there was a lot of people sitting outside, and they had all these marks, sore’s, and some had fingers off, and trouble with their feet, and so forth, and there was a man there, and I walked over to them, and then you brought us back.”

“The man in Black was you in a past-life, as you were a healer, sort of a healer. You had gathered up all the ones that were sick...”

(David) “Right.”

“...and you did healing on them, but the man in Black wasn't doing the right thing, even though his motives, he thought that he was doing the right thing, but spirit say that the man in Black wasn’t doing the right thing.

In other words, he was taking away the people's free will, if they wanted to be healed or not, he was grabbing them and putting them on his horse and carrying them off to this hut, to heal them, and look what happened, he left the boy behind.”

(David) “Yes.”

“And they are saying that it’s a follow on, from what I was talking about before, they want to get that message over very strongly, and that is, that you heal only when you are supposed to heal, and only who you are supposed to heal, because of lots and lots of reasons for people having illnesses, and we think we are doing the right thing in past-lives even.

With this great urge to heal, a person’s urge to heal can do a lot of harm, interfering. You didn't do anything sort of bad; it's just that they showed you that. How do you feel about that? Do you feel that it was you, the man in Black?”

(David) “Yes, yes, it could have been, taking people away to isolate them, to help, yes, I felt it could have been.”
I feel that David's guides must have known that these laws, rules, hadn't really sank into David's consciousness, strongly enough. So showing David, what happened, in his past life-time, will help reinforce the correct way of healing.

As maybe the conditioned desire to heal from that life-time, may be needed to be stepped down, to allow David to learn more about the purpose of illnesses, from a spirit viewpoint.)

RAYMOND AS THE CHANNEL

“Tonight you were taken to a past life experience, for some of you, we wish to welcome you, the newcomers, to your first healing class. You will be taken on many trips like this in the coming weeks, in your development. Some will be hard for you to experience, and some will be easy, we will help you know yourself, and learn about life, and the meaning of life.

Your meditations tonight were explained very well, so we do not have any more to say about your meditations, but if you wish to ask a question, we will try to answer, if they are allowed.”

(Helen) “I have a friend who has had three lobotomies, she was a very stable person, who is now subject to depression, and I spoke to her today, she's having fits, she does not know where she goes, from here to there, can we help her in the healing circle, or have they destroyed her brain?”

“We have the person you are talking about. In your classes, we will bring her spirit for you to heal, when the time is right, and you will help this soul in the circle without being aware of helping her.

These circles are like energy centres, where we help many souls. We bring them here, and utilise the energies, the wisdom and communication, to teach the souls. We will take care of her for you.”

(Marion) “Last night I had a dream about my grandmother, and in my dream she phoned me telling me she was very ill and she's dying. She wanted me to go and visit her, so I did. I met up with her, and both of us together saw a spirit, and the spirit was trying to say something to her, but I can't remember what he was trying to say, I don't know.”

“You were astral-travelling to her, and we wish you to help her
when you go to sleep. In your dreams you may visit her again, and your guide will be there, and you can ask him what to do and what to say to your grandmother.

You were shown your guide tonight, specifically for you to go with him to help, and he will tell you what to do or say. If you do not remember the dream of going there, you will wake up feeling good, happy, different one morning. This will be because you have helped your grandmother.”  

(Marion) “Thank you.”

(Brian) “Have I met my guides yet?”

“Your question is not very well put; you have met your guide many times in the past. But your conscious mind is not aware yet, do you understand?”

(Brian) “Yes, how can I get my conscious mind to be aware of my guide?”

“When your guide wants you to see him, then you will see him. Or when your development raises your vibrations to the level for you to be accessible to perceive him, then he may show himself to you. There are many reasons for not seeing him.”

(Brian) “So, anybody I think might or might not be my guide?”

“You will know your guide when you see him, because he will not speak to you when you first see him. You will see him many times, and then he may speak to you. The ones you see who speak to you, are either errant spirits, or other teachers in your class, teaching you what to do in your development.”

(2010 INSERT. My guides say that the spirit who normally channel’s through Julie, saw an opportunity to channel through Helen, who has very similar core beliefs as Julie.)

HELEN AS THE CHANNEL

“Some of you will be troubled by feelings of grief, over events surrounding you in this society, as it is at the present. You must not be affected by the negativity that embraces troubles, which highlights the negativity. You must keep the faith that there is still a positive force, and for this reason, you must lose your egos, the ego
that puts you in the centre of the situation.

You are here to raise your consciousness. In raising your consciousness, you will leave many people behind you. This will lead you to a feeling of alienation for a while, but you must persevere. For in the persevering you will find strength, and you will gradually lose your fears. Do not try to be self-righteous. Do not try to think yourself above mortal desire. You will still function as human beings in the way that you should, but on a different level of thought, deed, and action.

There are some here tonight who will find that they have to re-evaluate their motivations, but do not be too harsh on yourself, because this is meant to be joyous, even though as a human you will grieve."

“I'm going to make a major decision soon, is that what spirit wanted me to do?”

“Raymond, spirit wants you to be very careful that you have thought everything through, finally. By that, we do not mean that you be obsessive about your thinking. Do not ask too many people for answers. You have within yourself a very powerful spirit. You know you can shape your destiny; you can do what you think you want to do. You must realise that you are no longer the boy who was racked with self doubt.

You will have flashes back to this, but you must realise that it's like a shadow that will pass away across the Moon. Does that answer your question? You are your own man now."

“Isn’t spirit helping me with this project?”

Spirit is always helping you, you know that. That question was indicative of your past state.”

(David) “Would spirit be able to give me any advice about finding work?”

“I think you are a highly intelligent man. I think if you want work, you can create with your mind what sort of work that you want. If you do that, if you sit down and create in your mind the job that you want, you will possibly then take you to the appropriate place to find it.

Trust yourself; there is work to be found. It is a fallacy that there
is no work, it is propaganda. There is work to be found, and you can find it.”

(David) “Is my guide guiding me in his messages towards the type of work or business?”

“Your guide is always with you, you have to still instigate part of it yourself, the guide does not take over your life, but you have help. You will always have help if you trust.”

(Marion) “Do you have anything to say to me about my motivation?”

“Your motivations unfortunately my dear, are influenced by your emotions, a lot. Even though emotion is a fine spiritual thing, you have become too attached in certain areas. You have to become a more independent person of emotional ties. We are only tied to our destinies, to our beliefs. You must realise other people are not tied to you, does that answer your question?”
“I want you to imagine that we are floating up through the column of white light up through the ceiling, and heading up into the clouds, and as break through the clouds we see the beautiful dawn sun shining over the tops of the cloud layer, and we start flying north, for we are going on a journey, far, far overseas. We are now leaving the land and are flying over a bluey green sea, for we are flying to the North Pole.

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

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

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

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

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

Wander down the broad Streets, there are no cars. I want you to go with your guide, wherever you wish to go, or ask your guide to show you what you are supposed to learn. I will leave you now.” (Approximately ten to fifteen minutes silence)

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

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

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

CAROLINES MEDITATION EXPERIENCE

(Caroline) “I seemed to go all over the place, I started off going into some kind of a Temple, and there was a Nun. She just touch me on the chin, and then my heart, somewhere around here, I think it was the solar plexus chakra, the one to do with emotions, then she shook her head at me.

She then took me off to some other Temple which was gold, and I went to all these places, and I could understand why I was seeing half of them. Well, I went into the gold Temple, and there were people standing around, and they were like statues of gold, and there might have been a man who fell on a pillow, and sort of rolled on the ground laughing in hysterics, but he was a gold statue. And then I went to another building, and I said, ‘What do you want me to do here?’ And they said,

‘Open the door and go in,’ and I went in, and it was new, and it hadn’t been furnished or anything inside, it didn't even have walls painted, or the floors, they were just bare boards, and I said, ‘Well, what
you want me to do here?’ And there was a mop and a bucket, and they told me to clean the floor, and I got part of the floor done, and they told me to stop. And they said that was enough, but it was stupid, because the floor was just particleboard, and it had no linoleum or anything on it.

Then I went off to this building, and it was another kind of a Temple, and as went further into it, it was like a spaceship, and they were firing people like cannon balls, out of cannons into space. Anyway, I flew off into space; I didn't like the idea of going as a cannonball.

Then there was an exit sign in the middle of space, so I went down this escalator, and then upper another escalator, into a big shopping complex, and then at the end of this big indoor shopping complex. there was this bus seat, and I thought there were these school girls sitting on this bus seat, and there was this guy there, with this great big giant key, and he was using it like a saw, and he was cutting the seat in half, and I said, ‘Why on earth is he doing that? I mean, a key is a key, and not a saw.

And it was like he was trying to prove to these girls that you could do things, he was trying to prove something about limitations, you know, that you could do anything in this world, kind of thing, and he could use a giant sized key, which didn't even have a saw edge on it, to cut a seat in half, even though everyone else said, you couldn't.

But the thing was, once he had got the seat cut in half, they just sat there, as if he had done nothing, and so he turned around, and went off and put the key onto a nail sticking out of the wall, because that's where it was supposed to be, until it was ready to be used for a door, for a keyhole, and I saw this picture of people's, of a keyhole, which was, it had something to do with people's hearts, to use the key to open people's hearts or something.

So I'm a bit confused about it all. I never had something so unclear; so many things go through my mind.”

JULIE’S MEDITATION EXPERIENCE

(Julie) “Before the meditation started, while we were saying the Lord's Prayer, I saw the image of an old man; he looked rather like Mahatma Gandhi. He was sitting cross-legged, a bald man with those Indian type
robes on. And in his hand, he was holding a flame, a bright flame, and he motioned me to put out my hand, and he gave me some of the flame as well, and I was holding in both hands, had a flame in each hand, and this was before the meditation started. I didn't think that was connected to the meditation, but it was, as I saw later.

When we travelled to the white city, I saw that it was all huge white pyramids, and I felt drawn to the biggest one in the middle. I went right through the pyramid into the centre, and there was a guide standing next to a huge cylinder, and he told me to bring the flame to the cylinder, and put each hand into the cylinder, and the flame was sucked up into this huge cylinder, and I could see it go up, and it seemed to shoot into the sky, and a put my other hand in, and gave away the other flame. And he said,

‘That's how we make the colours of the Aurora Borealis, each person comes here, and brings part of themselves, part of the knowledge that they have learned in the outside world, as it were, and they contribute something to these colours. And these colours have an influence over the rest of the world. The colours are made up of all the knowledge and experience that's brought here, that each person brings, and it goes shooting up into the sky. And the people outside can feel this, when they look at the colours.’ And then he said,

‘Would you like to look around?’ And inside was like being inside a diamond. It was a bit confusing; you could see all the different facets, as if they were different rooms. And I said, ‘Where are all the people? There doesn't seem to be anyone here, but you,’ and he took me to this room where people all dressed in white, were sleeping in these cylinder type beds. And I said, ‘Are they sleeping?’ And he said,

‘No, they’re learning while they sleep, they're being taught great knowledge.’ And I said, ‘Can I try?’ And he said,

‘No, it's a bit too advanced for you yet,’ and I felt a bit disappointed, but he said,

‘There’s something I can show you.’ So he took me into another room and there was this huge staircase, and we walked up this huge white staircase, and there was a solid white ice chair at the top, but it didn't feel
cold. I sat down and, when I sat down I felt as if I was magnetised to the chair, I couldn’t move. And then everything went black, and I got a bit worried, because I couldn't, I didn't know where I was, or anything.

Then I heard the guides’ voice say, it was a meditation chair, with a difference and he said, instead of being taken on a meditation, you could ask where you want to go. So he said,

‘Ask where you most want to go.’ And I was thinking, where do I most want to go? It was a difficult question. Where do I want to go at the moment? And then the answer just popped in. I just wanted to go towards the light, that was just plain and simple, that was where I wanted to go, and all of a sudden I could I was out in space, I seemed to go a long way, I was travelling past planets, and I don't know if I was travelling through time as well, because I saw planets exploding, and being renewed, and being born again.

And I travelled on and on through space for a long time, and when I looked ahead, I seem to be travelling towards this huge white star, and it got brighter and brighter, as I flew towards it, and as I got very close to it, it split in half, there was a huge eye, a huge eye, I was dwarfed by it, and then this eye and I just kept staring at each other for a long time.

Then I felt a pain in my own third eye, and I could feel it opening, and it was quite painful, but it seemed to be more of a mental pain, than a physical pain. There was also physical pain as well, and even now I can feel it throbbing quite a lot, and then we came back.”

(The other students either declined from describing their meditation experiences, or they didn’t see anything, so I went straight into channelling practise, to give spirit the opportunity to maybe interpret the students’ meditation experiences.)

**CAROLINE AS THE CHANNEL**

(Caroline) “You are going to feel things soon, they're just saying, we will lose all our technology, and there will be safe beautiful places for us to go. I just kept seeing this valley near the sea.”

(Julie) “I'm being told that there is a general pool of knowledge available,
but unfortunately, often Raymond and I tap into it more than anyone else. We are being blocked to a certain extent tonight, because they want the rest of you to try.” “Well, I was told not to channel tonight.” (Julie) “There's a general pool of knowledge available to everyone, but you've just got to try to tap into it yourself.”

“You see, we do it all the time, and all you do is sit here asking questions all night long, and you never get the practice yourself. We become mouthpieces, we become the developed ones, because we have practised in our development, but you have not. We don't need to practice channelling, because we are very advanced in that area of development, which you’ve got to get advanced in.

You may be advanced in other areas that I'm not. The meditations are for you to learn to see, and this channelling is to learn to hear, so you can get word for word, in English, what’s coming through, to give guidance to patients and to anyone.”

(2010 INSERT. Very often, when a student becomes a channel, he or she also becomes an Oracle. When this occurs in the class it tends to restrict all the others from giving communication through their own channelling, as students in general like to receive knowledge rather than to develop in the way of channelling.

That’s why I prefer to keep the advanced channellers in the advanced class, as I very rarely have question and answer sessions in the beginners class, when I am channelling.

I can understand when a student, becomes proficient at channelling, that the other students want to ask lots of questions, but I am not happy with questions about friends, or employment questions and the like, the questions should be about their development, or related metaphysical or healing questions.

As I didn’t have a text book to follow, I would ask my guides, and I feel my guides agree with my idea that we should listen to what spirit want to say, because spirit know that they will fill in the information and knowledge the students need individually, to help each student to in a way to cement the bricks of their development more securely.
If you can imagine each student is building a unique building, representing their higher-self guided mission, or purpose, or spiritual growth, and their meditations are like the bricks and windows of this development.

I will explain an example. The opportunity of the students channelling, is that if Jane’s guides can channel through Glen the required knowledge, to Jane, which is like cement to go between the bricks of the Jane’s own building, the knowledge is tailor-made for, and sometimes it is a special piece, that will fit perfectly in Jane’s building, but because Jane either couldn’t understand, or believe in the specific knowledge, but another student, Glen, may be quite familiar with the concepts of that knowledge, then Jane’s guides would most likely choose Glen to channel that knowledge, not only focused for Jane, but to expand the knowledge base of all the students.

Many of the students may be beginners in the class, but their individual interests may cover a wide range of metaphysical specialities, just like I had studied the reasons for illnesses, besides astrology and numerology.

But when I asked my guides about Julie, my guides said, do not restrict or limit her.

(2010 INSERT. at the time of running the classes, the question of why was too complex to tell me, but now my guides are trying to explain the many reasons we gave Julie enough rope, as the saying goes, because we could bring through a lot of knowledge, which you can analyse with wisdom and clear up any of Julie’s distortions from her beliefs, and critique it in your text book.

Plus Julie and the students will be learning multileveled karmic lessons, and when you came to continue running classes, your experience with Julie’s channelling sensitized your skin, so to speak, for you to be able to recognise the very rare student, in the future, who’s channelling is also distorted by the beliefs of the channeller, who weren’t so obvious, which you will read on the second and third disc volumes.

Besides when you scrutinise and refine your volume, after twenty five years of experience, you can teach the readers of your books far more with the material produced by Julie’s channelling.)
But for now, as a warning to other facilitators of these kind of classes, when one of the students, sets him or herself up as an Oracle, and continues to channel answers to the other students questions, for more than an hour, I had noticed that the content of the other students channelling drops off, if they even practice channelling, but very often they declined.

Before we started the channelling practise time, Jarred had a lot to get off his chest, and I have been told to type it as he spoke it, with no tidying up of the grammar.)

(Jarred) “I have to speak next, sorry, because can’t hold this energy any longer, before you two do. (Julie and I)

Because I’ve got a lot of energy, and it's making me frustrated. Sorry about this, good, all my thoughts are... I’ve got to the thought now that I was speaking of earlier, has come back to my consciousness, and it's all relevant to what's happening at the turn-of-the-century.

I must say that evil, and this is of most importance to all of you to understand... whoever’s ready will understand it. First, I must say that I'm not going to talk, because I do have quite a lot to say, in a way that I'm going to lose any of my own experience. Because I'm not telling you in a way that I want you to say, okay, you have to listen and agree, because that would, if you didn't agree, make me feel as if it's not true. I know that what I say is not of a belief, but of a reality that I've experienced.”

“But we are asking you to channel the communication from the other side, and anyone who wants to practice channelling can do; in other words, word for word, coming through...”

(Jarred) “That's right, but I'm doing that, like, now you see... that was a negative statement. I am talking from my own knowledge, in other words, knowledge I have been given from the other side. I'm not talking from a personal experience that I’ve been through, I'm talking via knowledge that I've got.”

“But that's not exercising the channel; it’s not exercising that psychic facility, in which spirit gives the message to pass through you. If you were given it in the past, and you are relating it now, does that mean you are exercising a psychic channel now, or exercising your memory of what you’ve got to
channel? Do you understand the difference?"

(2010 INSERT. As I was explaining this to Jarred, he was talking at the same time, and this is what he said;)

(Jarred) “That is exercising this psychic... Raymond, I'm not going to argue with you, I'll start talking. Okay, I said, hang on, I said at the beginning, because I knew God-damned well, in my own astral body, that this was going to happen, I knew that.

I'm not going to turn around and talk in the way that I lose my own experience. I said that, Okay, because they knew that I was going to be picked on, because as soon as you try bringing light, you get affected by negativity. I'm quite conscious, okay; I'm practising my psychic energy twenty-four hours a day. I don't have to turn around and justify myself to anyone in this room. Okay, you’ve now stuffed up the whole energy... that's your own misunderstanding, in this case, okay, a misunderstanding that I don't have to justify myself for, all right. I don’t have to let any of you know how initiated I am with any occult experience.

My experience, and like I said earlier, it’s your own experience that's going to tell you the truth. It's all right talking about future situations, okay. There’s nothing at all, that you're not going to go for it, you know, so why bother? The energies come back, because it's not mine... that negative energy has now been taken out. What I said that I would say, I’ll now say.

You misunderstood me, I'm not talking from a personal experience, I'm talking from things that I've been told to say tonight, while sitting here. I had energy, I've been, I've, I've, I've been... thought had come to my mind, that had been channelled through my channels, because I am a medium. I'm not going to talk about...

There is one thing I want you to all understand, that evil does not work against evil. That's wrong, evil works against evil... ha! Ha! It does not work with evil, so I will reverse what I originally said: Evil does not work with evil, so if you think that evil works with evil, you are wrong.”

(2010 INSERT. Firstly, ‘evil’ isn’t a new form of life, and detaching it
from humans, is in a way negating the responsibility from the human desire to inflict pain, suffering or restrictions on life, which to me is the definition of the adjective evil.

Secondly, because there are no new evil forms of life, they can’t work or not work with each other. But if Jarred is meaning that a person with evil intent cannot work with another person with evil intent, he is wrong, there are many examples of people in this world who know that they are inflicting pain on others, and gang together to do it, here is a short list, Mafia, Yakuza.)

(Jarred) “Because evil cannot work with evil, because evil is of an evil nature, and can't work with anything but itself. It can't even work with itself, because it's evil.”

(2010 INSERT. I think Jarred is trying to explain that the selfishness of evil people, mean they will never triumph over good people, because they can’t work together, but that is why the Mafia and the yakuza have very strict rules in their organisations, to prevent them imploding and feeding off themselves, so they do work with each other, and they do flourish.)

(Jarred) “The next thing is that evil does not work against good. Evil cannot work against good, because if evil could work against good, it would then understand that good. If evil understood the good, it would be good... it would then understand the good. If people understood the good, it would be good... it would not be evil. Because if you really understood, and not just thought you understood, then you would understand, and therefore become that.”

(2010 INSERT. Firstly, people with evil intentions have worked against people with good intentions, witnesses to crime are murdered all the time to prevent them giving testimony.

Nuns and priests have been murdered though-out history, very often because they are interfering with people’s evil intentions and activities.

But I think Jarred is referring to the fight, or maybe the separation, vibrationally, of spirits with evil intentions beyond the earth-plane, where the dimension of higher vibration spirits, cannot be reached, unless the
spirit with evil intent loses the desire to hurt others, and expands their consciousness on multi-levels, which takes a long time.

Just like a priest has a limited vibration level, or a scientist also has a limited vibration level, different experiences learnt and then drawn upon, to be able to learn more difficult experiences, is the only way to increase a spirit's vibration, to be able to access the higher-vibration dimensions.

A bit like what I used to explain to Astrologers who didn’t turn up to my numerology lectures, at the Astrology centre, in that they would have increased their knowledge of Astrology if they were to study interconnected metaphysical observations of humanity, and also Numerologist would learn a lot more about Numerology, if they studied Astrology.

Astrology is mostly the study of what a client is, whether it is a person or a country, and what they are going to go through, but I find that Numerology is mostly the study of a client’s spiritual abilities and strengths, and when the client’s Astrology birth-chart shows leadership ability or a teaching ability.

But when you look at both sciences to understand a client, Numerology can help you to read the astrology chart for the indications of whether the client is learning to be a teacher, or leader, or has already learnt these abilities from previous life-times, and is now going to implement those abilities in a pioneering new direction, for what is the point in repeating a life teaching the same subjects, or being a politician again.

But modern western Astrology reads a birth chart for this present life-time, and the focus is on finding their strengths and abilities, but with no hindsight to be able to know whether a client is developing and learning leadership or teaching skills, or has already learnt them from past life-times.

So the Astrologer’s belief tends to be always from the focus of a client having no past experience, but only what they are experiencing in this life-time. But if the astrologer was to study the Numerology of a client, and saw that their ‘HEARTS DESIRE,’ the grand total of the number value of the vowels of the clients birth certificate names, is a great love of mankind 33, and their ‘PERSONALITY’, the same total of the consonants, is
the master teacher of communication, and their ‘DESTINY NUMBER,’ which is those two totals added together is also a master number, which I have learnt, is the master teacher of karma.

Then this could be the destiny of an author or film producer, where their work is teaching the world about the connection with reincarnation, or the master teacher of healing, and could pioneer heart transplants, or eye surgery, or like a Florence Nightingale.

So with Numerology, once you start seeing the higher master numbers, of the LIFE LESSON, HEART’S DESIRE, PERSONALITY, or DESTINY number, in the totals, as the master numbers above 33, but when the rest of the first name, middle name, or surname, are also showing the lower master numbers, of 11s, 22s or 33s, in either the vowels, consonants or the total of both, in more than the average number you would come to expect, then I would not interpret this client as learning to be a teacher or leader, but I would know that they have already learnt these abilities, already, and that they are here to use those abilities in a focussed way.

So now when you look at their Astrology birth chart, your focus and viewpoint is totally shifted to look for multiple interwoven meanings, which then become totally obvious.

So learning an adjacent science helps you see more detail in the other science, and instead of indications here and there, you can then recognise a machine, like a mechanical Swiss watch, as you see many moving parts, all working together, and when you can visualise the Astrology birth chart progressing through the life of the individual, all over the chart are focus points in time, where many factors all over the chart are all supporting each other, overwhelmingly, and not like the chart of a person who is going to become the headmaster of a school, after a life-time of teaching, or a prime minister, or a general in the army.

Then you know that this person has the experience and ability, and the Astrology chart isn’t showing him or her becoming experienced, but they already are, but in most cases they don’t know, especially if they are young in their teens or early twenties, but as they get older they will start to learn about their strengths and they may begin having ideas, dreams or ideals which may help them in the process of creating something, which is their higher-self and guides helping them.
But when they go to a non-psychic, text book taught Astrologer, who might do their birth-chart and interpret only 5% of their birth chart, but still could be twenty pages in length, and tells this young man that he has the ability to be a teacher.

So instead of listening to his inner voice, he becomes a teacher and years down the track, he loses his passion which he would have had, if he had waited until he found what he wanted to teach, which was what his higher-self and his spirit wanted to teach, then this is where the saying comes from, ‘A little knowledge is a dangerous thing.’

But if this young man had found a good Astrologer, who did his Numerology chart, and then viewed the clients Astrology chart from a whole new perspective, and told the client,

‘You are going to go through some strange unique learning experiences, and later on in life you will teach something new to the world, and because you are already skilled as a teacher from past life-times, the world will listen to you.

So live your life, gather your knowledge and pursue you dreams and interest, no matter how strange or unusual, and you may end up teaching the world that the strange is only what we don’t understand, and the unusual is more common than you think when your teachings can shine a light on them, to show the world that they aren’t so unusual.’

So instead of the astrologer telling the client that he is learning how to teach something, he tells him he already know how to teach, he just has to wait until he knows what he wants to teach, and they know that for the teaching to have a great impact, it is all in the timing, to harmonise with the best time to have the greatest impact, which is all indicated in the birth chart, but it may be when they are in their fifties or sixties, when they have more wisdom.

This hypothetical astrology client is out there, and is not my story, and I never had any Astrologer to interpret my Astrology chart, I had to re-read my own, after I had been doing all this, and became aware of over a hundred past life-times, to be able to look at my Astrology chart from a new perspective, but my higher-self, thank goodness, lead me to Numerology at the same time I was learning Astrology.
So you see for us all to spiritual grow and increase our vibrations, each attribute we experience and learn, has to be kept at roughly the same pace as the other attributes we need to learn, and in so doing each attribute is also helping the attribute alongside to grow as well, and the expansion of understanding connected to wisdom and experience, will have the side effects of increasing the will power, and tolerance of others, the more you think about the interconnectedness of everything, this will also increase your intelligence.

And just like modern sport, scientist can measure a child’s body and recognise a tennis type body, or a swimmer type body, and can explain that if they choose the sport that their body is most suited for, then they have a greater chance of excelling in that sport, but if the child chooses a sport which is not in harmony with what his body is more efficiently designed for, then it will be much harder to achieve.

And as a past life therapist, my patients with the most multiple problems, have seen life after life where they went against their guides and higher-selves and chose their own life to be born into, sometimes they were too ambitious in their choice, or chose too easy a life-time, but some were too strong willed and because of their choice of lives, they had overdeveloped their belief in the superiority of the male form, and thus they had become too imbalanced through many incarnations, to the extent that they hated the female-sex and over many life-times treated the female-sex as if they were a slave to be abused, with less value than cattle, but in this life-time they are a female patient, and hate their own body.

Anyway, back to Jarred’s understanding of evil. I don’t know where Jarred got this concept of evil understanding good, automatically making them good, and they would automatically become good.

People with evil intentions are intelligent enough to understand good work being performed by others, but that doesn’t make them magically change to automatically be good, because if that was the case then most of the people who know they are being evil, at some time in their life, have understood what it is to be good, but that didn’t change most of them.

Besides the causes of why people do evil things are many, besides the obvious, like greed, jealousy, or desire, but when the primary cause is conditioning, and the secondary cause is fear and lack of life experience,
which I definitely mean the accumulated experience of past-lives.

But certain religions believe that you are going to go to hell, whether a person is compelled by past life programming, or choosing to commit evil acts from a desire of greed, and jealousy.

And that you or I being born with the wrong childhood experiences, could be brainwashed to enjoy performing evil deeds.)

(Jarred) “So what I understand is that generally we have been speaking, apart from the negativity which came through, it was my own energy, and that's why had to speak. It was just my own energy holding us back.

The truth is, that tonight we have been talking about a personal interest of the future events that are occurring, and through that have been allowing channel to come through.

What I say is something that always is of a personal interest, because I take very careful proportions in my daily life, as to exactly where I am going in the future.

So what I understand, I should start talking about tonight, is that of the turn of the century. Now, I don't know how much you have talked about in your class, I mean in this class. You know that before I came, I have personal knowledge...er, when I say personal knowledge, I mean knowledge. No let's not, knowledge of what's going to happen in the future...er particular that of the turn-of-the-century. Ah....

(Eight seconds silence)

“I'm going to talk about part of my personal life experience here, because that's what I'm supposed to be talking about, and that's what I've been communicating; that's what I've tried to explain in the beginning. The spirits want me to talk about my personal understanding of what's going to happen in the future, and that understanding is that, and I'll just start talking. I know it sounds all very boring, and half of you aren't ready to take, to even begin to understand.”

(Susan) “Possibly, this isn’t the appropriate arena for this.”

(Jarred) “Arena!”

(Susan) “Not the appropriate moment or place for this.”

(Jarred) “Oh, all right. Well, that's your own negativity.”

(Caroline) “Maybe Jarred you haven't understood us.”
(Jarred) “I haven't understood you, how have I not understood? Are you talking for everybody?”
(Caroline) “You haven’t listened to the explanations that other people have given to you.”
(Jarred) “What do you mean the… I already understand the explanations, I channel all the time.”
(Caroline) “Would you like me to explain to you what it means to me?”
(Jarred) “If you'd like to.”
(Caroline) “I've been gradually learning over a time how to channel, and they’ve (Caroline's guides) given me a visualisation, which has been very helpful to me. Tonight, when I was at home, I imagined a tunnel on the top of my head, going right down through my body, and that's just completely empty.

When I channel, I made myself completely empty inside, and I have no thoughts. You have to disconnect yourself from what you are thinking half a minute ago, five minutes ago, even five seconds ago. You have to disconnect yourself on what you were thinking then, or what was in your mind then. You have to make yourself completely empty, so there's nothing in your mind whatsoever……”

(I ran out of tape at this stage, and Jarred walked out of the classroom, shortly after that. After putting in a new tape, the following rest of the transcripts are in the order that they occurred in class that night.)

ESTELLE AS THE CHANNEL

“Jarred needs love and understanding, as what happened in the past is still surfacing.”
“Is there any way in which we can help him with his problem, because I can't agree to his demands?”
“He needs to learn to listen, as well as talk; he needs love and understanding from everyone. Don't let what happened here tonight interfere with your progress.”

(After Estelle channelled I asked all the students if they wanted to practise channelling, before Julie would,
but I think they were rattled by Jarred, or maybe they just wanted Julie to channel, so that they could ask questions.)

**JULIE AS THE CHANNEL**

“Greetings, and what have we learnt tonight?”

“A lot.”

“That is very good. Sometimes you need a shakeup, all of you, but be assured that whatever we do, we do for your own good.”

“But can we help Jared? That’s what I'm worrying about.”

“At this moment there is only one person that can help Jarred, and that is Jarred. He has built a thick wall around himself, and only he can break through it, but he can be sent love and compassion. Remember him in your prayers. We have a certain experience ready for Jarred, which will open his eyes.”

“Good, because his feelings towards, the group....”

“You may speak Raymond.”

“I was just trying to say, that his feelings towards this group are going to make it harder for us to help him, if he comes to the circle anymore, because he's going to think we are all against him, he's going to think that.”

“He does not feel the equality that exists within the circle. When you saw him stand up, he broke the level of the circle. This is what you were talking about before, Raymond, when you said that we must all be level, sitting on chairs; it is very important.”

(Some of the students wanted to sit on the floor for the meditation, and channelling.)

“When he stood up, he felt that he became superior to the rest of the group, and he could therefore tell it what to think and do, but we directed him to leave, because the lesson had been taught.”

“And like last week, when you said, ‘Don't let him come again,’ but I thought it was a test, for me, wasn't it?”

“Even though a person can surround himself with negativity, we still find out ways of using him for a lesson.”

(1)
“You wanted him here tonight, though, didn't you?”

“Oh yes.”

“Even though, last week, you said that you didn't want him here?”

“At that stage, we did not perceive that he could serve a purpose, but we have come to understand that he can serve a very great purpose.”

“That’s what I thought, but it’s educational for everyone.”

“But we do not want him in anymore circles of this kind. He may continue in Catherine’s and Avon's classes. For some reason, he feels very aggressive in these classes.

Usually, the level of vibrations here, are raised to a great extent, but now any spirits can enter the room due to Jarred's presence. Unfortunately, Jarred attracts the lower sort of spirit, while the rest of you are on a vibration of higher spirits.”

“And of course he doesn't actually send any vibrations that get through to us; it's only our own feelings, that make us feel as if there are vibrations, but there isn't any getting through, is there?”

“No, in fact, he does not listen from the very beginning. He does not listen to the meditation. He makes up his own, he goes his own way. In fact, he did not protect himself properly, tonight, because he did not even listen to that.

He is so full of what he thinks he has learned, that it is uppermost in his mind, and he wishes to communicate it, but he must learn that one's own experience, is not another's.”

“There was something that was brought up by Jarred, before the class...”

“Be very careful in the way you listen to Jarred. You must become aware of who is speaking with him. We are sorry..., we are being distracted.”

“Who by?”

“We are picking up Jarred's vibrations. We can hear the child calling out for help, the child inside him, the child very badly wants to come out into the light, but the spirits that he has allowed to gather around him, are holding it back.
You see, there is a difficulty here; all of us here could help him, but he must first request the help, he must ask for it. Someone is trying to block this channel; the throat is being closed over.”

“Do you want me to go and stand behind you?”

“Yes, it is not coming from this room. You must learn to guard yourself against psychic attacks of this nature.”

“The white light around everybody, is that sufficient?”

“If they believe it is, yes, but they must believe it. They must see it as solid about them, no chinks, it must be complete.”

(2010 INSERT. I can’t remember what Jarred brought up before the class-night, because the spirit who was channelling through Julie not only changed the subject, but deflected the focus of what I was going to say by overwhelming me with multiple distractions, culminating in me having to physically stand behind Julie.

I don’t know if the reason for everything the spirit said was the truth, or I was deliberately distracted from receiving telepathic guidance from my guides in regards to Jarred.)

(Julie’s channelling continued in the next chapter.)
The next question Caroline asked spirit is in connection with something we found out, after the church service on the previous weekend, when spirit told Julie that they wanted to speak to Caroline.

So I held a little class with just the three of us: i.e. the Lord’s Prayer, and the purification ritual. As I did not have my tape-recorder with me to record what spirit told Caroline, Caroline’s higher-self and guides channelled more details about her problem a few weeks later for the first book. We have decided to give you this communication before we continue with Julie’s channelling of the 27/2/87, as Julie’s channelling refers to the events on the previous Saturday.

These next paragraphs was my first mention of noting distortions of channelling by students which I typed in my first text book, and, because the distortions were so great in connection with this subject that Caroline and Julie were channelling, so here it is.

1987. As I read what I have compiled in each chapter, I have asked spirit to let me know if there is anything wrong with any of the writing, or if there are any distortions of what spirit are trying to communicate. Normally, spirit asks me to correct any distortions, and you would not be aware of the corrections.

But this time, spirit wanted to teach you about distortions that are inserted by the channel, either because the channel's personality colours the channelling, or because the channel is emotional about, what he or she is channelling. There could also be other deeper reasons that may be unconscious to the channeller, like the affects of conditioning.

It is harder to spot distortions in any communication from spirit, if you listen to the communication only at the time of the channelling. So I strongly advise any students who are serious about their development, to record all spirit communications through your channels, and re-read them at your own pace. You can feel for the distortions, and spirit will help you to recognise any distortions are additions to their communications.

I know that even I distort what I channel sometimes, because I am so afraid of hurting someone else’s feelings that I tend to pull my punches
when I am channeling, so to speak. But spirit doesn't mind my distortions, because the affects of my distortions on the listeners is mild compared to the conditioning that some of the channellers distortions create over a period of time.

This is why spirit has instructed me to high-light all the words or sentences, which have not been communicated by the original spirit at the time of channeling.)

(2010 INSERT. Obviously my guides didn’t want any more critiquing of Julie for my first text book, which might frighten students from attending my classes.)

CAROLINE CHANNELLING HER HIGHER-SELF

“The channel known as Caroline had difficulties during her sleeping and waking hours, due to her father and grandfather interfering in spirit with her consciousness. Her grandfather, who was in spirit, had attached himself to Caroline with the belief he was there to help her, and that she needed him.

But in fact, he was very harmful to her, for he did not know what was best for her. He caused a great deal of confusion, in her mind, by interfering with her thoughts. He put his own ideas and direction into her mind. This guidance and direction that Caroline was given, was inaccurate and unhelpful to her.

In order to communicate with her, an energy exchange was required. As Caroline became stronger in listening to her higher-self, it took more drainage of energy from her grandfather, in order to communicate to her.

He communicated to her by draining her energy. The more she resisted listening to him, the more he drained her of energy with his efforts.

To deal with this problem, we had a rescue performed by another channel, and Caroline together. To explain to her grandfather that he, in fact was harming her, he was not helping her at all. It was very difficult to get him to listen, as he did not want to listen, and it was necessary to use Caroline herself, to communicate to him, to get
him to hear that he was actually bothering her, and causing her a great deal of harm. He was shown a white light, to which he walked, entered and left her.

But there was another influence on Caroline that was interfering with her life. This was her father, but this was more difficult to deal with, as Caroline's father exists in a physical body on the Earth plane, at this present time.

He travels astrally during his sleep-state to attack Caroline during her sleep-state. Caroline's father has been interfering with her since she was a small child, psychically making love to her during her sleep, he does this in his astral body. He has been interfering in her sleep, causing her to wake during the night.

Because she is developing, her sensitivity is increasing, and she therefore wakes more easily to his presence in the room. He was also interfering with and causing confusion in her relationships with the opposite sex. His attitude was one of wanting to control her, and this stemmed over into the astral worlds. This is why he was more difficult to deal with than the grandfather.

Caroline had to deal with them as a lesson to her, to learn to be strong in herself; to use her will to fight against him; to not allow him to affect her, her will had to become stronger than his. She also had lessons of love and forgiveness to learn, in relation to him.

She had to learn to overcome the fear of those in spirit, and how to protect herself, using the white light. In many cases, this white light in itself would be sufficient to keep harmful spirit out, but in Caroline's case, it was a required that her father be present for her to learn lessons.

She had to take control of the situation, by fighting with strength and will, and to realise that she had no need to fear him. She feared relating to him as a child, as the father was having power over her, and she was allowing him to have control over her, allowing him to psychically and astrally affect her during her sleep.

Once she learnt that she had no need to fear him, because she was not a child any more, that they were equal, and that she could stand on her own two feet against him, then her father could no longer
penetrate her shield of protection.

She also needed to learn lessons and forgiveness; to think of her father without pain and suffering. She needed to think of a father as you would any other individual human being on the planet Earth. She needed to think of him in this respect, and not conjure up the feelings of insecurity and inferiority, as this was holding her, tying her to him. Now that she has learnt these things, she no longer has the need for his presence. She can think of him with love, understanding and strength.”

(2010 INSERT. Irrespective of what Julie next channelled, Caroline’s grandfather may have been with Caroline trying to protect her from her father’s astral sexual visitations. If her grandfather was at the same vibration as earth-bound spirits, then he may have been visible to her father’s astral body.

This case is a lot more complicated than what Caroline and Julie is aware, and I feel they’re preconceived beliefs may have influenced both their channelling’s.)

JULIE AS THE CHANNEL

We wish to use this case of Caroline as a warning to all mediums who pass on messages from dead relatives. In Caroline's case, a medium without enough training and knowledge, had brought the grandfather back to Caroline, who then attached himself to her.

A medium that brings messages from dead relatives, often does not realise that this actually calls the relatives back, and allows them to attach themselves to that living relative. It is the ignorance of the medium that allows this to happen, because he or she does not then send the relatives back to where they came from, after the message has been passed on.

When this happens, many, many times, there is also a danger to the medium, because if the relative is strong enough to not allow the spirits to attach itself, the spirit will then attach itself to the medium, who is quite open at this stage for spirit attachments.

We cannot issue a strong enough warning; relatives once called, must also be returned to that state where they came from. Many
mediums are ignorant of this fact; you must never give a message from a dead relative, without sending that relative back to where he or she came from.

This is not done often enough, so the spirits attached themselves to the living relatives, and well-meaning though they might be, they do cause problems with that relative.”

(When Caroline wanted to channel the following extract next, she said that she was tired, but she still wanted to tape it. Spirit have told me that if I were to high-light any individual words, of this extract, it wouldn’t make sense, as Caroline's feelings about all of this had distorted most of what she said she was channelling, so I will leave it in normal print.

Spirit wanted me to leave it in the book for you to learn and to maybe recognise, in case you happen to experience a similar type of channelling in your own classes. It's not that what she says isn’t true; but it's the way in which it has been said. Also, she has added her beliefs into the channelling. See if you can evaluate it all; even debate this extract amongst yourselves, if you want to.)

(2010 INSERT. Oh, and very rarely does spirit repeat what they say, unless a channeller has refused to speak what spirit want to say, then they may try again. But as a general rule if a person is channelling and they channel the same details or warning repeatedly, then it is usually the channel trying to get you to believe what they are telling you. So I have high-lighted the sentences, which are essentially repeating themselves. It may be easier reading the whole piece then go back and check the repeated verses of the same high-lighted colour.

I don’t know if Julie and Caroline have insecurity about getting people to believe what they are channelling, or they have conscious or unconscious desires to dominate, but Caroline is now starting to frequently use the same command words as Julie when she is channelling, in all the years of students channelling, I have never experienced the frequency of the use of command words, as with Julie and Caroline.)
Maybe the same spirits who channelled through Julie are also using Caroline, as well, so I will highlight the same command words.

Remember the cartoon vision my guides showed me, which you read in an earlier chapter, because it would have confused you at the time, I left out another animal, who came into the circle. I was shown a hippopotamus, who arrived after the Rhino arrived, and I knew that it represented Caroline, and what I didn’t tell you, was that the lion kept jumping from the back of the Rhino to the back of the Hippo, before it would speak to the other animals.

Now the Rhino, and the Hippo are not a true representation of Julie and Caroline, but I will describe, them both, Julie is about 3 inches taller than me and is a big boned woman, not fat, but beefy, and about 15 to twenty kilos heavier than me, and Caroline is average in build, accept that she is 6 inches taller than me, round about 20 years old, and about 5 years younger than Julie. And I was a muscular 5 foot 7 inches.)

CAROLINE

(Caroline) “The reason why the medium had to call my grandfather back, in order to give me a reading, was because she had not developed herself sufficiently, enough to contact the higher spirits and guides, who were working with me.

She hadn’t raised her vibrations sufficiently through self-development to be able to channel from the higher spirits and guides. This is why it is so important for mediums and people on the spiritual pathway, to realise that they should not set themselves up in one spot, and be happy to stay there. They must continue to develop, they must be aware of what they are doing, and they must listen at all times to their own guides, and not be content with thinking that they know how to do it all.

This particular medium became satisfied with her level of development, and with a particular technique or organisation, of the centre that they were running. They had become set in their ways, so to
speak, of how readings are given, how to function as a helper of mankind.

But the way you help people is not limited, and should not be limited to the way that is comfortable to you. If you truly want to be a helper, a worker with spirit, a channel, then you have to be open to new ways, and you have to be open to the ways of spirit, and not to the ways of your ego, or your will. Not to the ways that are comfortable to you, that may appear helpful to people; they are not enough.

You must listen to spirit constantly, because as you develop, you will continue to be required to do more difficult things, and you must be open to them, or otherwise you will stagnate.

This particular medium had become comfortable with the way they were running their centre. They have become comfortable with the techniques, and the way they were helping people, and had stopped listening to spirit for further guidance, for further instructions, or ideas and ways that they could help people.

This is where they made their mistake, for this medium had continued to give a straight reading, the way she does with all people, with this particular channel. When in fact this channel requires much higher vibrations, if she (Medium) had listened to her guides, they could have told her, but she (Medium) had stopped listening to them, and just gave a straight reading the same way she did with everyone else.”

(Julie channelled this final extract but my guides told me that spirit did not channel the word “Danger,” but Julie chose to use that word.

Spirit would like you to think of why Julie chose to use that word. As spirit is saying that they wanted to use the word “Problem,” and have asked me to put it along-side the word “Danger,” in the extract.)

**JULIE AS THE CHANNEL**

“There is no danger (problem) of spirits who have passed over some time ago, attaching themselves to their relatives, because they have gone through considerable advancement and realise the danger, (problem) but there is much danger (more of a problem) from those who have recently deceased.
Many of them do not even realise that they are dead, and when they are brought back too soon to the Earth plane, they may think, ‘Well, I might as well stay, now that I'm here.’ They are in a very confused state, as it is, and it's very easy for them to attach themselves to relatives.”

(If your relative is grieving, the aura becomes depleted and weakened, allowing easy access to the spirit of the deceased loved ones.)

“There is also that danger (problem) for the medium that may be carrying around many excess spirits, who have nothing to do with the medium, but have just not been sent back to the place they came from. Not only is it a danger (problem) for the living relatives, and for the medium, but it is very bad (a problem) for the deceased one, who was just getting on to a state of advancement, when they were brought back to where they started from.

So it is very important that the medium know exactly what he or she is doing. There is no danger (problem) when the medium is aware that these relatives must be returned to that state, but quite often this is not done.”

(And now to continue the rest of the last chapter’s class-night, now that I have filled you in about what Caroline’s father had been up to.)

**JULIE AS THE CHANNEL 27/2/87 CONTINUED**

(Caroline) “During the night, last week, I was dealing with my father in spirit, who visits me in his dream state. I did what I thought I was being guided to do at the time, but I'm not sure if I did the right thing, and I'm not sure that I have succeeded.”

“You are being guided, but he is still very powerful. You must keep fighting him in your dreams.”

(Caroline) “Am I doing the right thing?”

“Unfortunately, there is a personal weakness, because he's your father, you are not fighting back as strongly as you would against a
stranger, as there is the emotional involvement.”
“Can’t she have a spirit protector to keep him away, to talk to him, to tell him off, or are their vibrations too high for them to get through to him?”

“We do not like to interfere in this case, because it is between the two of them. It is something that must be dealt with by the two of them.”

(Caroline) “What am I doing wrong, then, because I feel quite apprehensive about this thing with my father?”

“As we have said, the emotional entanglement is not allowing you to fight back as strongly as you would, but you must learn to put your emotions of your father aside. Simply think of him as someone who is doing the wrong thing, which he should not be there. Speak to him firmly; you must learn to be firm with him.

It is not the case of parent and child here; it is the case of two entities, where one is blocking the others progress.”

(Caroline) “I certainly was firm last night. Was that the reason why he wasn't around?”

“He was, but you were able to fight back to a certain extent.”

(Caroline) “But I was totally unconscious, I wasn't aware of anything.”

“That is the level that you work on.”

(Caroline) “What am I to do, then, just completely relax and let go?”

“You will gain more confidence, the more you do it.”

(Caroline) “You mean that when I go to bed at night, to completely relax and let go?”

“We asked you to perform a small self-visualisation lesson, before you go to bed, imagine yourself split in two, imagine that while one Caroline is sleeping, and other Caroline is standing guard by the bed; imagine yourself wearing armour if this helps. Imagine yourself as a spiritual warrior, guiding the other Caroline, while she sleeps. Speak Raymond.”

“I was thinking of a more practical visualisation and protection that might help with Caroline; like imagining a Tiger at the foot of your bed, watching over and stopping any spirit coming near you.”
“In this case, she must use her self-image, because it is the father that she's dealing with, and she still deals with him on the level of parent and child.”

(Caroline) “Is that why it's not working, because I'm dealing with it on the level of parent and child?”

“Yes, you are allowing his influence to weaken you, deep down you still believe that he knows what is right for you.”

(Caroline) “I do?”

“Yes.”

“Is this all part of Caroline's development as a human being, that she has this influence to strengthen her, and help her overcome her weaknesses?”

“Yes.”

(Caroline) “I feel like just saying, ‘Stop it,’ because I get confused on this fighting and letting go business. Last night, I completely let go, I just relaxed and thought, I wasn't going to worry about anything, and I slept right through the night, I didn't consciously do anything, then.”

“That is why we ask you to imagine the double image... the self, which is sleeping peacefully, will relax and let go, knowing that the other self is on guard.”

(Caroline) “Did I do that last night?”

“No, you were fighting yourself; you felt like you should be alert and awake to fight, but the other half wanted to go to sleep. However, if you consciously split yourself, then you will achieve more rest and relaxation.”

“I had a relationship, and the person may be still psychically attacking me. Is there anything I can do to help her, to help her get back into life without focusing on attacking me?”

“In fact it has now become a boomerang effect, because it cannot harm you. It is going back to her, and in fact she is harming herself very badly, as it is bouncing off your protective Halo.”

“My protective what?”

“Halo.”

“Halo... Oh, right, I didn't know I had one. I thought spirit was going to arrange a relationship for her, as the next step in her coming back to normal, if you know what I mean. Didn’t
that man come along, or wasn't she ready, or did she turn him aside?”

“She has indeed had another relationship, you are still on her mind. In fact she has twisted her memory of you around. She now sees the good that you did for her as something bad, but as we said, it is bouncing back on her.” “We can only do what we can.”

“You need not worry anymore about her, because you are protected. You know she cannot hurt you, therefore it is going back to her. It will be so with Caroline; once she realises that her father cannot affect her, if she does not wish it. The effect will boomerang back to him.” (Susan) “Is Hazel helping me?”

“No, she is in fact retarding your progress, for personal reasons. Listen to your own self, be guided by that.”

(Susan) “Thank you. Could I ask further about personal reasons? Can you say little bit more about that?”

“There is a past-life connection; you were once bitter enemies, and she still carries this memory.”

(Susan) “When you said that this person was my bitter enemy, and had personal reasons for holding me back, was this on a conscious or an unconscious level?”

“Unconscious, she's not conscious of it on a conscious level, she believes that you are friends, but there is this past memory that is coming back to her, and in fact you did her a terrible wrong in the last life.”

(Susan) “Is there anything that I can do to make up for that?”

“What are her beliefs, can you speak to her on the level of spirit?”

(Susan) “Yes.”

“Does she understand about past-lives?”

(Susan) “Yes.”

“You could try in that direction, but it will be difficult because she does not consciously know that she has any bad feelings towards you.

She is also psychically attacking you. You have been feeling ill; you have been feeling drained of energy lately. This comes from without; you must protect yourself.”

(Susan) “Should I stop seeing her?”

(1)
“No, you must learn to fight the enemy, it is a lesson.”
“I thought you said, ‘fighting was sending love?’”
“Fighting by sending love, is so. You must repair the wrong that was done to her, by being more compassionate and more loving than before.”
(Susan) “Should I discuss with her what you told me?”
“No, she might not understand, because consciously she feels you are friends. Does she meditate?”
(Susan) “Possibly, I don't know.”
“Ask her if she meditate, and say that you have been sent the message to tell her when she meditates, she must look back at her past-lives.”
(Susan) “Can you tell me what sort of wrong I did to her?”
“You murdered her. You were both wealthy men, and you desired to obtain the wealth that she possessed.”
(Susan) “How long ago was this, is this my most recent life?”
“No, it was some time ago in Greece.”
(Susan) “I'm feeling very distressed about this, about this murder, and it has shocked me a lot.”
“Remember, that was in a past-life.” (Susan) “Yes.”
“You have paid for this, but she is still punishing you.”
(Susan) “Yes, she's actually not a friend, she's a psychologist.”
“Yes.”
(Susan) “Should I stop seeing her on a professional basis, and then just talked to her?”
“No, in fact you are learning a lesson from her.”
(Susan) “You said she was retarding my progress.”
“But you have learnt now, that she's trying to block you, and now you may fight back.”
(Susan) “I do feel really an unwillingness to be seeing her, and a feeling that she's not helping me.”
“In fact now that you realise what the problem is, you can make great progress.” (Susan) “With her?”
“Yes, you can fight back from your own point of view, now that you see clearly what the problem is.”
“And now she can help me, you mean?”

“Yes, because you will look at her from a different point of view.”

“Should I not discuss this with her, should I tell her that I murdered her in a past-life?”

“Not on a conscious level.”

(2010 INSERT. I still can't see the benefit of spirit revealing this to Susan. I don't like the linking of the word fighting with love or healing, and I feel more harm is done by the channelling revealing all this to Susan.)

“My relationship with Peter, is it holding me back, or is it right for me now?”

“It was right for you, but it is holding you back now.”

“And what about him coming to a group like this, is this group appropriate for him?”

“He may come here, but not on the Fridays.”

“On Thursdays, you think is appropriate?”

“Yes, he's not yet ready for Friday’s.”

“Will my relationship with him end spontaneously, or must I make it a definite break?”

“You must make the decision.”

“I met a 72-year-old man last week. Did I act in the right way towards him? I think I did, but can you give me any guidance of what I should do to help him now?”

“We cannot help, unless we know the circumstances.”

“I met him on the bus.”

“You do not have to go into details.... Just express what emotions were involved.”

“Well, he was telling me how extremely lonely and desperate he was feeling, and he was considering suicide. He said, it's because of me, that he decided not to commit suicide. After that, he wrote me an invitation card to come over and have dinner at his place. He's got a plan in his mind to get an overseas woman, to marry her in order to deal with
his loneliness.”

“This is manipulation, on his part.”

(Caroline) “Yes, I realise that, but I still feel as if he is in desperation.”

“We are trying to teach you to separate your emotional body, from your spiritual body.”

(Caroline) “I thought I had done that.”

“Your emotions are still involved... he's playing upon your emotions, there is a lesson here.”

(Caroline) “Shall I cut him off completely, then?”

“You will help him on the spiritual level, but you must make him understand, that there is no emotional contact between you.”

(Caroline) “By spiritual level, do you mean, just like the doctor-patient type of thing?”

“We wish you to realise that he is just using you, manipulating you by what he has said... it is not the truth.”

(Caroline) “What if he goes and commits suicide?”

“That is not your problem, which is his. You must learn emotional separation.”

“Getting to this emotional separation, you know how I feel towards patients, which is hardly anything, you know that.”

“Yes, that is desirable.”

“Is that callousness, the way I feel, or is it due to what I have gone through, in previous life-times? Is this callousness towards people, or is it an actual proper detachment, the way it's supposed to be? I'm not sure, because people all around me say, ‘You should feel for people, and have more compassion.’”

“As we have seen from Caroline’s story, you can see how people manipulate us through our emotions. Therefore, we must not allow them to stand in our way, even in healing. You must take away the self, and let spirit replace it. Spirit always knows what to do.”

“I just thought I was callous, and I didn’t care for people having suffering.”

“Do you understand the difference?”

“I don't know the difference, whether I'm detached, or I don't care, even though...”

“It is loving detachment, the words are not contradictory. There
is such a thing as loving detachment.”
“But I don't feel the love in the detachment; do you see what I mean? I just don't feel anything.”
“As long as the healing is going through, that is all that matters. You do not need to become emotionally involved. In fact, this would be harmful to the patient.”

(Caroline) “Can this man help himself, without even knowing me at all?”

“Of course he can, we can all do that. Do not allow yourself to be used by this man, as he is very cunning.”

(Caroline) “But sometimes I don't know how to make myself care less, because I care about people, and I can't see the harm in doing something to help another person. In other words, maybe I'm getting in the way, this is probably so.”

“This man is only harming himself, by his manipulation of other people. You are not the first woman he has tried this story on. Therefore, keep your help on a spiritual level. In fact we advise no more physical contact, if you cannot separate your emotional body from this situation.”

(Caroline) “And I am karmically left out then?”

“Remember him in your prayers only.”

(Caroline) “But I have asked him to come to the service tomorrow with me. I could give him directions to get there himself, couldn’t I?”

“This man is not interested in spiritual progress, only physical. He is using you. Release him, he is not good for you, he has done this many times before. Use it as an example, however, and do not let yourself, your emotions, be played upon in this manner.”

(Caroline) “I should have meditated on this by myself, shouldn't I?”

“Tune into spirit, yes.”

(Caroline) “Sometimes I try that, but I think that I'd tuned in at the wrong time, when I was feeling emotional about it.”

“Yes, your emotions get in the way.”

“I feel this experience with the 72-year-old man will teach Caroline how to handle, her father, and I feel it was so arranged by her guides and higher-self. In some cases, where there is a weakness, the correct life experiences are gone through, for the person to get hurt and fight back,
“We wish to speak now to Raymond, we are asking of you at this time, that you dedicate yourself to your life work, we are sorry if you feel emotionally lonely, but we are going to send you much work to do, and it would not help if you are personally involved. Time is short, as we have said, and much needs to be done.

We will call on all of you in your own ways to help us in this work, and it may involve several sacrifices in your personal lives, but be assured that the benefits will be tenfold.

Your life is going to speed up, from now on, Raymond.”

“It's a good year, though, isn't it?”

“It is a very good year; it is in fact a very good year for the world. There is much energy abounding, to be tapped, so use it well, there will be many changes in many people's lives, there is a lot of energy for the whole world to be tapped.”

(Susan) “I feel that I may also be leaving my job at the end of this year.”

“You will be, and for a time, you may not know what it is that you are supposed to be doing. But we ask you to tap into your higher-self for the answers, there may be a time of being alone, but you will find this beneficial. Do you know that your work is connected with nature, do you not?”

(Susan) “Yes.”

“In the beginners class, spirit didn't want me to teach the students how to do healing on damaged auras, until they had been developing for a longer period of time. Is there some special reason for this, whereby they don't do healing on damaged auras, because I didn't start doing it until I had been healing for a few years?”

“It takes a fairly advanced healer to work on auras, because you have to have to be consciously aware that you are working on auras.”
(Well I certainly wasn’t aware when my healing guides were starting to heal damaged auras through me, I had to ask what they were doing to find out.)

“Most healers, not being advanced or aware enough, are not dealing with the auras. All people can channel healing, but for example we do not wish to pick on him, if the healing that flows through Jarred were to go to the aura it could be very damaging, because he has so many blocks that by the time it filters through to the patient there is almost no healing left. It has to be a fairly unblocked channel who can deal with the aura, because otherwise it would be very dangerous to both the patient and the healer.”

(2010 INSERT. Julie channelled 9 ‘Must’s,’ 14 ‘You Must’s,’ 7 ‘Do Not’s,’ 26 ‘Not’s,’ and 5 ‘Cannot’s.’)
In one of the early chapters, I mentioned at the end of one, that some illnesses and behaviour patterns are connected to our past. They may sometimes stem from our childhood, but more often than not, from previous life-times that have left fears and phobias in our conscious or subconscious minds. In extreme cases, if an event has triggered a subconscious memory, the body may react with pains or illnesses.

To help remove my own fears and ill-health Julie helped by putting me through a session of recall of my own past, with the help of certain musical pieces on tape, but months later we soon found that spirit can adjust the vibrations of the therapist's voice, so that the patient's higher-self recognises the voice altered vibration.

The patient's higher-self will then allow the memory or scenes of events affecting the patient, to surface to the conscious mind of the patient, because the patient's higher-self knows that the therapist is guided by spirit guides or higher-self, who is qualified to help resolve the problem. My own sessions were not recorded, and I would like to leave the descriptions of them to another chapter of my own life problems.

I was then instructed by my guides to practice being the therapist with two of my students, before I tried this in my classes. I also didn't record these experiences, so I will describe what I wrote in the original volume one.

In previous classes I was greatly impressed with how the student’s guides arranged my meditations to be the catalyst to bring to the surface past life conditioning, and then show the student the past life or lives that were causing their conditioning, without any suggestion from me, which proved to me that the students were not imagining anything I have suggested, in both Jane and Ann’s meditation experiences.

Then one week-end when Caroline was visiting me, my guides asked me to ask Caroline to ask her higher-self if she wanted Caroline to do a past-life re-call meditation, and Caroline’s higher-self said,

‘Yes.’ So we did the usual protection exercise, and I asked Caroline to relax and describe what she was seeing. At the beginning of her re-call I
clairvoyantly saw what was happening to her in the past-life scene, to show me that it was working, but as events continued I wasn’t allowed to see anymore, so that I wouldn’t prompt the patient as to what was happening, as I tend to be a blabber-mouth. So here is the experience.

(Caroline) “I am on a sailing ship, like a navy ‘man o war’, the kind Nelson sailed on. When I start to climb in the rigging, the ship swayed and I lost my grip and fell into the sea. Nobody saw me and the ship sailed away.

Something grabbed me from below, and I started drowning, as I was pulled deeper and deeper under the ocean. I started seeing my body from the outside, being pulled along by a kind of Merman, with crablike pincers instead of hands. I followed him to a kind of a home, where there was another monster like him, but I think it was a female. They started to pull my arms off and were eating them.”

(At this stage, I asked Caroline if she was on Earth, and she said,)

“No, very similar.” Instead of going through all the questions, I will tell you what her higher-self told us.

“The reason why this monster killed her like this was to break the desire to go to the sea, every time that she reincarnated in a physical body. The pull to return into the sea had been strong enough for the subconscious mind to create the circumstances that caused the events in her previous life-times, very similar to the way that she fell into the sea in this experience.”

(We reincarnate to learn new experiences and grow, but it doesn't really work, if every time you reincarnate, you are drawn back to the sea and drown, if the subconscious desire is that strong.)

So, this experience with the Merman monster created a fear of the ocean, so that Caroline could reincarnated on Earth. Of course, she has never had a great desire to go swimming in the sea in this life. We also found out that she previously had reincarnated as one of the Merman monsters, and this is where she acquired the great pull to return to the sea, in the first place.
All our experiences are agreed upon before we incarnated, no matter how bizarre the experience may seem to be, as there are purposes and reasons for a lot of things that we go through. Of course, I don't have to explain why Caroline was shown this past life, for it helped her to break any subconscious fears of the sea.

I then closed my eyes and relaxed, and saw a previous existence, which I was shown by my higher-self, I don't think it was in a physical reality, as we know it, I will explain. In this previous existence I had a goat's head and a human body, and others in that life had bulls' heads, and human bodies, and we were always at war killing each other, but every time we died, the body regenerated, and we came back to life, and found ourselves back in the same body.

My body had been destroyed many times, and in many ways systematically, and methodically, but my big toe crept under a rock, survived and eventually grew back a whole body, and for our spirits to leave that existence, we had to lose the desire to kill, and then another spirit found that they were in the goats body.

I feel that the stories in Greek mythology are the remnants of people's memories of their existences in other dimensions, or on other planets, which are just as real as this world. I don't have any answers to the workings of life on other planets, or in other dimensions, where the laws of nature are quite different, or dimensions of learning like this.

Now and then I try to organise a Bush-walk, as a Sunday outing for my classes, as I try to have a walk with nature every weekend, so at the end of the next beginners class of the 5/3/87, I asked the students if they wanted to go on a Bush-walk on the following Sunday.

Most of the students like to do other things, or have other commitments, but one beginner student, Marion, wanted to come along and brought a friend. Spirit is very good at helping me choose the place of the walk, even though I think I am choosing the place.

Anyway, I was told by spirit, that I would be putting my students through a past re-call meditation on the walk, but of course I still had to ask them if they wanted to. Healers should always remember to be very careful when he uses certain words in his relationship with patients or students, like 'must,' 'have to,' 'got to,' and other similar words. Try to
explain why you are using certain words, but it is difficult when you are channelling a meditation or communication, if you are not allowed to know the details.

We parked the car, walked along the beach, and then trekked through the bush along the headland. Australian bush consists of trees, low-lying bushes, and whatever plants that can survive underneath.

After half a mile, we came to some old defence fortifications, World War I, type concrete tunnels, where the shells were stored. Philip, Marion's friend went exploring down the tunnels, and Marion followed, but soon came out, saying she didn't like it down there.

After we left the fortifications, the headland sloped down to the sea, where the rocks were very flat and easy to walk on, and so we went exploring in the rock pools. Marion wasn't too keen on doing that, so we walked up onto the edge of a golf course where we had lunch.

At lunch I explain about what I had been experiencing with past re-call at home, and how it worked, and asked Marion and her friend if they wanted to have a go. I also asked her to get confirmation from her higher-self as to whether it wanted her to experience a recall session, and she could ask her guides to confirm whether what I had learnt was true. So she did and found her higher-self said, ‘Yes,’ to all the questions.

I explained to her that she may not be seeing a past life event exactly as it happened, from a memory point of view, and that she may be shown the scenes that were recorded of the events from the Akashic records. I explained that her higher-self and guides would show her a past life scene in the best way for her to handle the events, like she may be shown past-life scenes as if she is outside of her body, watching the events, so that she is insulated from any strong emotions connected with why she is being shown the scenes.

Philip, her friend didn’t believe in all this, so he didn’t see anything.

**MARION’S PAST RE-CALL EXPERIENCES**

In her first experience, she saw herself as a man being chased through some tunnels, and when he came out the soldier who was chasing her bayoneted her in the stomach and chest. This might explains the pain she
sometimes experiences in the stomach, in this life, and much was resolved, and released, when I asked the correct questions. I cannot remember the questions now, as they did not originate from my own mind, and I didn’t have my tape-recorder with me.

Her next experience was very strange; she described flying over a rocky coastline with the spear in her claw-like hand. She saw a seal like creature down near the water on the rocks, and she swooped down to kill it. As it was a ferocious beast, she approached it with caution near the water to cut off its retreat.

Suddenly, she sensed some movement behind her, and an enormous whale-like creature grabbed her in its enormous mouth, and took her out to sea and swallowed her. By this time she was watching this happen from outside her physical body. Then the whale like creature exploded.

Marian's higher-self said, that the vibrations of the two bodies were incompatible, and the large sea creature should not have eaten her. According to Marian's higher-self, this experience was the higher-self telling Marion to be more selective about whom she chooses to be involved with, in a sexual union.

But I feel this was only a preparation and introduction to a problem that Marion was suffering from, which a few months later her higher-self brought her the experience that triggered off past life conditioning connected with Marion and her conditioned sexuality, so she would accept her past lives, and recognise where this conditioning, which her higher-self triggered off, so that Marion could release the conditioning after she was shown the past lives, again months later, which caused it.

You see if a patient or student won’t accept or believe there is a conditioning being shown in the past life scene, then they can’t release it.

This past life connected to her conditioned choice of partners is one in a series of four past lives, shown to Marion on the same night, primarily because the different conditionings from these four past lives were the same, in that they were long term past life conditionings, and the process of releasing, Marion would have to consciously speak out loud, the things she wanted to release, every night before she went to sleep, until her higher-self told her that it had worked. This private therapy session will be in the first quarter of the second disc volume.
So the bush-walk reactions helped Marion believe the past-life experiences, by triggering fears when she was in the fortification tunnels and down on the rocks by the sea. Of course I had no idea of the significance of that specific bush-walk, when I suggested it, and this way of helping a student accept past-life conditioning, was to teach me that the best way to help release strong fear like emotions connected to past-life experiences, is not to tell the person what is affecting them, when the connected conditioned fear may not have been triggered off, and the student may not even be aware of the conditioning, but allow spirit to arrange how a student becomes aware of either the conditioning or the way the past life scene is shown to them.

In both sessions, while I was asking the student to relax, prior to them seeing the past-life scenes, I noticed a tickle or constriction in the back of my throat, which went away after the session ended, and when I noticed it the second time, I asked my guides what it was, and they said it was there way of prompting me to ask about it, as it is connected to past-life therapy. My guides told me that for a patient or student’s higher-self to know that it is okay to release the memories or akashic scenes of past lives, or lost childhood memories to the conscious minds of the students or patients, the therapist who is qualified by spirit guides, have their voice vibration altered so it is recognised by the higher-self, so it knows that the therapist is guided by spirit.

In the original chapter of this subject, from my first text book, I included my first deliberate class meditation of past-life recall, which I performed a few weeks later, which I will give you in a few more chapters, but when I came to compile the first volume chapter, I didn't like the idea that a healer would only have their voice altered, if spirit okayed it, because it seemed to set these healers apart as something special. I thought that maybe I had added the part about the voice altering, so I asked spirit about this knowledge.

This tickle-like constriction in the throat was never felt again by me, I think it was just my guides drawing my attention to it, but they used this tickle again when my students were ready for their own stage of qualifying to be past life therapists. Although I still felt uneasy about the whole situation, I left it to be sorted out at a future date.
HEALING CLASS 5/3/87, DAVID, NAOMI, BRIAN, BELINDA, MARION.
EARTH-PLANE HOSPITAL MEDITATION

“I want you to imagine that you are getting lighter and lighter in your chairs, floating away from your chairs up higher and higher. Going through the ceiling and up into the sky, you can see the cars and the lights of the city coming on. We are now taking you across the city to a hospital in one of the suburbs. Your guides are with you and we are getting closer to the hospital now.

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

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

(Approximately ten to fifteen minutes silence)

“I want you to now thank and say goodbye to the teachers and guides, who have been showing you the healing techniques, and now leave the hospital and fly back across the city to this room. Come back now, take three deep breaths, have stretch if you want to.”

DAVID’S MEDITATION EXPERIENCE

(David) “Well, I went with my guide into the hospital, and firstly we went to a ward where there was an old lady, who apparently had cancer. I
asked the teacher, ‘What is to be done?’ And he said,

‘Well, I'll show you.’ He proceeded to draw energy using one hand, to take the illness out, and with the other hand, moving it away. So he asked me to help, and I did the same thing. I used one hand to draw in the energy, and take away the disease with the other hand.

We then moved to another ward where there were children, and young boy had leukaemia. He walked over with me to the young person, and he taught me how to change the blood flow, reverse the cells, by having my hands on the boy's chest, and then moving it around, up to the head and over the body, and sending through blue light. We then moved to another ward where there were babies in humidicribs, and I asked, ‘What will we do here?’ He said,

‘Well, this baby has respiratory problems. Do not go through and place your hands on the baby, but just send a white light through the crib. The energy will clear up the tubes and release all the blockages.’

So we did that, and then I think we came back. Oh, the last bit, sorry, was a lady having a baby, and that's when you brought me back. I just was told to press lightly on the lady’s stomach, and that would help. The lady was having quite a lot of difficulty with the baby at birth.”

NAOMI’S MEDITATION EXPERIENCE

(Naomi) “I went to ** hospital, and I saw a very old lady, and my guides just sort of channelled light, just bathed her in light, and I thought, maybe one should do it through one's hands as well, which they did, and I also was involved with a pregnant woman, the guides and I just sort of channelled energy to her, through our hands.

But I know this sounds absurd, and it's probably not appropriate, but one of my friends died last year, and I remember at the time being rather helpless, to help him, and for some reason, I don't know why, whether it is valid or not, but I just saw him lying in a hospital bed, like when I went to visit him, and I channelled lots of energy to him, and his wife and family. And there was a man who died on the bus, on Friday.

(Naomi started crying at this stage)
I was very upset about it; I gave him a bit of energy too. I didn't know what to do at the time though. I said, a little prayer at the time, but you know I just felt sort of really bad that I couldn't help this person.”

“There was no reason to feel bad; maybe it was the stimulus to get you to come to classes.”

(Naomi) “Yes, maybe you’re right.”

(I then related my own life experience, the suffering that my mother went through when my brother died.)

“Because my mother blamed herself, and too much grieving and holding on to it, because they were in a state of ignorance about all this, because they never went to church, and churches don't tell you much anyway. So you see there's all different reasons for getting a student here, to help you grow, to help you understand that there’s nothing to feel sad about, because they live on anyway.

You know the old saying, ‘The good die young,’ and the old are still here, that's because the old have got a lot of things to learn. (Laughter) And the bad have got a lot of things to learn, the good have already learnt their lesson, and they've gone back.”

(Naomi) “Yes, well my friend that died was a very good person, actually.”

“That's right, because they learned their lessons while they were here, and they came here to do good, and that's it.

That's why spirit told me that I'm going to live to be over a hundred.”

(That made everyone laugh)

(Naomi) “I think I’ve got a fair chance of that, ha ha.”

“That's to make up for all the bad I've done in previous lifetimes.”

(More laughter)

**BRIAN’S MEDITATION EXPERIENCE**

(Brian) “I wandered in a room, and somebody said ‘Hello.’ If you want a description, it was a reasonably tall, slim, dark hair, dark glasses. Then I
was meant to watch something, and I saw them basically opening up a person on the bed. There seemed to be a black thing, and that had to come out.

For some reason my own thoughts came in at that point. I thought of the black thing coming out, and loads of other stuff as well, and there was a mini little explosion. I thought, ‘Ah well. I'm just getting onto my own thoughts again, instead of what I should be seeing. I got a right hang-up, since that happened the other week. So then I thought my mind wandered of elsewhere, and I felt that I must go back there, and I got the feeling,

‘Well, well, you missed the rest of that, you should have been here.’ (We all laughed here) So, I got shown something else, or at least I think I was. I don't know whether it was me, or them, and I think a similar thing happened again. Once again I'm just thinking,

‘Oh, is everybody just going to get opened up, and I'm just going to see loads of guts everywhere?’ (Laughter again)

So, my mind wandered off again, and I thought, ‘Well, I must come back,’ at least I'd keep on coming back, which is a good thing. Then I got told,

‘See that person over there? You operate, or be with them.’ And I thought, ‘What am I supposed to do?’ Then, for some reason or other, I felt my eyes running over them, and it got located on the right side of the body, near the hip. I was thinking, ‘Now what do I do? Is there anything in there?’ I tried feeling in there with my eyes, and thought, ‘That's strange, I can’t think of anything that should be there.’

Then I realised I'm back to thinking again, and I noticed feeling within my own stomach, to see if I had any sympathetic response to it, but I couldn't find anything in mine.

By that time, I realised I'd gone out again, so I tried going back there, and I think that was all, just about it. I was a bit relieved when you said that we are coming back, (more peals of laughter) because I was getting a bit lost.”

BELINDA’S MEDITATION EXPERIENCE

(Belinda) “Well, I went to this ward, and I first of all came across this patient who was laying in bed, up in traction. I was mainly the observer
all along, standing beside the teacher and just watching him. He just basically passed his hand over one leg, and then the rest of the body. It was just like a yellow, bright yellow light, just to heal the physical body in general, I think. Then I asked, ‘I want to see some more healing on some other patients.’

So, next we went to this elderly lady, and I could see these dark patches around her throat, which I assumed was cancer. So, a really soft pale blue light was emitted through his hands around the throat. After that was done we then moved on to another patient, and this one was probably a teenager.

He looked as if he'd just, or he was undergoing chemotherapy, and was just lying there quite desolate. Anyway, the guide or the teacher passed his hand sort of round the crown of the head area. It was just a really soft lilac colour, and on the outer edge a sort of whiteness, white light. I think it was soothing, I could see it surge down through him, through his body.

Then we went over to another patient, and I could see the back of the patient, a male was crippled in some way, and bent over in his bed. We went up to the back of him, and along the spine there was redness being emitted through his hand, probably just up and down the spinal area, and that was it, and it was time to come back.”

RAYMOND AS THE CHANNEL

“You have been taken tonight to a hospital to help with the healing of these patients. You will go to these hospitals many times in the future, to help these patients in their healing. You are sufficiently raised in vibration to assist in their cures, for you are closer to their vibration than the teachers who are on higher levels, and so you can help better than the higher evolved spirits.

You will be needed to do this many times in the future, for we are going to change the world, as the time is right, and the ones that cannot adjust to the changes will suffer physically, and will need your help, whatever stage they are at. You will be able to help them after they arrive in the spirit world, as many of them will still be in hospitals over there.
Your presence is needed for these reasons, and we will explain all the techniques to help all the individual cases that you will heal. You see, we can show you the colours and where to direct them, but we can only show, as we cannot bring the correct vibration to the soul in need, to help them, because our vibrations are too high.

Your vibrations are more in harmony with them, to allow the correct healing ray for their vibration. We will be able to teach you, so that you can do the work while you are here.

We cannot save many souls from dying, as a step is too great for them to change their consciousness, and vibration sufficiently to escape from their deaths. The ones that are borderline cases, may be helped, and may survive, but there will be many that are too low in vibration for you or us, to help, so that they can live here on Earth, in the physical.

You will also develop to be channels like this, so that you can help others, because when you are a channel, like this, we bring the teachings through for the individual's, or individual that you wish to be the teacher for. As when you are channelling like this, you will be able to help develop even one, when you sit together and help them grow, or more students when you get more confident.

The world is going to go through a large awakening to the value of these classes, and you are the teachers for the future. We wish to say ‘Hello,’ to you all tonight, and hope you will keep developing, so that you can help many, many souls to lead happier, more fulfilling lives, whether in spirit or in the physical.

We want David to have a go tonight, because he can do it, he knows he can, we thank you for listening tonight, God bless you all.”

**DAVID AS THE CHANNEL**

“Good evening my friends, it is nice to be with you. I have messages for all of you individually.

Brian, your heart is very much in the right place. Use your heart to guide you in whatever you do and think. Think positively, God bless.”
Belinda, life is a bowl of cherries, enjoy your life to the fullest, God bless.

Naomi, your friend is being well cared for. Release your grief; like you have done this evening, it is very good for you. Remember souls never die, they live on. The person in the bus is with us, he is being well cared for, God bless.

Marion, have faith, trust in God, and believing what he says. Accept, although question, your trust is important for your development, God bless.

Raymond, joy is around the corner, love and laughter, great tidings of happiness, God bless.

David, your work will begin soon. Do not concern as your guides and teachers have been telling you often. Patience, perseverance, and your work in teaching, guiding, and counselling, will begin soon. Your security will be assured. Have faith, have trust, do not part from the path that you have been set upon, your destiny has been set.

Follow your guides and your help, your gift will be used for the betterment of all mankind. It is God's will that you will undertake this work that is unique in its form, but important for all to learn in a practical sense, the way of spiritual psychic teachings, God bless.”

(Brian) “Can I ask about my destiny, or what will be happening to me in the next year or two?”

“Brian, your destiny has been set within you, you are aware, search within, ask your guides. You will be told, not in total, but in part, and as you develop it will fall into place, search within, within your meditation, within your heart.

The next twelve months are positive in your direction, have faith, accept, although question, continue your development, we are very pleased and are glad to have you with us in this work, God bless.”

“Do you want David in Friday class, to take the teachings from spirit, coming from Julie, you know, the exercises?”

“Not as yet, it will be soon. There is a need to develop a gift, which we are developing within, he is learning. And we want to concentrate on this particular gift, which is not in existence in many;
however, it will be used in classes eventually.”
“Am I gathering material for the second book, at the same time, now?”
“Yes, you are.”
“So that some of it won’t be put into the first book?”
“That is correct.”
“Is this material connected with sexuality?”
“It will develop into sexuality.”
“Healing along those lines?”
“Healing is one aspect, which you will bring forth in writing, and teaching. To help people become aware, and to develop their psychic to overcome an imbalance.”

(This prophecy of my healing in the area of sexuality was very accurate, and will be explained in great detail, on the third disc.)

“Is there anything that you want to tell me that I'm not picking up myself, that I’ve got to go in any special direction, you know?”

“Your direction has been set; you are following the path in accordance with your destiny. Your ego-state needs to be harmonised with your soul, begin to look out, look forward, look around, do not totally concern with yourself. It is important for us all to look outward after we have developed, God bless.”

(Marion) “Do you have any mediation me, to help me have more trust, and less fear?”

“Marion, meditation is certainly one way of having more trust and less fear, however it does take time to build up, if you have been educated in another way, it is new, and it is something that does take time.

My advice Marion is to look around and see that many, many good things that are being done in the spiritual and psychic plane, upon many on earth around you, who are helping many people.

This practical demonstration will help to implant within you the feeling of trust, and through your meditation and teachings, and
asking your guide for advice, seeing the practical help and love and care that is given, on many who are like the soul’s, will help to match and meet with the messages that you receive from your guide.

Marion, your heart is good and pure, follow your heart, meditate and feel the goodness that is around you, God bless.”

(2010 INSERT. Occasionally spirit will channel the words ‘Do Not’ or ‘Not,’ even I have on occasion channelled these words, but if you notice in the classes where David is channelling, his spirit’s also didn’t use the word ‘Must,’ in any context.)

Before this next class night began I was told by my guides that Julie would be giving us the meditation, and that I was to go along with it, even though it may sound violent, no one would suffer any pain or injury.

But this was before I would talk earth-bound spirits into the light, as rescues wouldn’t start arriving until Julie and Caroline had left the classes, I wonder if there is any connection. But they started to be brought to the classes many months later, for the next volume.
HEALING CLASS 6/3/87, JULIE, CAROLINE, SUSAN, GEORGE.
MEDITATION CHANNELLED BY JULIE

“There is much disturbance in the air tonight, and it is towards this disturbance that your meditation will be directed. We are going to ask your help to cleanse this house, at least temporarily of the disturbing influences. There has been much confusion tonight, and it has been the work of outside influences, nothing to do with you.

It was brought about deliberately by one that you know in this house, and the situation is going to worsen until what we suggest has been done. But for now, we ask you to go with us on a house cleansing, so that the work that comes later may be done in a calmer atmosphere. Those of you, who are tuned in, can feel the disturbances in the air, and you will know which room to go to, to work on in this house.

First, we ask you to arm yourselves; in your right hand you carry a spear, which is a spear of light, and if you enter a room that is dark, even though the electric may be on, if you feel you are in a dark atmosphere, then you must use the spear of light to cast out the darkness.

In your left hand you carry the shield of knowledge, and you may use this to protect you from any disturbed spirits that you may come in contact with. You also wear the robes of a soldier; you are a spiritual warrior. You are clothed in robes of glowing white, and this again is your protection.

While you wear these clothes and carry these weapons, there is nothing in this house that can harm you. In fact, you are now armed to be the perfect spiritual warrior.

And now we ask you to leave this room, to let your astral body, the spiritual warrior, go to the room that you feel you must work on. We ask you to cleanse it, to drive out the disturbed spirits that
reside there. You may have some difficulty, but remember that we are with you, and that you are protected.

We are sending you much power to do this work, so be not afraid. Be a strong spiritual warrior... have no fear in your heart, as the spirits of the lower plane cannot harm you. You must drive out these spirits, as they are harmful to those living here. And now we asked you to go, and you may recount your experiences later.”

(Approximately ten to fifteen minutes pause)

“And now you may put down your armour, take off your robes and return to this room, for your work has been done. But remember the protective circle is around you, and you cannot be harmed. Now open your eyes and come back.”

RAYMOND’S MEDITATION EXPERIENCE

“Before you told us to arm ourselves with the tools for the work, I imagine going to the kitchen. Now I know that my guides steered my thoughts to the kitchen, away from the nasty spirits, because I didn't have the spear, the shield, and the robes on. Right, so I left this room, and went down the corridor with my shield and my white robes on. I went into, Avon's son’s room, and all these spirits were scuttling from corner to corner, and I was going like that with the spear...”

(Right arm extended)

“I used the light spear to frighten them out of the place, and they all shot out of the window. I increased the light of the place so that all the room was glowing, then I went with the spear all around the lentil of the doorway, frame of the door, and it lit up the frame all around the edge of the door.

I then came out and went downstairs with the light in front of me. All the spirits were scuttling for cover, they were pouring down the stairs and racing around, out the windows and doors, and they were looking in from outside. I increase the light of the lounge, and then I went into the other lounge where they were hiding in the ceiling, and in the corners.
After I did that, I came up the stairs again; I went into the bathroom, and there was one sitting on the bog, looking at me.” (Peals of laughter from the students)

“And then I went like this…”

(Extending the right arm again)

“And he shot out the bathroom window.” (More laughter)

“Then I went into Catherine and Avon’s room, and there were two hiding under the bed. I sent the light right through the bed, as if the bed wasn’t there. It was right through, and they shot out the window. I increase the light in all these rooms so that they were brighter. I supposed that these rooms were covered by other students, and that was about it.

I came back and asked a few questions about this class, where it was going. I know where it's going now.”

(I still may have imagined all these spirit’s, as I don’t have psychic vision.)

SUSAN’S MEDITATION EXPERIENCE

(Susan) “I was getting a little bit anxious, because I thought that there was only one room, and if we didn't get the right room, then we hadn't tuned in properly.

The first room that I was concerned about was the room where Avon was doing a massage, or something, downstairs. A girl was lying on a table out near the toilet down the back, downstairs. It was dim, but it didn't seem really dark or foreboding.

Then I got the feeling of coming upstairs, to one of the bedrooms. I don’t know the layout of the top floor, but it was an upstairs bedroom. As I went in there, it was really dark, and I got the feeling of howling, whining, and so on. So I said, ‘Listen children, you know this isn't any good, you might as well leave.’

But then I thought, ‘What's the point in just telling them to go?’ I wondered if I could just stand there with my light, my shield and everything, and try to absorb all their pain into me. But then I thought, ‘No, that will just destroy me.’ So, I really didn't quite know what to do,
so I just stood there trying to give out the light, and trying to give out a bit of compassion. They were whining, moaning, shrieking and carrying on.

The next thing I thought of was the place where I work, where there is a bit of the same sort of stuff going on at the moment. I saw myself sitting at my desk, with the shield of light around me, trying to emanate a feeling of harmony and peace, to buffer off some of it; absorb a little bit somehow, and putting oil on troubled waters, there too.

Well, I felt that it is not so much a question of them going; rather it's a question of educating them. Just telling them to go somewhere else, doesn't seem to be a solution. It was rather a matter of trying to do something towards touching them, and taking their fear away; somehow like approaching a wild animal, trying to talk to them very gently.”

CAROLINE’S MEDITATION EXPERIENCE

(Caroline) “I wasn't very sure of myself, either, but anyway I went straight down to the end, to Avon's son’s room. I immediately got a lot of blackness in there, so I just held my spear out, and tried to fill the whole room with light from my spear, because I felt that at least I could maybe put a bit of light in there.

And then I felt to use the shield. There was one particular spirit in there, which was really coming up to me, and there were all sorts of what, like the goolies, the sort of things you see in the cartoons. They were pulling all sorts of revolting faces, trying to scare me.

I wasn't sure if it was my ideas, or whether spirit was directing me, as I don't think I was getting comments very clear. I held up the shield to reflect itself back... that was the idea that came across, and just kept asking them to please leave the room.”

JULIE’S MEDITATION EXPERIENCE

(Julie) “Well, I was outside the house, above the house, and I was looking down to see how effective everyone's methods would be. I was watching, and it was like a white tornado enveloping the house, and as it was
spinning I could see the spirits being thrown out of the windows and things.

I thought, ‘Ah well, that's good, they're being quite effective.’ So I watched all these spirits being hurled out, right and left, and I was feeling the atmosphere. It was getting better and better all the time, but it is only a temporary release, because they'll be back again, as the source of the attraction is still living here. So, that source has to be dealt with. It's a good lesson in how to deal with the spirits. But you've got to realise that although you can clear them out on a temporary basis, they'll come back, as long as the person who is attracting them, hasn’t been dealt with.”

**JULIE AS THE CHANNEL**

“Tonight, you have learnt how to fight; to fight the forces of evil, which plague the Earth from time to time. We are preparing you to be healers, but you must realise that fighting evil is a form of healing, and you will be called upon to do this work in the future. You must understand that the only weapons you need, are knowledge, which is awareness and light, which is love and compassion.

Indeed, you should not feel the fear of these spirits of the lower-plane; you should only feel compassion and sympathy for them. For they are indeed troubled spirits, and they are building up severe karma by their torment of earthly entities. Therefore let compassion and pity be in your hearts when you cleanse a house, or office, or any troubled atmosphere. We cannot stress enough, that there is no need for fear, for we protect you, and your own higher vibrations protect you.

Most of you in this room have the higher vibrations that can fight these lower-plane spirits. Therefore do not be afraid, it is work that you will be called upon to do many times in the future. Just remember what your weapons are, and have no fear.

Unfortunately, we do not advise further lessons in this house, until the source of the disturbances has been cleansed. This may take some time, but there are other places where meetings can be
conducted. At the moment this house will only confuse and trouble you, and add to your own personal problems. And now Raymond will speak.”

“Do you want the Thursday class to merge with the Friday class, and have them at my place?”

“Yes, But we add a note of warning, that the Friday classes will become much harder, and more advanced, when you conduct them at your home we wish to speed things up greatly.”

“That's all right, there would be better harmony at my place, and it’s got good vibes.”

“Yes, it will also sort out those who are truly dedicated, from those who are dabbling. Did you know, Raymond, that your house is situated on a line of power?”

“I had a feeling of that, I asked that today, and was told it’s true.”

“Running actually on a Ley line.”

“It would be a very good place to conduct these lessons.”

(Yes.)

(Yes.)

“Is it a Ley line?”

“Yes, it is not as strong as some around the world, but it is there, nevertheless.”

(Most of the energy points of power in Britain have already been built on, or over the top of standing stones, monoliths and healing wells, by churches, cathedrals and Castles, and as the indigenous natives of Australia were nomads the place of my home was empty, so it could be built on.)

(Caroline) “What is your advice to me about visiting here?”

“You are aware of the disturbances, are you not? You can feel them, and that awareness will be your shield. Just remember to protect yourself adequately, and remember that any confusion you feel in this house will be accentuated by the spirits that are here.

We urge you, if you have any influence with Catherine and Avon, you must persuade them to work with Jarred, but do not let them work alone. They must have experienced mediums with them, at least half a dozen, because he is very strongly bound by these spirits.
In fact we advise speed, because every day he attracts more, and you already saw tonight how many were in the house. There are still more, but they are on a weak enough vibration, not to bother us at the moment. The stronger ones will return.”

(Caroline) “I had an opportunity earlier to speak to them about it, but I hesitated because I wasn't sure how they would receive it.”

“Their reactions at the present time, you must understand are not clear. Imagine that they are living every day in this house with these disturbances, and you will understand that their reactions are not as sharp as they should be. They are not picking up the disturbances clearly.”

“I feel that I won't be coming to the service on Saturdays, anymore.”

“No, the pattern of your life will be changing now. You will only be conducted the Thursday classes for a while. There is one we wish you to train to take over the Thursday sessions, one who is advancing very quickly.”

“Is that David?”

“Yes, and he may also be helped by Helen.”

“Right, so they can run the Thursday classes all alone?”

“Yes.”

“What about the material for the text book? I won’t be getting any more material from that class, will I?”

“No, you will get more than enough from the Friday classes. You'll gain material that you have never heard of, or read before. This will be completely new for this generation.”

“And is spirit going to choose the people for my Friday class, or do I have to choose them?”

“They will choose themselves, if the urge is great enough, we do not force anyone. This is where we separate the men from the boys. There is no more time for dabbling, you must be serious and dedicated, and we also warn you that your personal life may suffer.”

“The students have got to be on time, because it disrupts the class and slows it down.”

“Yes, timing is important.”

“But you, all wait for us.”

“That is so, unfortunately in work of this kind, there must be a
choice. To be burdened with too much personal interests, such as a family or someone close, will slow you down. We will ask you to do many assignments, and if you are too attached to others, you will not be able to perform them adequately.”

(Susan) “When you say, many assignments, do you mean emotional assignments or spiritual, or both?”

“Both.”

(Susan) “So we may still have relationships until the assignments in our lives?”

“As long as the people with you realise that you have important work to do. If they do not realise, and perhaps help you in this work, encourage you, then they are not the right partner for you. You need partners who can understand and encourage, and we warn you that there are not many developed enough to be suitable partners. Therefore there will be many times of being alone.”

“Except we are never alone.”

“That is so, as long as you believe that, you will never be alone. Sometimes we understand the need for human companionship, but unfortunately this path calls for much personal sacrifice. But we tell you, that the rewards are much greater than you know.”

Caroline, you have been successful so far in the battle against your father, you have been succeeding in fighting back at him, although he is still trying, but you are getting there.”

(George) “What's the best way to get in contact with the spirit world, and to find my own guide or guides?”

“You have already met your guide.”

(George) “I don't know what he looks like, or who he is. Is there any way I could find out?”

“Have you not dreamt of him, has there not been a dream that you have been dreaming many times? He will not always come in the same form; you have many guides, not just a single one.”

(George) “Will they tell me the same things, or will they tell me different things?”

“You will receive new information at each different stage of development. You will receive as much as you can handle at one
time, no more than that.

You have already met many guides in your dreams; we prefer to deal with you when you are awake, but unfortunately, sometimes we must deal with you when you are asleep, and more open.

You must try and contact us when you are awake, increase your awareness and meditate more.

(George) “What shall I do to try to contact them more, these spirits?”

“They will contact you.”

(George) “But sometimes I'm not aware of it.”

“Then you must become aware.”

(George) “How do I become aware?”

“You must open yourself up more. There is fear blocking you; your chakras have not been cleared, and therefore we could not get through to you clearly. You must do more meditation. You must make yourself quiet, and learn to relax more.

You are confused sometimes, and this makes it difficult for us to come through. You must find the quiet inside yourself, and then you will be able to hear the inner voice.”

“Have you been waking me up earlier in the morning, or is that me?”

“Yes.”

“Well, what's the purpose, is it so that I can work in with Julie’s timetable?”

“No, although that is part of it, that will help.”

“Or do you want me to do some meditating in the early hours of the morning?”

“There is a particular time of the morning that we especially favour. There are not many people awake at that time, around three o'clock; much work will be done then.”

(Caroline) “Is there a better time for me to meditate?”

“That time in the morning is special for all. Psychic senses are particularly attuned at this time, but unfortunately many people sleep through it, thus they gain the intuition through their dreams. But it would be much more useful if they were awake, and could receive it fully aware.
When they dream, it only goes to the higher-self, but when you are awake, your conscious self will see what is to be learnt. But we know it is very difficult for people to be awake at that time, but peoples inner timetables can be adjusted, as we are doing with yours Raymond.

This is also the time Caroline, when your father attacks you.”

(Caroline) “I don’t like the word attack, it frightens me.”

“Do not be frightened.”

(Susan) “I’ve often woken at three, but sometimes it's the time when I feel fragile.”

“Yes, it is a very sensitive time, which is why it is a good opportunity to practice the lessons you have learned, and meditate. You will receive much information at that time. If you have a question, ask it at that time, and you will get a very clear answer.”

(Caroline) “Do you advise me to get up and meditate then, because I do not want to wear myself out by not getting enough sleep?”

“No, at the moment you are dealing with your father in your dream state, and that is enough. You are winning the battle; we use the words attack and battle, because you must realise you are fighting him, but fighting him with love.

Unfortunately, your vocabulary uses the words attack, battles, and fighting, in a violent sense, but there is also the battle of good, that uses love and compassion.

Raymond, your place, it will be a place of knowledge now. It will become a Temple of learning.”

“I feel it in the lounge already; I can't go in there without the feeling of spirit all the time.”

“That is right, there will be many teachers present, and these may be tapped into, at any time. You know why we have come, the work must be done.”

“The book?”

( Susan) “I have a feeling, well, a desire, perhaps, that I'd like to be having some sort of meetings in my house, at some stage. Can you tell me if this will be happening?”

“You may, but there will be a house-cleansing necessary, to
prepare it for such a meeting.”

(Susan) “I feel very comfortable in that house, because I feel it's very healthy, what cleansing do you refer to?”

“Because of the advanced lessons that will be taught, there must be a complete cleansing of the atmosphere. It is not a bad atmosphere, but we wish to prepare it with the right vibrations for learning.”

(Susan) “How will this be done?”

“The circle may do it when they meet.”

(Susan) “This will be further on, not soon, I imagine?”

“However, you will not learn as many lessons as at Raymond's house, because we have been preparing it for some time. As we have said, it is on a line of power.”

(Caroline) “What is the atmosphere in the flat that I'm moving into, at the moment, is it safe?”

“Not at the moment, it needs a cleansing, but you may do this. You have learnt tonight how to arm yourself.”

(Caroline) “Can I do it effectively by myself?”

“You can.”

(Caroline) “How long will it last?”

“As long as you believe it lasts.”

(Caroline) “Am I correct that that is a good place for me to go at this time?”

“Yes, you will learn much there, we have directed you to this.”

(Caroline) “You would have liked me to go a bit earlier, is that right?”

“No, this is the right time. There is much change in your future now, but it is a good change, a good time for learning. You will find that every part of your life improves now, and you will be able to put confusion and darkness behind you. The future is very bright now, and holds much promise for you. You will find that you will make more advances in the next couple of years, than in all the years of your life so far.”

(Caroline) “It has already started to speed up.”

“That is so; do not be afraid of the speed.”

(Caroline) “Will I remember what I learn, or will I forget it?”
“Your higher-self remembers everything. Your conscious self does not need to remember all the lessons, because it is stored in the higher-self, and that never forgets.”

(Caroline) “It will come out when I need it?”

“It will. We have said to Raymond before, that the higher-self is the computer brain, it knows everything, stores everything, and brings it out when needed.”

(Caroline) “Because I've been writing down the things that I’m learning, sometimes I don't get time to do it; I think it's a good idea, though.”

“If you think it is, then it is.”

“Did you want to Caroline's friends to be in the circle tonight?”

“No, but they may come next Thursday. Unfortunately, they were drawn here tonight by the disturbed spirits here, because they have disturbances about themselves that are attracted, and Caroline must work with them, to rid them of these disturbances.”

“With the two girls?”

“Yes, they should not even be in this house while it is disturbed, for they are not of a level to protect themselves adequately yet.”

“So, all that I was saying to them earlier, before the class started, was just to stop them from coming into the class tonight?”

“Yes.”

“To actually cause a disturbance, so they wouldn't want to come in?”

“In fact, it would have been harmful for them to remain.”

“So, I don't know when I'm working, do I? Everyone thinks that I'm getting emotional, just trying to get the message across.”

“You do get emotional Raymond, but it served the purpose. But we wish you to try and control those emotions more. We ask you to think more, before you speak, because it can upset people. Sometimes you do not explain yourself properly, when you speak fast.

But it was not all your fault; you also were being affected by the disturbed spirits... everyone was. You see, this is why we ask you to
rid yourselves of the emotions. In the heat of the moment, you let your guard down, and these disturbed spirits wait for this time to jump into your aura.

Unfortunately, Raymond, when you lose your temper, you drop your guard, and this is when you are most open to psychic attack. Therefore, a calm and cool nature is your best protection.”

(Caroline) “Are there a pile of spirits, or evil spirits in the place where I work?”

“No, some will continue, but the classes at your house will not continue for long, only until you have the information you need.”

(2010 INSERT. I continued to run classes at my home for another nine years, and more and more advanced students would be attracted to my classes, where we had past lives together, and we saw many of them in past life therapy sessions.)

“Well, what will happen to everyone else developing? Will they have to run their own classes to develop?”

“They will either give up, or try harder to find other classes. It is their choice, we do not force anyone. We sometimes bring people to cross roads, so that they may find their strength. Those who are dedicated enough will find their own way, but is not your responsibility.”

(George) “You said before that my chakras are blocked. How can I unblock those chakras, what's the best thing to do?”

“Unfortunately your chakras are blocked by past experiences, and until the lessons are learned, the chakras will stay blocked.”

(George) “What are the lessons to be learned?”

“We cannot explain them all to you at this time, you must go through many more experiences of a painful nature.”
“Life experiences?”

“Yes.”

“Is there any way to speed up and become more advanced, or more sensitive?”

“That is a difficultly phrased question. You **cannot** speed up the experiences that you are going to have, but you **can** speed up your spiritual progress, by meditation and attending classes such as these.

The experiences will come in the correct time. There is no way to speed up the correct time as the conditions must be right. But if you accept this, then you will have made progress.”

**SUSAN AS THE CHANNEL**

“First, there is something that George **must** realise, in answer to his question. If his guides would say different things, **don't forget**, the truth is one. Your guides **cannot** contradict each in, your lessons may be different, but the truth is one, and always one.

My friends, I have more to tell you. I **can't help**…”

“Gentle friends, we are happy you are here, you are all blessed and loved here. You are all welcome here, enjoy your time here. Take joy from this evening, go home laughing and smiling like children. Bring colour and light into the rest of the week.

And when that feeling is getting a little tired, then you will feed again, and again get light and happiness to take you through the next week, and all the time you will be growing. But **don't forget**, bring colour and light and joy with you, from this meeting together with each other, and with us.”
(As I was listening to the recording, the accent and in the last paragraph, sounded Asian. And my guides just told me there was a Japanese guide for the channelling, starting at the paragraph. “My friends,…”)

CAROLINE AS THE CHANNEL

“There is light and love all around you, a big orange cloud of warmth, happiness, freedom. Comfort and safety is around you. To visualise this at times can help, like that of the laughter.

These are tools that you can take with you. They are your everyday tools of the mind that can help lift you, help you bring yourself to the frame of mind that you require, in order to achieve what you are guided to achieve.

A ball of white light, spiralling up around your body and head, can help to create this circle of protection around you. Different people find a need for different visualisations, to help themselves feel safe, for you are safe; to convince yourself of this, we give you these visualisations to help.”

In May of 1990, I was at the psychic centre where I held my first healing classes; I was still going there for their service and to perform healing every week. Well, this day, Catherine, who in my own opinion has now become the best a medium in Sydney, was giving a reading for one of the congregation. Catherine said to this woman, who I will call Ruth.

‘You are suffering from many negative influences, which can best be healed by Raymond, as he understands and knows how to deal with them.’

So after the service, Ruth, who was in her 40s, told me that she has been doing readings, and had been a practising psychic for many years. But she had become aware that she was suffering from being bothered by spirits, who were with her all the time, and had taken up residence in her house.

I told her what I do, is said that we had to not only rescue these spirits, but allow Ruth to find out why they were with her, so that she can learn
why they were such a problem, so it doesn't happen again, as there is always a reason behind every cause, for what she had been going through.

So, she said she would come around for a session on the following week. But before Ruth arrived, I had found out what we were going to do, and had found out that the attached spirits were just earth-bound, and none of them were evil or attached from previous life-times.

My guides also told me much more about her higher-self, and her past life-times, so that I would accept who would be channelling through her. But my guides say that until the reader of this disc has read, and understands development of this kind of phenomena, connected with parallel lives, parallel Earths, ‘Walk-Ins,’ and thought-forms, we have decided to leave those references recorded on the night for a later disc, as most of the readers would not be able to believe or accept, what we revealed to Raymond, prior to Ruth arriving in the class.

These concepts will be shown and explained in much more detail in the second volume, as Raymond and the students were helped to believe and understand the complexities of reincarnation and the spirit.

So a small part of this session will be left out until the fourth disc, where the whole session will be inserted in its correct time and date to go with the rest of the material from the same dates.

There are also concepts connected with the past life-times of Raymond you need to read about in the third and fourth disc, which are connected with Ruth, as on this first disc, which is mostly showing you the class experiences up to the 20/3/87, and up to that point in time, Raymond only became aware of about 3% of the past life-times he was going to become aware of, in the next eight years.

When Ruth arrived, firstly my guides got me to perform spiritual healing, so that the healing guides could repair any damage to her aura, and perform any psychic adjustments to facilitate a better communication link with the spirits who were going to channel through Ruth, if they were needed. We then spoke the Lord’s Prayer and performed the white light purification exercise.

I then told Ruth that her guides had connected her up for channelling, and that I would talk to each spirit as if they were here, by asking them questions of why they are with Ruth, and then proceed to rescue them.
As rescues are mostly repetitive in procedure I have condensed the information, and put it in green high-lighted brackets, so that you will know that I am describing a few details, and if Ruth channels anything interesting I will leave it in Italics.

(2010 INSERT. My guides tell me that Ruth had channelled before this night, and she didn’t mention this on the night, but because at times when Ruth channelled, certain spirits channelled through Ruth, to convince the earth-bound spirits to leave, and then Ruth would channel the answer from the earth-bound spirit, which was a new experience for me, and because Ruth also was describing what she was seeing, I have had to label each change of who is speaking, or when Ruth is describing what she is seeing.

When I came to listen to her channelling to type all this up for my original text book records, I had to confirm with my guides who was speaking at different places, so I have put in brackets which spirit is speaking, before they speak, and also when Ruth was speaking.

When an unknown Guide is channelling I will label it as (Guide) and I will categorise all spirits to be rescued as (Lost soul)

The main spirit who channelled through Ruth I recognised, and my guides confirmed their identity, but I think you could categorise her as a lot higher than Guides, and this was Mary, the mother of Jesus.

Sometimes Ruth would be channelling Mary, to talk to the lost soul, but the spirit who came through the white light, to rescue the lost soul was sometimes different, so you can see that these rescues are a bit more complex, and why I had to show you the procedure with Paul and Gail in a previous chapter on rescues, about eight chapters back.

After a spirit has been rescued I will put a line break, so that you will know that there is another lost soul being brought forward for rescuing, all the spirits were rescued, and eventually the rescue operation astrally moved to her home, for more rescues.

I will explain some of the circumstances of Ruth’s deceased relative, when we come to them. Any reference to advanced material, I will replace with ******.
RESCUE NIGHT 22/5/90, RUTH AS THE CHANNEL

(Male spirit, close to fifty years old,
He had been with Ruth for a long time.
His parents came through the white light and took him through.)

(Male spirit, twenty-six years old.
He admitted to causing a lot of problems.)

(Lost soul) “Ruth wouldn’t take any notice of me. I had to get her attention some way or another. Forgive me?”

(Rescued by an angel and his grandmother in the white light.)

(Male spirit, who was a little bit disfigured.
Who was rescued by an angel in a green garment.)

(Lost soul) “I got caught to Ruth because she knew healing. I was trapped, every time she did healing for herself, I thought I would be healed.”

(Also two other spirits were rescued, as another angel appeared in the white light.)

(Old woman spirit, who was attracted to Ruth’s heart, and her weeping.
Mary appeared in the white light, without my suggestion, and Ruth started channelling her, very easily.)

Mary)

“My child, you have no fear. You must go on now, and enter into the God of light. And there, you shall receive all the attention that you’ve needed. You shall no longer bother the children of God, and their work. For much disturbance has already been given, and much heart-aches. You must believe only in the one, and you must go and return to him.

For this child here, Ruth cannot help you no more. She has much to carry on with, and much to go on with, with her own life. She must no longer be disturbed. So come with me now.”

“Mary came, and channelled through you.”

(Mary)
“Yes, she does very often. It feels as though she's sitting down into my aura, but she anointed her with a cross on her forehead. The spirit was crippled.”

(Spirit child, rescued by a fairy-godmother and a monk, from the white light.)

“Are you a fairy-godmother?”

“Yes, I am.”

“I followed Ruth from the gardens, picking up flowers on the way home. She wanted a child so much, so I offered to stay.”

(Lost soul)

(Another spirit child was also rescued.)

(Male spirit, He gave his age as forty six years old.)

“Why are you attached to Ruth?”

“She was having difficulty with weight, I understood how she felt, and I thought I'd comfort her, and console her, but I'm big and I'm strong. But I passed over with a massive heart attack, bloated intestines, and a punctured lung.”

“Has her weight decreased since you have been attached to her, or has her weight increased?”

“It's increased.”

“You see, you don't know, but your influence is making her put on weight, even though you sympathise with her, you end up influencing her, and helping her put on weight, do you understand?”

“She had difficulty in breathing.”

“Yes, because your death experience is what she's been feeling.”

“There is no fear. For thou art, the father, and thou art the mother, and thou art the prayer, the prayer of light. My children must be rescued.

You must go now, and be pleased that your time is here, and you are no longer to disturb her, or influence her, or upset her life, or any of these children that have been called.

She calls so much on her loved one, (Ruth’s brother-in-law) who is also grieving on the other-side, to make way in her pathway,
leading to thy beloved son.”
(Ruth) “He's going, and he is waving.”

(Female spirit, age eighteen. Attached herself to Ruth for healing, the spirit had asthma, and choked to death.)

(Ruth) “She’s gone. Someone came and got her by the hand, and took her.”

(Lost soul) “I am bitter, with everything that has happened. No-one wants to know, no-one wants to listen. I was gifted with the same similarity as Ruth, but I went about it the wrong way. I asked for help, I had the wrong incentive, wrong motivation.

She felt, what I felt, grief. Alcohol caused my death. I made her feel, to go through the same as what I have, but more on drugs and suicide.”

“What’s the energy person in the white light saying to you?”
(Lost soul) “He said this was only the beginning.”

(Guide) “If you wish to continue, you must come and learn. Once you learn, you must not go, nor disturb, or interfere with the higher realms, the guides of the light, and of truth.

To learn, you must push on, and go on in the presence of another higher guide, to teach you never to take anything on your hands again, for you must be gone.”

“Will he go with you?”
(Lost soul) “Yes, I have connected in the same substance as a figure.”

(Sister ***** spirit, a Nun.)

“How long have you known Ruth?”
(Lost soul) “I have known Ruth, ever since she's been in high school, in first year.”

“What attracted you to become attached to Ruth?”
(Lost soul) “She was a pupil, and I was a teacher there. I was very, very nervy; I was very hard, misunderstanding at one time.”

“So you want to come back and help her, and pay a debt?”
(Lost soul) “Yes.”

“How did you die?”
(Lost soul) “Just a sickness.”

(Mary) “Do not feel that at that certain time of *****, to which
you have carried over, at that time, be bothered into the subconscious level of this child.

She is one who forgives, the one who doesn't forget. It has left her into such a position; she can carry on with her own duties.

I have prayed for her. I have been close by her, but unnoticed.”

(An entity from a higher level of vibration will be invisible to a spirit on a lower level of vibration. The area of the circle raises the vibration of the lost soul so she can see Mary.)

“Now that I have come here, she's left in God's hands, and in peace. I have taken her by the hand, now she's going.”

(A couple of child spirits)

(Lost souls) “We love animals; we brought the animals to Jill.”

(Rescued by other children, and more animals in the white light.)

(Ruth) “Now, I've got a kid in the backyard of my home. There is a light now just coming over, like a substance, an Arch-angel into a bubble of light. I think the kid is fearing my husband. My brother-in-law's in their giving a hand, telling the child to get into the light.

They are getting a black lamp out of the house, and getting everything else out of the house, that's been there. It's just like a trail of smoke. My brother-in-law is helping the Angel at the back.”

“What is this stuff?”

(Ruth) “It's like a negativity of mask.”

(Guides or higher-self) “We have been influenced by dark energy, which had been deposed into the mind of Ruth by a Lady.”

(Is this lady, a medium?)

(Ruth) “Yes.”

“Did she do it on purpose?”

(Ruth) “She thought she was doing good, she thought she was doing right, but she wasn't.”

(Is this angel removing this dark energy from Ruth now?)

(Ruth) “Yes. It's brown, it's in the house.”

(Lost souls) “We have put it there. There's a big doorway. We took it
out from a picture, out of a Bible, feeling that Christ will come through, to help her to remove the energy.

There is a pig that they left in her subconscious mind. They turn the house as a graveyard, which had caused her illness and fear. They put a graveyard there, someone was buried there, but we changed everything, we changed it.

We wanted to be found, we wanted to be known that we were there.”

“Who are we?”

(Lost soul) “It's a family. One grave, that's mine, I am no more than twelve or thirteen years old. I see two angels there; they're all coming in to help. They're still clearing the house, from up the roof, around the walls, everywhere. All generating, all the objects that they have left there. We're sorry Ruth, we're sorry.

Hang on a minute, there's like a big sort of a blog type of thing, that's there. What it is, is that we enjoyed the kids TV programme. We enjoyed what was there, we liked it. So Ruth felt that wrong impressions were being basic onto her, but wasn’t. We wanted to let her know, that it's only a kids show. We brought other people in.”

(Ruth) “Towards the left side of the house, there's like a shooting star, shooting right down with pure white light. They've walked straight up, as though the Angel is moving, it's towards the star, they're going.

I've had a full house, all the stuff that ***** (Medium) was supposed to clear. This is what's been happening for two solid years, but it's been basically bad.”

“Was it her that caused the problem in the first place?”

(Ruth) “Yes.”

(This earth-bound spirit was an impressionist, which picked everything up from the TV, and directed them at Ruth. He was rescued by an angel of light, and then Mary came in.)

(Mary) “You must go now, and you must leave. For much suffering has already been done, and been given. You must go and not return again, for she is the Arch-angel of light, and the instrument of my work.”

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(Male spirit, rescued by a tall white figure with beautiful long hair, and a small face.)

(Mary) “You have disturbed so much, but not just in this life, also into other premises. You must walk away now, and let her rest, for there has not been any rest, nor peace to where it is needed. Her health has been deteriorating, because of these confusions, and soon this will be wiped.

For the Lord thou God is with you, and soon all this will be removed. I am thou mother of light, and of love, and whether the children are good or bad, I ask with those in love and light, to bring forth thy children into the beloved son’s hands. There, they are all loved ones that belong to you, and there you shall go.”

(Ruth) “I am being comforted, I being strengthened and protected, as the arch-angel wings spread around me. I am now being hurled into a bundle of glorious light.”

(Male spirit, rescued by Mary.)

(Mary) “There is no karma to be paid. If you have faith in me, then believe in me, and know that I am one of light, and one of the truth. But I am only one, one God, one light, and one universe. My universe is my joy. You have been my creation. Thou art thou creator.”

(Ruth) “Have you seen the times of Moses? It’s just like a big tunnel. They’re all going through this big tunnel of white light. It's just like they're turning this big tunnel of white light towards me. They’ve turned this Pipe of light, that suction of light through the door of my bedroom. They’re circulating this light around, sucking all the spirits that were there.”

(2010 INSERT. I have heard a similar description of this pipe of light before, a student of mine was shown a past life as a sailor on a W.W.I Destroyer in the North sea, which was torpedoed, and her past life drowned in the ship, here is what she said.

(Gloria) “There’s a big search-light, coming down through the water, and as it touches the men floating, they disappear, like somebody shining a big torch-light through the water. And most of them have gone now, yes, I’ve gone now, I’ve gone in the search-light now.”)
(Ruth) “They’re going over to my husband; they're cleaning his aura, his whole entire self, his face, the negativity, just everything that's been affecting me.”

(Another spirit found in the house, brought to the classroom for rescuing by Mary.)

(Mary) “You have not listened to any of her prayers. She's given out warnings. She has told you over and over again, she's in line with the divine of the father, the son, and the Holy Spirit, divine.

Her higher-self, her higher guides of the pure spiritual realms of the divine of light. To whom she may call. It is those that she calls, and nothing below the surface. For you will not undo what is already being done.

I can see this fellow, he has worked on thee, as though he has put in light, there, and the healing has been given, but the wrong energy, there is also a female there too, that I still can’t get rid of.”

(Ruth) “Mary is calling her; she's showing wounds of her blessed son, gone. My brother-in-law says, I'm doing fine.”

(Another spirit found in the house, brought to the classroom for rescuing by Mary.)

“Is Mary here?”

(Ruth) “Yes, with much joy.”

“Ask Mary, if there are anymore spirits that need rescuing?”

(Ruth) “Yes, there are two more. Why am I getting entities from space, into my space?”

(Another spirit found in the house, brought to the classroom for rescuing by Mary.)

“Are they interfering?”

(Ruth) “Yes. I’ve got God on the left, and the Sacred Heart on the right side and I see a spacecraft over to the Crown. They've come to get them, but there is more than two, there's another involvement in it.

A serpent that is wrapped around me, that's got to go back. It was a wrapped around, as a thought-form. It's just demolishing the substance, it's just all underneath Mary's feet.”

(Mary) “I have called on Zooth for help. Zooth is the name of the one who helps those in need, as a protector from Mars, who sends the warriors down to anybody’s need of assistance. He works through E.K. Yes, there have been extraterrestrials, interferences, and those in spirit have been in competition in relevant to look alike.”

(Ruth) “The divine mother is bringing in a light into the centre of the spaceship, and they are being sucked into it.

There's something underneath the surface of the ground at my home.
They just threw in a blue light; I don't know what it is. I can see bones buried underneath the house.

They’re lifting such a huge thing out; it's just like a mass of something. It's just like a ball of black, and light is whizzing into it, and out of it, as though it's cleaning the whole thing.”

“Can I speak to Mary?”

(Mary) “My hand is uplifted to God of light. My child, you have nothing to fear at this time, for what is happening to your home, your family, for there is much work there to be done.

Do not grieve over your brother-in-law, for much love is yet to come. For what has been done, and what has already been said, your goal is there for both of you.

For what work has been given, what has aside, it comes from the heavens.”

(Ruth) “I just asked a question, whether I will see. She said, yes.”

(Mary) “Yes, you will. When all this problem, this situation is over. For what you have long awaited for, shall come both your way, and he shall wait for you, when it is your time, when God calls you.”

“Do you want Ruth to come to development classes, every week?”

(Mary) “At this stage it's a bit difficult.”

“To help her with her problems, and tidy up everything?”

(Mary) “Yes, yes, yes. Communication can also be put on to line of phone, of talk, of comforting and consoling, for she has no-one.”

“Mary, you know me, don't you?”

(Mary) “Very much loved.”

“What’s your connection with my higher-self?”

(Mary) “Angels of light is the higher connection. For they are aligning your higher-self with the Christ divine.”

“No, I meant your connection as Mary, with my higher-self, there is a connection there, isn't there?”

(Mary) “Yes, there is. There is purity, there is trust, there is truth. Much work is yet to be done.”

(I feel that Mary didn’t want to answer this question, because Ruth’s higher-self didn’t want certain things revealed to Ruth at this stage in her life. And that was the end of the tape.)
Ruth didn't return for anymore therapy, or class sessions, but we had a few long phone calls. And while I was on the phone to her, she would be in communication with her higher-self, and sometimes channelled what she had to say. But the gist of what Ruth learnt about the reason for her problems, goes like this.

Ruth in a previous life-time had been a psychic who had told her clients the details of their past-lives, which her past-life had psychically deduced without consulting her clients higher-selves, guides, or her own guides, if you know what I mean.

But what she didn't know, was that she was opening a Pandora's box for her clients, and they would suffer from their reactions to those past-lives, which attracted all types of problems to them, very similarly to what Ruth had been experiencing, because Ruth had been seeing a psychic, who told her about her own past-lives, because Ruth believed it was perfectly all right to do this, because of the past-life where she had done this, but this time, she was the one that had experienced the negative effect of this knowledge, which was all arranged with her higher-self, before she was born into this life-time.

My guides tell me that this medium, who my guides say, thinks of herself as a medium, who Ruth had been seeing, was interested in tuning in to other people's lives, where they had suffered pain and violence, trauma, etc, etc.

How many famous psychics tune into disasters and assassinations? Our television news is 90% suffering, and pain, so is the content of most programs. Maybe the medium thinks it is what the public wants to hear.

Ruth's higher-self also said, this was the only way that Ruth would learn, by being on the receiving end of the stick, and she was then guided to a true past-life therapist, to show her the difference. Ruth has now got volume one and two, to learn all about this, and is now linked up with her higher-self, to help her.

(Quite a few class-nights from volume three were in my original volume two text book, most of them are now back on the third disc, but many more class-nights from years later have replaced these on both this disc, and the next.)
As the first two text books were compiled to attract the advanced souls, who perceived many past life experiences to show the rest of the world, so the compilation of what class-nights go on which disc, has also changed.

Catherine or Avon could have performed this house cleaning quite adequately, but I feel that it was because of the karmic connections with past life psychic viewing, that I was experienced with, for me to draw out the truth, in the way that I get Ruth’s higher-self to channel through Ruth the reasons for why she had to go through all this.

Instead of a medium or psychic telling her the cause, and Ruth not accepting, or believing it, as she released quite a bit of past-life mental conditioning, and she can learn of the ethics and wisdom, when she reads the 750, of these size pages of the first two volumes.
HEALING CLASS 12/3/87, DAVID, BELINDA, BRIAN, NATALIE, MARION, HELEN. DAVID AS THE CHANNEL, TIBETAN TEMPLE OF LOVE IN SHANGRI-LA MEDITATION

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

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

(Approximately ten to fifteen minutes silence)

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

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

BELINDA’S MEDITATION EXPERIENCE

(Belinda) “I followed you to the Temple, and then when we landed, it was just beautiful sort of greenery all around, and I was just interested in finding this babbling stream, and I was wandering beside it, through
the gardens, and then I spent a bit of time there. And then I went inside, and I could just see figures, people in these sort of white cloth gowns, but that was all, I just had a quick look, and then it was time to come back out again, and that was all.”

**BRIAN’S MEDITATION EXPERIENCE**

*(Brian)* “Being with everybody else and holding hands, I didn't find that easy, because I'm too used to observing. But I did, and it's kind of funny, because there were more than just us there. Anyway, getting to the Temple, going inside, I wasn't too sure what to do, or look for. I find I was on my own, and then I thought, ‘Well, what kind of things do I love, and like, and what would I like?’ And I started seeing loads of plants there, and there's some beautiful yellow ones, and also some animals, and they were also very nice, there was a couple of mice, but they were quite alright.

And then I saw a woman there, who seemed to be a bit lost. But I mean, it was unfortunate there was no time for me to talk with her, and help her out, because we were told to come back, or at least to go outside and overlook the valley, and that's a beautiful valley, I’d love to go there physically.”

**MARION’S MEDITATION EXPERIENCE**

*(Marion)* “I found it nice floating in the air, and then when you mentioned Tibet, when we came down it was nice. I could feel like the mountain air, really cool on my skin. It was great, and then we walked into the Temple, and it was like going somewhere where I've known, and when I walked in, I saw this huge statue of Budda, you know, taller than this, with a bright glowing face, full of love, with a beautiful face, smiling at me.

Then I thought I’d walk around, and started turning some prayer wheels, and then I bumped into a monk, who like this, gave me a blessing on the head with his hand, and just a picture of that Budda stayed through most of the meditation.
I can still see his smiling face full of love, and then that's about all. And I came back, I came out again, floating up and came back.”

**NATALIE’S MEDITATION EXPERIENCE**

(Natalie) “Yes, I went in the Temple, and there were a lot of flowers in there. Anyway, I don't remember, but at the end they were sending my twin sister, normally, you know, we always used to fight.

I haven't seen her for ten years, but anyway, that was more like, I found that I love her, you know, that was a Temple of Love, and then we went out together, and it was very nice. Just suddenly I was just with her overlooking the valley, towards the end, that's the only thing.”

**HELEN AS THE CHANNEL**

“**Do not take life too seriously my children. You are children of God, children of the spirit. In every person there is a child, and an adult. Sometimes you must let the child come out, when the adult is taking over too much. Tonight you were introduced to laughter and the smile, and if you remember the words, ‘Let them all be as children,’ then you become a child again. You open up, you trust, you let down the walls of cynicism, you let down your barriers.**

You must do this; you can then be channelled more easily. It is only when you have your defences up, that you are creating a block yourself. You are creating your own pattern. You are surrounded by people who are creating negative patterns.

Whatever walk of life you are in, you must always look to be positive, warm, smiling, not brooding. If you brood, try and take yourself into your child-like quality. We are at a time when cynicism is surrounding us.

When people want to influence those they can see are vulnerable, and know this, you must be aware of these people. They come in various disguises. They are all here to test you. They will try and take you away from the path that you are
supposed to be treading. This is important, you must have
courage to grow, and there are no shortcuts.

You do not keep leaving people or places; you must stay and
work it through. Any situation, any new situation that you will
go in to; you will be faced with your same dilemma, your same
lesson. This is part of life’s cycle. The person you meet, who will
challenge your love to its very foundations, is possibly the person
on whom you must work through with. Be gentle on yourselves, be
gentle on other people; they have their lessons, you have yours.

Do not judge another person. Do not expect too much of
another person. When you become attuned to your vibrations, to
your higher level of consciousness, you will not need so much from
people or situations. You will create what you want. May God be
with you, bless you.”

**DAVID AS THE CHANNEL**

“May God grant his love and peace to all. May God be with
you my friends, laughter is a gift we must all enjoy. Again, life is
not to be taken to the serious extent that some of us have done,
and some of you will do. Like the last message from spirit, enjoy,
bring back the qualities of childhood, and do not lose.

However, let me explain another area of life which we must
all go through. It is that of humility. Humility is something that
must be shown by all in our lives. Do not allow your ego to
overtake. Be humble in what you feel, what you do, how you
express. Humility is God's gift; do not allow yourself to lose that
gift. It is within you all to be humble.

Another lesson in life, apart from laughter and humility, is
that of love. We were all taken to the Temple of Love. We met
loved ones from past and present. Love is to be unconditional. Do
not expect in return; give without expectations. As you raise your
consciousness again, this will become part of your daily lives.
Without any effort, it will be within you to love all creatures, all
people, no matter where or who.
Bring these gifts together, and your spiritual development will advance. Laughter, humility, love, let all see it within you; let all feel it within you, and share it with all. My friend, God be with you, and bless you. Are there any questions?

Helen, my dear child, we all must experience to learn, regardless of our level of consciousness. We must all experience life in certain patterns, through past experiences, past lives. Treat experiences as they are, lift yourself above the experience, feel yourself above. Do not let your feelings become totally engulfed in the experience. Yes, patterns are there for reasons.

There are many who will not overcome the pattern, however, as your consciousness rises, your experiences teach and your vibration brings you above the practicality of experience. Your feelings will allow you to be above difficult times. Do not fear, have trust, believe and give.

My friend, it is meant to be. Your path is moving in a solid direction of advancement. You have learnt well from experience. Bring your emotional state away, put aside. Try to look at things from a high level, with your higher mind, and you will know. God bless.”

(2010 INSERT. My guides say that the same spirit who had been channelling through Julie, saw the same core beliefs in Helen and David, and used Helen and David to channel through, to solidify the students and me, into believing in the same quality of channelling that Julie was channelling.

If you notice the number of ‘You must’s” and ‘Do not’s, and later on the overemphasis on controlling the ego, and the will.

Or maybe some of my students have subconscious conditioning to want to control or dictate to others what they want you to believe, this could stem from insecurity in themselves, or fears that they are not capable of teaching or leadership.

I wouldn’t think of saying any of this insert, to any student in a class, because we are all at different processes of developing, and everyone has fragile ego’s, and I had always asked to be guided and in a way, controlled in what I think or say while I am running my classes.
Because I knew that being a Virgo, my mind can be a bit of a perfectionist, and I knew that I knew nothing about individual student’s process of their development, or what they were to learn.

I knew that I didn’t want them to be clones of my reason for doing this, as my reasons had changed, and I knew that the students may also experience a change of direction in their development.

So I literally asked my guides to block my own mind from interfering with the students, in any way, but give me the thoughts and words to say, or explain, but keep criticism down to a minimum.

So I and my guides were promoting David and Helen to run a beginners class in the centre, as there were other free nights, and empty rooms to hold them, as these kinds of classes can be held in even small rooms of a house, and don’t need a big hall.

Remember Julie, while channelling, overemphasised the word danger and dangerous, this was also a distortion by the student. I want you to think of the many reasons or motivation behind the repeated use of these words, some may be fear conditioning, but some maybe conditioned desires of the student.

I have not had any problems with the spirits who channel through me, like if the repeated words like ‘You must’s,’ or ‘Do not’s’ started coming into my mind, as I was channelling, I wouldn’t feel right with the repeated use of those words, and I would stop, and I would mentally say ‘You can pack that in.’ Or maybe I’m just being paranoid.

“Last week, in the other class, I asked a student who was channelling, a question about a girl without mentioning her name. The spirit channelling, came through by asking me,

‘Who are you talking about?’ This surprised me, as I thought spirit would have known who I was talking about. So, did or didn't spirit know?”

“Yes, spirit knew who was being spoken about.”

“So, was the Channel starting to think, wanting to know who it was, and was she's using her own thoughts?”

“Yes, the channel was using her own thoughts.”
“So, to stop her from thinking, did the spirit give her the impulse to say,
‘Who are you talking about?’ so that it would quieten her mind?”
“That's correct.”
“So that she could get on with the channelling?”
“That is correct.”
“Because the puzzling thoughts in her mind were interfering with the channelling, and they wanted her to stop thinking?”
“That's correct; it is a matter of guidance.”
“I'm just trying to find out how channelling works. So it's not that spirit does not know what I'm talking about, even when I don't mention the girl's name?”
“That's right.”
“Was it done for a specific purpose?”
“Correct, correct.”
“I am learning all the time.”
“Yes, we all must learn.”
(Brian) “Regards my writing, a while ago you said that I was writing about the wrong sort of thing, and you would rather that I would write about something…”
“Brian, it was not my, you were told, I understand, yes, you were directed that way.”
(Brian) “Because the writing I was doing, was scientific writing, and it wasn't right for me to do, and I should write about something else. I find it very difficult to understand why.

What is wrong about my scientific writing, and I would be grateful if I could have some further clarification, and also corrections, so to speak, about what I am writing at the moment, is right?”

“Brian, within you, you know. Follow your heart. Follow what is within you. If you feel it is right, correct, that is the path you follow. It is within you, believe this, it is all within you.”

(Brian) “Well, I believe it to be the right thing for me to do. Why was I told otherwise?”

“At test, yes we all test, and all must respond to these tests. What I've just said, it is within you, it is something within your
heart that you know, what is, that you want to do and will do. Follow that, which is a very clear simple explanation of many, many experiences.”

(Helen) “I am very concerned about this matter. How are we to identify false channelling? Is it possible for somebody to impose their will on a group, rather than channel from spirit?”

“The group will know. There has certainly been occasions where a person's will is strong, and gives directions which are not through spirit. A way of assessing is to question: specific questions will test the channel.”

“Would you like to tell Helen and David more about their role in the circle, coming up in the coming weeks, because when I told them, they didn't believe me.”

“Confidence is needed by both, it will develop in time. Healing is the purpose of this group, healing can only be led by people with confidence. It is developing, and in time, both will have the necessary confidence to do healing, to teach healing. The purpose of this group is for the learning and healing.”

(Natalie) “I would like to know if all my illnesses have a purpose, why I've been so sick in the last few years, and if I get better, one day?”

“With trust and love, and through the light of others, your illnesses will be overcome. People have illnesses for reasons: it is part of one's life experiences, which do rebound from actions in the present and past. With faith, trust and light, and your development, this will pass away. Have faith, God bless.”

(2010 INSERT. As I read what spirit channelled for advice for Natalie, I have a sneaky suspicion that if Natalie had asked this question while Julie had been channelling, I feel that the communication would be very different.

But with Julie’s channelling, I am more suspicious of the motives of both Julie and the spirit’s who supposedly channel through her, but there could be a lot of distortion in the channelling, also.

I hope you are noticing, as well as I, that some of us who
channel have either wiser guides who channel through us, or our vibrations are attracting guides of similar vibrations with what our core beliefs are, or it could be that the channel just doesn’t have the requisite basic knowledge or concepts in their memory banks that the channelling spirit can draw upon.

Remember the analogy I gave in an early chapter, if two spiritual healers have learnt different amounts of causes for the same illness, the healer with only two or three causes, may not be able to tell the patient, if their guides want them to, if the cause is not one of them, but the healer with the knowledge of six or seven causes may have the correct cause in their memory, if you follow that reasoning.)

(Marion) “Do you have anything to say to me about friends, how to have the guidance to know what to do with friends? Like, I have a lot of friends that I'm close too, I feel some are holding me back.”

“In what way are they holding? Spiritually, are they holding your will Is your will being held, do you feel this?”

(Marion) “Sometimes there is a conflict, like…”

“Your will, will overcome, you have within you the power to overcome wills of others. Do not allow yourself to be led against your true feelings, whether it be in the spiritual or physical sense. Go by your feelings within, as I explained earlier, it is within us all.”

(Marion) “Sometimes I’m in a conflict as to whether to stay with a friend, in order to help, or whether to pull away, because there's a conflict of direction.”

“You are concerned about appearing disinterested in that person, or in that situation, is that correct?”

(Marion) “Yes, in a way.”

“My child, a simple procedure to adopt, your mind, what does it say? Your heart, what does it say? You're feeling in your stomach, what does it say?

The mind is logic, the heart is emotion, and the stomach is
feeling. Go through that test, and if your feelings do not correspond with your mind, or your heart, you know that there is a discrepancy, and therefore you must search further within.

Your feelings are those we should all respond to, many of us do not, our minds and hearts many times overrule, and it is a lesson to learn. And as you grow and become more in tune with your feelings, you will trust your feelings and follow them. Do you understand?” (Marion) “Yes, thank you.”

“God bless.”

RAYMOND AS THE CHANNEL

“Tonight, you have heard two of your students channelling from spirit. As you can see it takes some effort to do this, but we have the answers to your questions, even though we sometimes declined from giving them. When the answer is allowed, then you will receive the answer at that time. Your questions should come from within the heart, and not stimulated from without, as this one remembered tonight.

We have you all in our hands, developing you at the speed that you can handle, and removing the obstacles so that you can progress further. Sometimes you want to progress further, but the obstacle stops you, so we have to work on the obstacle and leave the further progression until the obstacle is removed.

Obstacles can be fixed thoughts and beliefs, which need eroding if they are restricting you from growing and developing. The belief may be a belief about yourself, your abilities: the belief may be restricting your abilities. We have to stimulate you in many different ways to break down this barrier, and we do this through the others in the circle, to show you what you fear.

We will help you in many ways, not necessarily psychically, but just through your learning and listening to what others say or do. This helps you gain wisdom, and breaks down the barriers and blockages. It helps you develop, puts you more at ease, and makes you feel more at home here.

Some of you have only been coming for a very short time, and
some of you have been coming for a long time, and have only been coming once or twice. We find it hard to help you overcome your fears, and therefore helping you develop, if you stay away from classes. You will relax more, if you come regularly, and with more relaxation we can work more on your development, and break down the conditioning.

You may feel relaxed, but we know you are not, and the barriers are there. We even know, the closer you come to sitting in this class, the barriers become reinforced until you feel more at ease with the group, and get to know the individuals, then the barriers and fears will loosen and you will look forward to coming here, and your development will speed up.”

(This is one of the reasons why I ask my students to arrive at the centre at 7.30 PM, because class starts promptly at eight o'clock, thirty minutes gives you leeway, if you are running late, and gives you enough time to have a cup of tea and a biscuit, and if you have the desire to tell the others what you have experienced in the week, between classes, then you can empty your minds of these thoughts, so that they are cleared for the nights meditation.

But if unfortunately, if I don’t explain all this, my request that they arrive at 7.30, falls on deaf ears, and most of them arrive at the last moment. And when they arrive after eight o'clock, the class has started and they cannot come in, and they have to go, and then either a lesson is learned, or they blame me and leave the class.

But I do wish they would realise, that some of the students are solo parents and have babysitters waiting for them to return home, and others have travelled as far as 30 miles to come to the class. So, the teacher has to walk a tightrope between a dictator and a football.)

“This type of classroom is not like a classroom of your colleges or universities, the subjects are not out of the book, they are about you and your fears and the development of you. So your development is in your hands, and we are always there to help you. You must have patience; we cannot develop you in one night.
It took years and years for this one to gain confidence, not psychic, but confidence to run his classes. And he used to come every night, never fail, for four years. But we are talking about, you now, so if you have the strong urge to develop, keep coming to classes, and we will develop you.

(Brian) “Is there anybody here particularly, who you would like to ask a question, or you think should ask a question?”

“We do not make people ask questions, when a person starts asking questions that shows interest in their development, or vision and dreams, that they wish to understand.”

(Marion) “I have a strong urge to move from the house that I'm living in. Do you have any advice as to this, whether I should move now, and whether I should share with anyone, share a house with?”

“You have been brought to a crossroads decision in your life, if we give you the answer, you will not develop the courage to take that step, to make that decision, and if the decision is not in harmony with you, you will blame spirit for giving you the advice.

We live on Earth to learn as we live, and lessons are always something new and different. If our life was the same, what would we learn? If we make decisions, we learn that we can make decisions, and we have to do what we feel is right. So follow your feelings.”

(David) “About my meditation, for some time I begin to talk to, or communicate to my spirit, my guides, however on most occasions I blank out, I go to sleep, and I wake up an hour later; can you explain what is happening?”

“You have been taken to another place where the vibration is higher than your conscious mind can go to, and your higher-self is learning things to be filtered through to your conscious mind at the right time. These things are not always knowledge, they are on many levels, and they are connected with the feelings as well.

We also train you to use certain techniques of psychic methods, of using certain abilities, so that your higher-self can plug you in, line you up. We do not have the correct words to explain these techniques of the psychic, to help you with your work. It is very
hard to explain, do you understand?”
(David) “Yes I do, thank you.”

(2010 INSERT. I have highlighted the only three command words, from the channelling. I do not have a problem with any one occasionally using or channelling the average amount of any negative words, but when these words are way over the normal, I and my guides will point them out to you.

But even if Julie’s higher-self and Guides deliberately programmed Julie’s mind to use those words we highlighted, to interfere with the students accepting the advice, by negatively affecting what the spirit is trying to achieve, when the spirit is advising the students.

Have you ever wondered why Julie hasn’t been concerned by the amount of command or negative highlighted words, I have, and I have two theories, either she likes and accepts the use of these words, or her mind was temporarily censored for the purposes of conning the spirits who were using her to channel, so that they would not be stopped from their devious mission, which my guides knew that they wouldn’t succeed.

But if Julie had questioned not just the negative highlighted repeat command words, which I didn’t highlight in the original transcripts or first text book, but the psychological effects on the students, of the way spirit had been not only advising the students, but the past lives they were describing to the students and myself.

And if as a consequence Julie had said ‘This is not acceptable,’ and she wasn’t going to channel anymore, then these channelling spirits might have used outside methods to try and stop me from running my classes, or producing all these text books.

Something like this happened again a year later with new students who started arriving in the class, you have already read a chapter with this student in it, her name in these
books is Gail.

When Gail became very proficient at channelling, one night she channelled lots of advice, about 25 pages worth, but when she channelled she interrupted anyone speaking 32 times, and as I had most of the questions, I only interrupted approximately 5 times.

A month later Gail channelled for 16 pages, and interrupted us 38 times, when I came to type up the material I noticed it, and I asked my guides whether I should mention it at the end of the transcript, It didn’t occur as much when Gail wasn’t channelling, I was told to mention it, so that spirit could channel after I had spoken, and not after I had thought the question, I think the spirit was channelling the answer before I had finished my question, verbally.

When more students started arriving in the class, Gail didn’t channel for so long and the interruptions disappeared, so I think it was a combination of an eager student, and a communication glitch in the channelling.

But remember it might happen in your classes, but if the number of interruptions is small, it is most likely a normal amount, and not noticed on a subliminal level, but when the number of times is a lot, the effect will certainly be noticed by the other students, and it should be fixed, to stop any adverse reactions from your students.)
ADVANCED HEALING CLASS 13/3/87
JULIE, CAROLINE, SUSAN, DENNIS AND ELIZABETH
NATURE WALK MEDITATION

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

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

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

(Appproximately ten to fifteen minutes silence)

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

CAROLINE’S MEDITATION EXPERIENCE

(Caroline) “Well, I floated up into the darkness, black, I wasn't afraid of it, it was quite a nice kind of a black, and I went through the door that I was guided to go through, and there was a white light, thick like fluid, and it was pouring down from one shelf to another, like a waterfall. And I was told to go and stand in the white light. So, I stood under the white light, and I felt a lot of love, and a lot of happiness go right through me.
I felt my own white light sort of expand right through me, and then there appeared an image before me. I don't know what it was, but I was told to direct white light to the image, like coming down through my head, and out through my chest area, and out through my body.

So I did, and this image split in two, and I couldn't understand what was going on. And they said something about, I got the idea maybe it was some spirit attached to another spirit, and they were sticking together, and because the force of the white light, it was splitting them apart, but because of their wills didn't want it, as soon as it weakened they zapped back together again, like a rubber band.

So I don't know really what I did, why was directed to do that, but that's what I did, and as I just started to come down again, they just zapped back together again, and then I stood under a sort of shower, a soft shower of white light, and then came back.”

“Maybe it's to give them a taste of what it's like without being merged together, to get them used to it, and maybe they are going to separate them more permanently later, and they are just getting them used to it.”

(Caroline) “They wanted to panic, kind of thing, a little bit, and they didn't like it. But because the white light was so strong, they just kept them apart.”

“That's what I mean; it was like a temporary thing, just to get them used to it, the separation. It might have been too traumatic, just separating them permanently in one go.”

JULIE’S MEDITATION EXPERIENCE

(Julie) “I was taken to Egypt, where I was told I was to meet someone quite high up, and they told me it was someone who in their life in Egypt, they were involved with the embalming of bodies, and he would teach me something about healing.

And I was standing inside a pyramid, in one of these tombs, and there was a sarcophagus propped up against the wall, and it opened up and a mummy stepped out and started to unravel its bindings, and inside there was nothing but light, and that's when I started feeling really sick, and I
was trying to communicate with the being in front of me saying, ‘Oh no, I feel really funny, I feel really sick.’ And they said,

‘Your body is having a physical reaction to all the energy that's coming through the power-line.’ And they said,

‘You’ll have a lot of physical reactions, until you get used to the different sort of energy, that will be coming through.’ And they said that this sort of energy is needed to raise the vibrations of our body, for the time of the Holocaust, so that we will survive it, and therefore we have to go through a lot of physical reactions, to get rid of them, to work through them, so we won't be bothered by them again.

So we might have to put up with some physical discomfort for a while, and I said, ‘Is that why I was sneezing before?’ and they said,

‘Yes,’ and they said,

‘That's why you feel so nauseous now.’ I feel like I've had radiation poisoning or something, I felt really giddy and strange, I can feel it now, and it’s really strong, just like a magnet or something. I feel magnetised, but they told me they'd take me back to Egypt sometime again, when I could continue with it, and that was all.”

CAROLINE AS THE CHANNEL

“There are two very important people here, now in spirit, they are close together, but it is important that they know that they are separate entities. They are interfering with our energies, but it’s not in a destructive way, they are moving around each of us, behind us, something is being done to each one of us, to our vibrations.”

(Julie) “Can you ask them if they have to have this effect on us, if they can do it without causing sickness?”

“No, it cannot be done without causing you sickness.”

(Susan) “Why are you (Caroline) and I not feeling sick?”

“Because we are choosing to perceive it differently, different people react differently, because they have different fears to the adjustment. Just accept them, accept that it is a necessary process.

It is not a usual change that is occurring in us, it is because of the times, it is tied up with the extra body that we are having to
acquire, in order to cope with the extra times, which teachers in the past have not had to have.

You will feel changes throughout your body, as though you are being expanded, as though something is pushing its way into your body, through your body, into your being. It is a more difficult change than many, because it is pushing its way in a forceful like manner, through your other bodies, and it feels unnatural. In a sense, it is unnatural, but some people in this room were aware of it before others.

We will be gentle as possible, as we can, because it is not a very gentle process, but we will try to cause as little interference with your everyday lives as possible, so that you will be able to go about the things that you need to do.”

“Will this be happening all the time, to me and Julie, while we are living here, off and on?”

“Yes, it will be happening off and on.”

(Julie) “Will it only happen in this house?”

“It is not a process that happens entirely as a result of output, input from outside yourself, it grows like a plant, once implanted within you, it grows and expands, and therefore you will feel its effects outside of this place.”

“What is the purpose of this? Is this to expand senses we have never had, do we gain senses from this addition, or is it to help with the survival of our physical body, in the times of trouble?”

“It is to give you a greater strength, and physical strength. It will give you properties, abilities, ability to achieve things in this earthly world. Things that you place out of... the things that most people would place as impossible, it’s along those lines, and it helps you to achieve those things, and helps to decrease the limitations of the physical body.”

(2010 INSERT. Now that 23 years have passed since these holocaust prophecies, and these impossible physical human changes have not eventuated, my guides say that these same spirit’s who were channelling through
Caroline and Julie are playing the old game of promising to fulfil some of the students subconscious desires, alternating with prophecies of a future which causes fear, both are used by these spirits to try to achieve power over the audience, either power to the channeller, for reasons we have touched on in earlier chapters in relation to Raymond and his mission.

But individually for the students, it can cause a person to abandon developing, if their reaction to what is channelled is strongly emotional, which can over-rule the mind from receiving guidance from their own higher-self and guides.

One of the purposes of these spirit’s is to so sidetrack the student from practising development, so that they practise less and less, because they want to hear more prophecies or readings, either about the world, or personal, in that the students subconsciously know that if they take up the time of the class with what they describe on their meditations, or if they practise channelling, then Julie or Caroline will have less time to channel these spirits, who upon appearance have all the answers.

My guides channelled through me supporting and describing these changes, which may have been truer, that our spirits have increased in vibration and influence in the spirit realm, but I don’t know about our influence on people on Earth.

My guides say that I still had to be kept invisible to most of the world, meaning publishers, and any of the media, because most of the material, coming from advanced students and patients, were yet to turn up at my home classes, and they needed protecting just as much as I did, from media exposure.

I still find it very hard accepting the way these spirits channelled, spoke to, and influenced my students, through Julie and Caroline, including the exercises Julie channelled, as I perceived the exercises promoting the students to choose what they wish to learn and overcome.

That’s like letting kindergarten children set their own lessons, in that they haven’t any idea of what they need to
learn, to prepare them for their next school or life.

Just as most people don’t know that their choice of parents and Astrological imprinting at their birth is greatly influencing them on multiple levels, and the only experts who know a student’s individual conditioning and strengths, of where to help the student release or prop up, or reveal a strength, for the student to develop for the students spiritual growth, IS THE STUDENTS OWN GUIDES AND HIGHER-SELF.

Which is the purpose of my meditations, and channelling exercises, to allow their guides and higher-self to develop a stronger link with them, so that they can be shown their past, which needs releasing, or their past to strengthen their self esteem, or reveal talents, or abilities, which may have been deliberately blocked while they were in school, or choosing a profession, to leave them free to use these past life abilities in a new, or spiritual way, to help with the growth of all humanity.

Of course I am describing the way classes developed after Julie and Caroline left, into the next eight years of students and patients.)

(Susan) “Listen, I'm getting a message about our meditations tonight. Am I interrupting you, Caroline?”

“No, go ahead.”

(When this interruption happened, I allowed Susan to say her piece, but my guides told me later, that spirits of a higher vibration, do not interrupt another spirit while they are channelling through a student. And the only spirit that was speaking to the class was the spirit known as Susan.

“We wanted you to allow her to speak, as she will learn this lesson quicker by have something to feel guilty about, and if we stopped her from committing the act, which would leave her still with her desires to do it again in the future, but we will ask you to stop her from interrupting again in the future, in the same situation, if she has not learned the lesson.

The reasons that Susan wanted to interrupt could be many, for we are not to judge, just to become aware of false channelling.” And
SUSAN AS THE CHANNEL

(Susan) “We shouldn't underestimate the things that we are able to do, and the distance we are able to travel, we are able to affect events in other countries, even on a large-scale, and as we... as our... as we develop, we might require greater power to do this.

We needn't feel hopeless about the events of the world, because we are able to affect them, and that's part of the work we are doing here.”

(Susan) “Well, I saw us all lying there, and we were all wearing white, and I floated up with, and there were all these guides, but they were all in white, like angels with long wavy hair.

And I started thinking about how I wanted to have the top of my hair perm, so it would be wavy like theirs, and I thought about this hairdresser who talked to me at the beach, and told me,

‘Oh look, I’ve got to come and perm your hair,’ or something like that. So I thought, ‘Alright, I’ll give that person a call.’ and I thought, ‘Now back to business,’ and so I floated off with these people, and we went all in our white clothes, and we were wearing the same clothes as last week, you know, the shield of light in a long white robes, and all of this.

And we went direct, we started going around the world, on a peace mission, and first it was Chile, and Central America, and North America, and next was Iran and Iraq, that was the hardest work, and various other
places, I can't remember specifically, but the places where there is the worst sort of discord going on, and we were trying to bring a feeling of peace and harmony in these places.

And it occurred to me that I'd like to be working as a peacemaker, in some capacity, and maybe we can even while we are sitting here, work bringing peace, although some of these people are pretty hard work, and so on.

And I came back, and I thought about how things had improved at the office, and about how there's somebody else that I'm going to have to talk to, and how I'm going to do it, so that she doesn't get upset, and so on, and various other things like that, peacemaking type thoughts about the place where I work, that's all.”

(The purpose of typing up the students experiences, is so that the students have got a record of what they have learnt or overcome on their meditations, as well as what the other students are learning, because we wouldn’t be able remember everything said.

This student Susan, turned up late, but as I knew she was bringing another student, and this was the first night in which the advanced class had moved to my home, my guides asked me to wait for them.

This might have been the reason for the interruption, to impress her friend with what she can do, or interrupt, or run the class differently, than waiting her turn to channel.

I also feel the same reason influenced Susan in what she described about her meditation.

But as you can see what Susan wanted to do, was to tell us about her desires. This student has a few times tried to run the class her way, by suggesting we do this, or that, or let’s do it my way. And as for her meditation experience, a picture speaks 1000 words.)

CAROLINE AS THE CHANNEL, CONTINUED

“This process is really only begun tonight, because we are implanting something within each of you. The effects of the energy have been felt in the house before, and the memory within your
body, knowing within your own self, that this change is about to take place, has created a change within yourself, to accommodate this implant.

These are the sensations that you have experienced before Raymond, the preparation within yourself for this implant. It is important to keep you being’s balanced.

We are working as fast as we can on many people. It is important that each and every one of you reach out in consideration for others, there are many who are being affected by it, many forces, and they are not completely aware of the changes that are happening in themselves, the influences on them.

They need more awareness, they need understanding and support. It will be gradual, like a gradual changing of people’s consciousness.”

(Julie) “Will the mediums be able to perceive the changes in our bodies?”

“The ones that are tuned in enough to, the ones that tune themselves in enough to obtain the knowledge, for the ones that have the information in their bones already, from which to pick it up from.”

(Julie) “Will I still be able to give the lesson tonight, even though I feel nauseous?”

“Yes, this is something you must learn to adjust to.”

(Julie) “Will it be a very long process?”

“My dear, the adjustment will be easier if you change your perception.”

(Julie) “In what way?”

“It is a difficult thing for us to change our perceptions over an experiences as this.”

(Julie) “And I should not perceive it as nausea, but just the influx of energy.”

“Relax and tune in, as you know you can. When you have that inner feeling, that contact, and you’ll be given the perceptions that will ease, that will help you.

You're all going to bring about greater influence in your surroundings, as you move and mingle about in your everyday life. You must become aware of your influences, the influence you had on
your surroundings, on the people, on the events, how they take place.”

(Julie) “Is it possible for you to explain to us, in language that we can understand, what sort of implants they are, what is the nature of these implants?”

“It is not possible for us to do this through this channel.”

RAYMOND AS THE CHANNEL

“Tonight, we exposed you to some of the power that you will use in your further work, which you are destined to perform, and you will adjust to this power so you can handle it.

For your influence through the other dimensions will be increased, to help you perform your destined life work. We will increase the influence and suggestibility of the people you come in contact with. You are not taking away others free will, you are communicating who you are and why you are here.

And what you are doing through other dimensions, to affect the people on other levels which will ease their conscious mind, and they will help you.

They were reincarnated and have achieved their correct placement for your arrival on the scene, to help you with this great increase in awareness, which will explain to the world all the mysteries and misconceptions, and falsities of many areas of society, religion, the media, hospitals, sicknesses, you know what we are talking about.

You will be able to do many miraculous things, because all the people around you will help you along the way, and you will succeed in this great undertaking, that will grow and expand as more and more students are raised in consciousness, and help the world understand what it’s all about.

You will be healed of your illnesses, and be ready to start work for God, we wish to thank Julie for moving in here, we now wish to channel through Julie.”
“Now that your vibrations have been raised to a higher level, we wish to ask you a very short but difficult question. You must draw all your concentration into this question, for it will be of much benefit to your spiritual progress. It is not in fact the question that we will ask, but we will ask you to ask a question of yourselves.

We ask you to tune into your higher-self, to get in touch with your core, the core of your soul, and we want you to ask yourselves the most painful, and the most difficult question, that is in your soul. We ask you to tear it out of yourself, if necessary. It may be a painful experience, but we want you to dredge up from the depths of your being, the perfect question for yourself at this time. You must go very, very deep, deep into the soul.

Imagine it as a white room; keep looking into the light until you can see the black letters written on the white. Imagine the question forming. Does it start with who? What? Where? What is the question? Pull it out, reach in and grab it.

Do not be afraid to look at it. You have no fear, we are with you. We do not want you to find the answer at this stage. The first step is to find the question; find the question for this state of being, at this present moment. Find it. Do not allow your ego to intrude. See the perfect question, the perfect truth from the soul.

Grab hold of it with both hands, and pull it out with you. Sever it, cut it away, burn it away, if necessary. This question comes from the depths of your soul. Bring it back with you. Do not look for the answer yet.

We wish you to merely think of the question, ponder the question. Turn it over and over. Understand the question before you can look for the answer, and if you have not seen the question at this stage, then your vibrations have not been raised enough to look into the depths of your soul, and it is your own fear that holds you back. Therefore, let your question be, if you have not seen your own, ‘What is it that I fear the most, and what is holding me back?’

And now come back, and if you wish to share, do so, but otherwise
(2010 INSERT. By this time I had been feeling that something was wrong, like a gut feeling. So I asked my higher-self, ‘Do you want me to do this exercise?’ And I got ‘No Raymond.’

The first statement I high-lighted, at the bottom of the last page, was because if a student’s higher-self doesn’t want a student to do this exercise, and thus doesn’t bring up a question, the student is going to believe it is their own fear that is stopping them from seeing a question, which might not be true. The student’s higher-self and guides know what is the best way to develop the student, not some arbitrary heavy exercise to be performed by everyone.

Never-mind what private weaknesses would be aired in the class, if the student felt it was safe to divulge, because the spirit said, “and if you wish to share, do so, but otherwise keep it to yourself.” Which may be used against them by unscrupulous entities. And of course anyone who has a strong compulsion to communicate, like myself or Susan, who makes a living from language translation.

And the next statement, I have mentioned before, picking at a scab, only makes it bleed, bringing to the surface what we fear, does not take away our fears in the slightest, and our guides and higher-self, will help us overcome our fears in the right individual way for all of us, at the right time.

This exercise is very much in line with Julie’s core beliefs, I hope you recognised, anyway here are Susan’s and Caroline’s take on this exercise.)

(Susan) “The question, that hurt me the most is, ‘Why are you wasting your time?’”

“Yes, sometimes the questions will be very painful, but you have learnt that it is the painful lessons that hurt the most.”

(Susan) “And am I wasting my time? I mean, are the things I should have achieved, that haven't yet? Is fear holding me back?
Therefore, let your question be, if you have not seen your own, ‘What is it that I fear the most, and what is holding me back?’

When Susan asked, “Is fear holding me back?” you all have to watch out for both the overbearing and subtle power of suggestion or persuasion in your own home circles and classes.

“If that is the question that has come from your soul, then there is an issue that you are indeed wasting your time over. You must look for the answer, and when you find it, then you will be able to relax into yourself, and find your true meaning. But it may take you a long time to find this answer.”

(Susan) “I feel it's in my emotional life.”

“Then look, look hard, long and hard, and do not be afraid.”

(2010 INSERT. As an exercise for your minds this highlighted section has multiple hidden secondary negative effects on the student, see if you can figure them out.)

(Caroline) “I'm afraid of giving up my will. I'm afraid that I will have too much on my plate, and I won’t be able to handle it?”

“Don't you see a question? What did you assume the ‘it’ to be? You are giving me what you think is the answer. I want to know what the question is. I asked you not to think of the answer at the moment... it is the question that is the concern here.

“We do not wish you to think about it at this stage. There are many emotions running high here. We wish you to be alone when you think about the answers to your questions. At the moment, although you do not realise it, you are all picking up other people’s emotions. The circle intensifies any feelings.

Therefore, we wish you to be alone when you ponder your question. We only wish the question at this stage. You may find that your ‘it’ has other meanings when you are alone.”

(Dennis) “Why am I here?”
“In fact that is your question... ‘Why am I here?’ we ask you to think about it.”

(Elizabeth) “I asked if I’d be happy and contented.”

“Did you put a time limit on this question?”

(Elizabeth) “For the rest of my life.”

“This life-time, you mean?”

(Elizabeth) “Yes, this life-time.”

“It is a good question. As we have said, you must think upon it when you are alone. But we also want you to know that the answers to your questions lie in yourself. The answers come from yourselves. You have your choices to make as to the answers to the questions.”
My guides and I wanted to insert a meditation exercise in this volume for the readers of this disc, which are the students who are using this disc as a textbook.

This is the place where my guides and I feel would be best to offset Julie’s developing influence of the readers of this disc. Because of the meditations complexity, this chapter needed to be inserted near the end of volume one, as it covers concepts which earlier chapters intimated and talked about, but the students didn’t really learn any more than what I had said, or what spirit may have channelled, either through me or other students.

I can best explain the purpose of the meditation by showing you the meditation and class night.

You have already read about this group in the early chapter where they released childhood conditioning, which was the class-night two weeks ahead of the one you are now going to read.

**HEALING CLASS 11/5/93**

**JEREMY, NADIA, CALVIN, ANGELO AND JANET**

**HEALING MEDITATION FOR OUR SIX BODIES**

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

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

When we walk inside, we walk down the corridor until we come to a huge hall, where we see many circles of empty beds.
Each circle has six beds, with the foot of the beds pointing to the middle of each circle. There is a healing guide standing by each circle.

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

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

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

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

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

JANET’S MEDITATION EXPERIENCE

(Janet) “First of all my mental body laid down, then, the etheric body laid down, then the astral body laid down. I had six, anyway. They were all connected up from the beds. The guide showed me the mental, and it just had a nice white light around it, and he said,

‘That's fine, that's okay.' Then we went to the etheric, and it had black holes in it, black spots. The next one looked like a piece of rag, screwed up, as though it had been rung out.

Then the next one, the astral, was risen off the bed, but it wasn't risen very far, though, but it was just floating, and it looked alright.
The next one was like all glass, like a body of glass. Then he said, ‘Come down here to the end of the bed.’ Then he showed me the body at the end of the bed, and he said, ‘This is the one that should be made up.’ And that was just glowing and rainbows were coming out of it. What he did then, he said, ‘Let that body go through.’ So that body, with this thing that was connected, he put that body, with all these rainbows coming out of it, he put a blue light through the glass body.

Then he sent a blue, green, and yellow light, through the rag one, and the rag one turned orange, then the colours kept going through.

Then, the one with the holes in it, the colour that went into that one was yellow, and mauve, and the white one was fine. Then the white one got up and moved in with the rest, after all the others had been fixed up.

Then, they were all in one, then it was just like the rainbows going down through each of the bodies, to centre them, I suppose. I asked about the rag one, and he said, ‘You're not giving yourself... you don't like yourself, and you're not giving yourself enough love, and that's why that's all screwed up.’ The one with the holes in it, the etheric was damaged, and that had to be fixed. The mental one was okay.”

ANGELO’S MEDITATION EXPERIENCE

(Angelo) “The first one was my spiritual, and it had to be healing the throat, and there was an immediate white light around the throat chakra.

Then we went to the emotional, it really didn't look like there was any harm in it, at all, it was just a paranoia on my part, that soft is not weak, being male soft, I mean that sort of energy, don't worry about that, because it's cool.

Then I went to one that looked like my stomach had been blown up, like I'd been in a mine, like it was not there, it was really ugly, and I was going, ‘Look, I don't really want to look at this,’ because the body wasn't in pain or anything, but it was pretty messy, ugly shit. Then I asked, ‘What does it all mean?’ And the guides said, ‘Sometimes you don't have the stomach for some things.’ Then I
got this flash of this really beautiful body, that did have wings, and it just had everything, it was like what you sort of strive for, it looked great, with big strong wings and a good body, tanned, and it was like he was looking back.

And then we went back to the stomach again, and then went to this one with the foot, and again it was a nice one, but the foot was bruised, like as if I’d kicked a stone, or something, and I asked, ‘What does that mean?’ And the guides said,

‘*Sometimes you come across things, and they trip you up, but there is no big drama, but it hurts a bit.*’ And then back to the stomach again. Then it went back to the really nice bronzed one.

There was another one that was just a rotting body. It was a skull first, and as I came back, it kept decomposing and going back to a skeleton. Then coming back, and then decomposing. It was really bad, and I said, ‘What is this?’ And they said,

‘*It's your past; it's when you didn't believe.*’ Then straight back to the good one, and then they said,

‘*This is when you do believe.*’ So I stayed with the belief one for a while, and then came back and saw the non-belief one, and it wasn't as offensive anymore, but it was still pretty ugly, and then the toe, and then the stomach, and then the soft one. Then all these bodies converged into the last one, which was the nice one, and it was like,

‘*This is it, this is you. If you believe, you can have it all, if you believe. You can be as good as you can be, if you believe.*’ And they kept underlining, *if you believe.*

Because I've always been hassled by the ego, in the sense that I don't ever want to be called the egoic. So I've always had some sort of internal confusion, and I know it's stopped me in the spiritual arena, because I haven’t allowed myself to be as good as I could be, because I have been scared that it would be egoic. Then I flew home with these strong wings.”

**CALVIN’S MEDITATION EXPERIENCE**

*(Calvin)* “The first one I saw was the mental, and that was a robot, similar to the gold one in Star Wars, and that was symbolic. They said,
‘That's your conditioning, to be aware of how conditioned you are.’ The second one was the spiritual, but I didn't actually see the person's face, but it was a man sitting on a throne, holding a crystal, and he was sending all this energy everywhere. I think maybe they were saying to go with more of the spiritual life, instead of being... with the conditioning. It's like a contrast to each other.

The third one was an old man, and he was dead, but he wasn't decomposed, and I think they were saying, not to be afraid of death. Because I've not been able to go near dead people, or touch them, or anything like that, it was just very scary.

The next one was a lady with no face, and I think that's the same as you, to accept the feminine part, more so than the masculine. They were saying, to accept that part of you, and that's what it is.

And the last one I saw, was a little boy, which was my emotional. And the guide stood behind, and held the head, and sent all the energy, and the whole body was just glowing, and I felt this release of everything. So, they were healing that emotional part, which would have... from the past.”

NADIA’S MEDITATION EXPERIENCE

(Nadia) “Well, I was taken into this room, and my guide said to my bodies,

‘You guys know what you have to do; you have to get into these beds.’ And they just went straight to these different beds, and they just seem to be outlines. Like each one as I went down the line, became bigger than the previous one. Then the guide came along and said,

‘We'll go and examine these, and see what we can find.’ And he walked up and down, and he said,

‘There's nothing very much wrong. There, but we'll give each one some healing light.’ So we all got a gold one, and a red one, and a beautiful purple one, a pink one, and a green. And I said, ‘Why are you doing all that?’ And he said,

‘Just a clean them up and give them a bit of polish. They should all come together quite nicely.’ So I said, ‘Have I ever been an Angel?’ And he said,
‘I can't tell you that.’ So I said, ‘Why can't you? Raymond told me I had to ask.’ And he said,

‘Well, tell Raymond he’s not to know, and you're not either.’ So I said, ‘Thank you very much.’”

“I didn't say you had to ask, I said, ‘Don't be surprised if you saw Angel wings. Then you could ask about them.’”

(Nadia) “So he gave this command, and all these bodies stood up and rearrange themselves around me, and he said,

‘Now, go and have a look in the mirror.’ And all I just saw, was this magnificent light, all these colours intermingling. Then he said,

‘I want you to come out here into this other room,’ and he put a blue flame in the heart. That's when you told us to come back. Oh, he did have to fix my astral body up. He just said,

‘It was just a bit out of kink. You do too much astral travelling, and you haven’t realigned properly.’”

JEREMY’S MEDITATION EXPERIENCE

(Jeremy) “It was just like you have slices of bread, as part of the body, and the body shape. Seven of them, there were, went down on these marble slabs, but the seventh one didn't want to go, but this was only representative of.

The first one stayed in a physical shape, but it went into a curled up position, and what they were saying, was, it’s too rigid. So, what we did, was get the oil can out, and squirted all that, to ease it a bit.

The second one changed in shape to that of a big-money spider. That was representative of protection.

‘You've got nothing to worry about,’ he was saying. The third one was like a dyna-tape, but instead of letters on the wheel, there were body imprints. It represented different parts of the personality. He said,

‘What you’ve really got to do, is to get this down into one, so that it only prints one.’

The nicest thing was when you told us to come back, and the whole thing changed. All of those representations changed to spinning particles of coloured lights, and silver and gold, spinning counter-clockwise.
Thousands and thousands of them, and they all floated back, and went into one spinning bright light, and it felt really good, actually.”

The guides and higher-self didn’t channel anything about the students’ experiences on their meditations. In fact all the students channelled spirit’s who had nothing to do with the meditation.

My guides want to include Angelo’s channelling, even-though the spirit who Angelo channelled has got nothing to do with the students’ meditation experience, but I feel it is meant to balance out the next chapter.

I don’t know why the spirit gave his name as Bruce, it may have been a distortion by Angelo, or it might have sounded like Bruce, you will understand as you read the case.

All these students had read my first two volumes, so where I am referring to experiences and past lives, which you haven’t read about, I will explain in a lilac insert, but all the green inserts, were inserted when I typed up the pages for the files and student copies, as this class hadn’t been used in a text book yet.

ANGELO AS THE CHANNEL

Angelo channelled 26-year-old Bruce, who had been a very good clockmaker, when he lived in Frankfurt, but he watches now.

“So, who’ve you been watching?”
“Everyone and everything. I travel a lot.”

(I have cut out a lot of non-educational chitchat, and left in the essential extracts. He died in 1936.)

“Do you want to talk about what caused your death?”
“Hitler was involved, not directly, but the ugliness of the time, a very bad time indeed. I was taken away, yet I died of a heart attack, because of being taken away.”

“Were you a Jew?”
“Yes.”

“Did you go with your people, to check out what was happened to them after you died?”
“Yes.”

“Did you see what happened to them?”
“I did.”

“Did you help them when they passed over into the spirit world?”

“I did, I did.”

“What did you say to them when they passed over?”

“I said, I love you very much, all is well. There were some atrocious things done in this place, which people still to this day do not know about, terrible things, things that should not have been done.”

“Did you see many helpers, helping these people as they died in these camps, on the other side, in spirit? Were there many spirit helpers, to help the people?”

(My guides told me that they chose my last series of questions, starting with “Did you see many helpers...,” so that it would awaken his memory of these traumatized spirits being helped by spirit healers, who helped them as they died, because my guides knew that he was also mentally and emotionally traumatised by his emotional attachment to his people, but I didn't know that at this stage.

But my guides wanted to remind him of them being so traumatised that they needed help, and were helped, was a subtle way of trying to get him to accept that he had been traumatised.

This is where, a medium should be running a past life therapy rescue circle, as questions I asked, were what his guides wanted him to hear, and thus stimulate his memories.)

“Yes, yes, there was a chain of volunteers, the consciousness on this side, being spirit, it is and was very potent at the time, because of the atrocities that were happening.”

“We sent groups and classes, and helped in those places.”

(For you to yet read about in volume two.)

This explains to him that we were qualified to help him, and are concerned about people who have suffered.)
“Yes.” “To help the spirits, to heal their trauma.”
“There were many traumatised, many stunned, many very confused. Not knowing how, or why. I still do not know why.”
“Do you understand the concept of reincarnation?”
“Yes.” “Past life-times?”
“Yes.” “I had a past life-time connected with the camps.”
“Yes.” “She was a Jewish woman.”
“Yes, I am aware of this. I do not know why, but I am. You were treated very harshly.”

(I was guided to mention to him my own experiences in the camps, as a psychological hook, so that he would accept what I needed to explain to him, in connection with his statement,

“I still do not know why.” And when I found that he was aware of my past life in the camps, I knew that his higher-self and guides wanted him to know, for the same reason, because his higher-self and guides knew that he was troubled a lot more than we in the class new, at that stage.

I know that his guides and higher-self could have explained and helped him overcome this problem, if I had convinced him to go to the white light, straight away. But the class guides wanted to teach the students a number of things, so they wanted me to talk to him so you could learn them, because they know that if I don't tell you those things on the night, I will recognise them as I type them up, like now.

Firstly, if a teacher or student believes it is egotistical to mention a past life-time of his own, when most people already know about it, then if they have any ego-phobia, they might not mention it, even though the guides, brought the thought up in the mind of the teacher, to speak out.

So, firstly, a student has to learn that concern about the ego, is like climbing Everest, because it was a challenge, and the great view, but afterwards feeling guilty because someone called you an egotist for climbing it.

Conditioning connected with the ego, will interfere with your work with spirit guidance. So your guides and higher-self are trying to convince you to let go of your acceptance of the conditioning against the ego, so that you will allow it to be released when you are shown the cause of the
Secondly, that watching and focusing on the suffering events on the Earth plane for decades, will not help the spirit to learn the reasons why, and that the answers are elsewhere.

But an obsession blinds a person or spirit to learning these things. Only when the obsession has been exhausted, or weakened, can we step in, so to speak, and they are then ready to listen.

“Did any guides come to take you to a better place?”

“Yes, but for some reason I did not listen. I am very much wiser now than I was then, because I have travelled a lot, and I have listened.”

“Well, what was the thing that kept you here on Earth?”

“It was the camps. I have been trying to figure out why it all happened. I still do not know.”

“It depends on which viewpoint, you are looking at it, from, do you understand that?”

“No.”

“If you look at it from a Jewish viewpoint, it was horrific and painful suffering. If you are looking at it from a reincarnational viewpoint, of many life-times, it's a tool to grow spiritually, do you understand that?”

“Yes.”

“It depends on which way you look at it. If you are looking at it from a Nazi viewpoint, who were brainwashed by their system, or if you look at it from a world viewpoint, what its effect on humanity was, the publicity, of what they did, and the news-reels in the cinemas, of what happened, awakened the world to genocides, and the misuse of racism, and this publicity prevented a lot of racism in a lot of other countries in the world.

So it might have prevented more deaths in the future, by the world becoming aware of the horrific thing that happened to the Jews.”

“Yes, it has.”
“So the viewpoint of which way you look at it, you can find answers, all different, from the way you look at it. Do you understand that?”

“Yes, yes, this makes more clarity to me. I have been looking too much from my Jewish point of view. I must rise above this, and look at it from as you say...”

“Many angles.”

“Yes, yes.”

“Did you have emotions attached to how you felt about the crimes, and the horrific things that happen to your people?”

“Yes, I felt guilty, because I never actually got there, I died in transit...”

“Ah, right.”

(At this point I just recognised that he was suffering from survivor guilt.)

“...and left many behind. Even in when I was in spirit, I observed people being tortured, and this traumatised me immensely.”

“You felt guilty because you didn't suffer with them?”

“Yes, yet, really, I have been suffering, have I not?”

“Yes, well, because you believed that, yes, you have suffered, because you believed that. But where do you get this belief from, is this belief coming from the kind of attitudes that you are taught from your culture, of how you feel towards your own people, and that's why you feel guilty?”

“I think this is correct. I think the religion and the teachings of... have also a lot to do with this, and the way the culture seems to be very narrow-minded.”

“Could you accept that if it was God's will, that he wanted you to not suffer, but to die before going to the camps, could you accept that as meant for you, and not to feel as though you were to blame for what the others suffered, do you understand?”

“I do, yes. I learnt lots from watching.”

“Where did you learn about reincarnation?”

“In spirit. I observed many souls changing physical form, and cycling, going back.”

“Did you know that some of those Nazis, who caused the deaths of the Jews in the camps, they could have reincarnated,
and become some of the Jews who died by their own hands, do you understand that?"

“Yes.”

“That they can actually reincarnate back in time and be born into a Jewish baby that grew up and were killed, to learn the lesson of persecution?”

“I did not know this. They actually become the victims?”

“They can become the victims of who they wanted to victimise, so that they can learn the lesson of being persecuted, and they might not want to do it next time they reincarnate, after being persecuted.

So, everyone isn't necessarily innocent, because they died being a victim, do you understand that?”

“Yes. Why am I the Observer? I seem to have felt as though I have missed, not missed, this is wrong. I have seen from different angles, but it always seems to be from a long way away angle, Observer, does this make sense?”

“Yes, well, depending on your own understanding’s, and growth, depends on which way you are going to look at things, do you understand that?”

“Yes.”

“If you…”

“I must break my Jewish mould.”

“But it's okay, because this is all part of your growth. You're way of growing can go through the way of watching, and observing, and trying to figure things out in your own speed, and at your own time, to accept things, and then you....

Do you want to say anything, Jeremy?”

(Jeremy) “Did you die without any offspring?”

“Yes, no offspring.”

(Jeremy) “Is this a part of your belief system, that this upsets the Jewish line of return, in reincarnation, is this part of your belief system?”

“Having no offspring? No, it did not concern me in the way you have spoken. I was more concerned, just in... not so much Jewish continuation, but a terrible torture to any being, of whatever nationality.
However, now that you mention it, it was a very bad thing for the Jewish race, and even I in spirit, am still confused.”

(Jeremy) “Do you realise that anybody can reincarnate? When they reincarnate, they can come back in any race at all.”

“Yes, yes. But I do feel, for some reason, after talking to you all here tonight, my Jewish-ness has in actual reality got in the way of my development, which I was not aware of, before I spoke with you.

It is the strictness of the upbringing, and the way of religious ritual, this is not a good thing. No religious upbringing or ritual, really, no religious ritual, unless it is of any benefit, or maybe I should say, great benefit to any, because one narrows one's mind, and hence like myself, is confused.”

(When a person is channelling, not only the alphabet and English language of the channeller is activated, for say Angelo to speak the words that are forming in Angelo’s mind, but it is easier for our guides or higher-self, as I still don’t know how it works.

But it is easier to use the basic core choice of Angelo’s favourite and frequently used words and phrases, to bring them to Angelo’s mind to speak, than choosing a different choice of words or phrasing, which maybe Angelo would react negatively to, which might mess up the communication which Angelo is speaking.

I will give you a phrase that is an Angelo type phrase, ‘and hence, like myself.’ If I had channelled the same communication from this spirit, the meaning of what the spirit wanted to say, would be the same, but the words that might come out of my mouth, would be, ‘because a person narrows their mind, and thus like myself, am confused.’

So if you look at the yellow high-lighted words, the meaning is the same, but the words I most frequently use, would be what would surface in my mind to speak. Remember this is light channelling, and this is why the chance of distortion is higher, like if the channeller is prone to exaggeration, or the person wants to frighten who is listening, they may channel ‘dangerous,’ instead of ‘problematic.’

Just as 95% of students, including myself use the word ‘that,’ instead of ‘which,’ I don’t know whether it is mouth laziness, where the mouth finds the word ‘that’ simpler to flow into, in the course of the sentence
being spoken, or there could be a more subconscious aversion of the word, as it is too close to the word ‘Witch,’ and there could be a direct link with why the students are in the class and maybe past lives being in fear of Witch-hunters, like the inquisition.

So I understand that more often than not, the channelling sounds very much like the channeller, but look at it another way, if you were reading the same thing typed on two different makes of typewriter, with different fonts. You wouldn’t say that the typewriter’s font is giving their opinion; you’d know that the same person could have typed the same words on two different machines.

But because most of us can’t see the spirit who is communicating, who may even be thinking German, French or Polish, because the spirit’s guide wants to help the earth-bound spirit, and because Angelo’s and my guides want to help the spirit, all our communication gets translated by either the spirit’s higher-self or guides, and the same goes for everyone involved, ditto.)

“Well, religions should grow and expand and learn new things, and if religions stay the same, and follow the same beliefs that are 2000, 3000, or 5000 years old, it doesn't help if the people are growing in consciousness, and humanitarianistic aims, or even the equality of the sexes, when most of these old religions are sexist, it doesn't matter what the religion is, if it's restrictive, and it's not fair and just...”

“This is correct, this is what must change. This is where in your time; things are different, speaking of women. But when I was in the physicality these things were not of great awareness to us, unfortunately.”

“Well, it doesn't mean you haven't been growing, you've learnt a lot, and you've expanded your consciousness, and learnt all this. You don't have to think because, you weren't, you could say in heaven, but I don't know of the Jewish religion has a heaven, does it?”

“Not in the sense, as you speak, but yes, we do.”

“But you still grew and learnt here on Earth.”

“Yes, this is true. I have had a good time, but the confusion that
has stayed with me, has annoyed me, shall we say.”

“When you were a clockmaker, did you have a wife?”

“Yes, yes.” “It was good, wasn't it?”

“It was. Belinda, she was a woman of great joy, great love.”

“Well, the thing goes like this, when you die, and you attach yourself to the Earth-plane, you can't do things with the Earth-people, and it is designed that way to get spirits away from the Earth-plane, to places where they can do things with other spirits, like you did on the Earth-plane.”

“This makes sense.”

“But not everybody is taught this, or understands this. So what I am saying, is that your wife eventually died, do you understand that?”

“Yes.”

“And she's in spirit, and when you meet up with her, and go to a special place, which isn’t this place, the Earth, you can continue on with the relationship, and do everything you could before. From having a meal, to having a drink, to making love, and you can even have children, if you want children.”

“Yes, children.” “You can do all this.”

“Children will be a very wonderful thing.”

“So, now that you understand that she is waiting for you...”

“Yes.”

“And let go of all this worry about the horrors of war, or the horrors of traumas and victims, and things like this, because people learn from all experiences.

You learnt from watching it all, and to learn more about this, you can go to wise men in spirit, in this place where your wife lives, and they can explain it a lot better than I can. They can show you with pictures like movies, how it works.”

His wife came through the white light for him, and told him it's been a long time, and I got him to ask her if he could do all these things that I said, and she said to him,

‘Yes we can.’ Then he went with her.
Now that Julie and Caroline were sharing my place, one Thursday afternoon, Julie said that spirit wanted Julie and Caroline to attend my beginners’ class, tonight, and she said I wouldn’t need a guided meditation, as it would be a night of channelling. After confirming this with my guides, and as Julie had been channelling meditations and exercises for a few weeks now, I thought nothing of it.

So when we arrived at the centre I found that I had four newcomers to the class. Well, I always get nervous in front of larger numbers, and the class was now eleven strong, but I don’t remember every student.

I had started to lose confidence in myself over the last few weeks, and had started to rely more and more on Julie, and less on my inner guidance. Yet in the early days spirit channelling through Julie, had said that Julie was to help me with my psychic development, and I was to help her with her spiritual development, i.e., ethics, morals, and a higher view-point.

I chose some of the regulars to practise channelling first, then I channelled, but because of what was said to me, and it’s affect on me, I didn’t type what I channelled, and have since taped over the tape. I also may have lost the other student’s attempts at channelling. After I channelled, Caroline said, that she had to channel.

It seems that I had channelled some false information, but I didn’t consciously know that I had, and I would not consciously want to hurt anyone’s feelings.

Also I can’t remember if what Caroline channelled was true about what I may have said or done, outside of the class, or what I had channelled to Caroline, prior to this class night. But it seems strange that both Julie and Caroline were told to be in this beginner’s class.

I will give you the version of everything that was typed, from the first text book, as this is all I have left of this class night, I will only high-light specific words as my higher-self and guides only want to say something at the end of the class recording. But remember this was said in front of eleven students.
BEGINNERS HEALING CLASS, 19/3/87, JULIE, CAROLINE, DAVID, NATALIE, BRIAN, BELINDA, MARION, FRED + 3 MORE CAROLINE AS THE CHANNEL

“We have come here tonight to clarify a problem that has been happening here tonight. There has been some confusion as to who would channel tonight. This confusion has come from, Raymond, who has not been listening to spirit, but has been deciding from his own will, who to choose to channel.

The contents of information that has been channelled through the different people here tonight would have flowed much more effectively had the right people been chosen to channel.

Raymond, if you do not know who is the right person to channel, then you should not pick the person, you should wait for another who has the message to do the choosing. You knew you were having difficulty tonight, and you should have stopped and asked Julie or myself, this channel, or another channel, who would have been able to tell you the right person to channel through.

You also did not channel effectively yourself; in fact, you were speaking from your will. Spirit would never victimise a person unnecessarily, in a large groups such as this one, especially newcomers.

We have brought this message to you in a harsh way, because you have refused to listen to us in different places and times. This is not the first time that you have channelled incorrectly. You have done it before to Caroline, in order to try and put her down below yourself, and you have been told about this before, not to put another down below yourself, and you would not listen.

Instead, you gloated on the fact that she felt below you, and you gloated on her difficulties and her problems, that is not the way of spirit. We do not gloat on people's downfalls; we have much sympathy for them, and we love them for trying, for making the mistakes, and for picking themselves up and learning from it.

A vital lesson for you all, is not to gloat on another's downfalls,
no matter how horrid the person may seem, or their behaviour, for if they did not have their downfalls, we would not be able to learn from them, and they would not be able to learn themselves.

It is all necessary on this great planet, for everyone to learn that there be some that are up, and high-flying, and living successfully in the eyes of the public, or anyone else, and it is equally important that there be others who are down in the mud, struggling, either because of themselves or others.

As it is important that there be those who have; what you would call, ego-trips, for they too have chosen this path before they were born, to learn an important lesson, as you have all chosen your paths to learn from. There must be those who lead, and those who follow.

For if there was no one leading, the ones that were following would not be able to learn from him, and if there was no one following, the one that was leading could not learn how to lead, and they could not learn how to work amongst the people, with the people, and the many other lessons that go with the role.

Each position, each life role, each path on this planet, in your society, in any society, is entirely necessary for the whole. For without them all, there would be no learning, and it is learning that we are aiming for here. For unless you learn, you cannot love; you cannot love yourself, you cannot love your fellow men, unless you have the difficulties, you cannot progress with the entire human race.”

**JULIE AS THE CHANNEL**

“We will speak loudly and clearly tonight, so that those who are listening elsewhere may learn lessons as well. But we wish those who are listening, to know that it is not wise to psychically attack this channel. It was a weak attempt, and easily repelled by us, and we warn you not to try that again.”

(Julie believed that a person had a hidden microphone in the classroom, and was listening to the classes, and this is the person that she believed was psychically attacking her.)
“We have need for you to work for us tonight. We wish to know what is in your hearts that brings you here. We wish you to tell us what you are looking for in this class, and perhaps others that you attend? What is it you want to find? Is it something lacking in yourself? Is it a missing piece in the jigsaw? What is the reason for your coming?

We know the reasons; we wish you to become aware of them yourself. Think on it for the moment. What is it that brings you here? One who feels they know the answer may begin.”

(David) “To learn more, and to practice healing.”

“Yes, what about other classes, do you look for the same things?”

(David) “To meet and help people.”

“What is it you want for yourself?”

(David) “Knowledge.”

“How would you use that knowledge?”

(David) “For others, to teach, to heal.”

“If it is knowledge, you seek, why then do you hold back? Why then do you not try as hard as you can? You have been lazy of late, there are higher channels waiting to speak through you, yet you cling to an outdated guide.

We expect more of you; your higher-self expects more of you. We wish you to try much harder. You must not, any of you, be content to reach one level, and use it as a plateau to rest upon. We urge you all to try harder, although the way will become steeper and more difficult.”

(Natalie) “May I speak?”

“Yo may.”

(Natalie) “I don't really know exactly why I come, but I just feel that it's the right place where I can learn, what I need to learn.”

“What do you need to learn?”

(Natalie) “How to get more spiritual.”

“Do you believe that you are trying hard enough?”

(Natalie) “I have just been reading books.”

“Are you living what you read?”

(Natalie) “Well, I try.”

“Try harder. What will you do with that knowledge?”

(Natalie) “I don't know.”

“You must know. You must become clear on why you come here,
all of you must. You must know the goal that you have, you must become clearer.

This is the objective of these classes, to know what it is you spend your lives looking for. It is only when you identify it, that you can really reach it.

(2011 INSERT. Hang on a minute, if a student solidifies what the student perceives what he thinks he is looking for, if his lessons from his guides take him into a different area, or direction of growth, which may be all part of the students higher-self’s purpose, then the student may think, ‘This is not what I want,’ which was what Julie’s spirit’s wanted to achieve, which is again to get the student to choose what they want to learn, back to the kindergarten analogy.

These spirits of Julie’s are really devious in suggesting that the students are not clear in what they want, and this spirit is very convincing with logic, that the student should be focussing their minds on knowing want they want, or to put it in what the spirits said, “You must become clear on why you come here, all of you must. You must know the goal that you have, you must become clearer.”

And this next statement,

This is the objective of these classes, to know what it is you spend your lives looking for. This statement is not true, most of the time students consciously don’t know the objective of my classes, only a student’s guides, or higher-self know the many reasons why they are in my classes, even I don’t, because reasons evolve and change, as I have already learnt, but statements like these are used as logic-fuel to manipulate the student into not allowing growth or development from deviating from the students choice of goal, or objective. Then saying,

It is only when you identify it, that you can really reach it. Is implying that they will fail in their development, if they can’t fixate on a goal, objective, reason, or purpose for why they are here. And stating that,

This is the objective of these classes, is also saying that if they can’t find a reason or goal for why they are here, then they have already failed the criteria of why they are wasting their time in the classes, which can
create a feeling of guilt, until they find a reason, which to me is a form of pressure, and some students who are fragile new-ager, caring, empathising types, may be subconsciously influenced to drop out, especially as this was the beginners class.

So, do you still think these spirits channelling through Julie, are wise guides.)

*Your higher-self tells me you draw comfort from the group, from being listened to. But know that you have strengths within yourself; you do not need to rely on others.*

*I am a spirit who is of a sufficient level, as to be able to commune with all your higher-selves, and they tell me what it is that you really want. So, someone speak."

(Belinda) “I come to these classes to try and gain knowledge that I can. I need to become aware of myself, to get to know myself, so that I can help others in situations, in practical usage, as best as I possibly can.”

“What is it that you do in these classes that you do not do in your normal life, away from here? Do you feel more confused when you leave the group?”

(Belinda) “No.”

“You are just as clear?”

(Belinda) “Even more so.”

“That is good. There is no reason why anyone should feel differently when they leave this room. Spirit goes everywhere with you. You should not feel that you have left something behind. There is no real strength in a group. The strength is in the individual, to be an individual and not to follow.

We urge you that even the things that you hear in this class, you do not believe until you find an echo within yourself. You hear something in these classes, and it does not gel within you, then there is no need to take it within you. But we urge you to contact your higher-self, which will tell you that what you hear is true or not.

Do not believe blindly anything. Take the question within yourself, to see how it sits with you. Judge it for yourself and make up your own mind.”

(2011 INSERT. I will remind the reader of this disc that this was the beginners class, where their connection with their higher-selves was very fragile, and being urged to not believe what
anyone says in the class unless it is recognised, understood or accepted, before they believe it, is in a way keeping the students from accepting new knowledge that they have not learnt about yet.

Then saying do not believe blindly is playing on the ego and self esteem of the students, let’s face it, who would want to believe that they are believing anything blindly.

Then boosting the esteem of the students by choosing this first word, “Judge it for yourself,” and twisting what the students should be trying to feel the truth from their own higher-self, by the final words by getting the students to, “and make up your own mind.”

As you know my guides and myself have never pushed, commanded, said you must through-out my classes, and I have been learning about all these new idea’s, and concepts as much as my students.

On the 29/1/87 I took the students on the University of Life Meditation, but I have no records left intact to know who was in the class, or I may have used their meditation experiences, but I used what spirit channelled through me, as the last extract in the first chapter of volume 2, which was where I situated all the students experiences connected to the previously mentioned meditation.

I would like to show it to you as a contrast to a spirit getting everyone to perform the same soul searching exercises, whether they should or not.

“Tonight you were taken to the Temple of the University of life, for you each were to experience different lessons and experiences. This Temple is always available for you if you wish to go there outside of this circle.

Your guides were with you and they were helping you experience your meditation, for you will find that this experience will be added to your other experiences, to slowly de-programme your conditioning.

When you attune yourself more to spirit, you will feel more in your communication with your guides, about what you should experience in these meditations.

In the beginning it is difficultly you to make decisions when you use your minds, but as you develop your feelings will tell you which
direction to go in. In each of these meditations that you are taken on, you will be developing along the easiest and best path for your individual development, towards whatever you are destined to do.

Your perceptions why you are here are mostly wrong, as your understanding of your purpose in the future is based on what the world is now. But if the world is vastly different, you will need to be prepared for a world that is vastly different. To be what you came to be.

And we in spirit know what you are here to develop, and for when in the future. You will use your development to its fullest use and potential, because your development’s take quite some time, depending on when you are needed in the future. This will determine how strongly you wish to develop.

This one will be able to show you the healing that will be performed by you in the future, and you will learn very soon that this will be apparent.”

This next question from David should give you an idea how attuned David is to his own higher-self.)

(David) “Can you explain how to reach one's higher-self?”

“To do that, one must circumvent the will and the ego. This is a difficult thing to do. Even the intellect and the emotions cannot be allowed to get in the way. The will asserts itself through the negative emotions. You may contact your higher-self, when you are full of positive emotion.

But be aware that negative emotions not only includes the harsher ones of anger, frustration and depression, but also the secret subtle ones, selfishness and desire, that you may not recognise as being negative qualities within yourself.

Take the time to sit quietly on your own. Contact the higher-self; it is ready and waiting in all of you to speak. But you must be clear, and you must put aside the ego, and the will. Soon you will grow to recognise the voice of your higher-self, and it will never lead you up the wrong path. But do not be overcoming; overconfidence is a negative virtue.
You have been led astray of late David, and you must return to listening to your higher-self. For we have much work for you to do, as we have said, do not listen to anything that is told to you anywhere, and do not believe it until you are sure within yourself, that it is the truth. Take it within and examine it, and show it to your higher-self, and then decide.

All of you listen to that inner voice, the inner voice that cautions at times when you are about to do the wrong thing. The voice of the will can scream and shout, and drown out the higher-self. Therefore, you must take care that when you consult the higher-self, be calm and relaxed, no negative emotions whatsoever, for this will block the higher-self from coming through.

It is a very difficult thing, not to let the outside world intrude when you talk with the higher-self, but you will never be in contact with the higher-self, while there is anger and frustration within you, also pride.

Another thing you might not realise is hampering you, is the intellect, that oh so logical part of you, that when your intuition tells you something, it logically tells you, it cannot be true. It interferes with the growth of the higher-self.

So learn to recognise the voice of the intellect, as well. It is the cold calm voice of what you think is reason, but know that your first impressions, which were spontaneous and unprejudiced, are quite often the correct ones, and should not be explained away as nothing by the intellect.

There are many obstacles in your paths, my children. But once you come through the maze of your own body, you will reach a paradise with many treasures for you.”

(David) “Can you give me some clarification on what you said before?”

“Which part?”

(David) “About the leading astray, in what way, spiritually or materially?”

“Spiritually and psychically. You will find the answer to this; in what way it was done to you, if you contact your higher-self. You must not think of lessons being learned too late. The time you see the lesson, is the correct time.
There is nothing that is too late, everything happens in its proper time, although there may seem a time when you think you could have avoided a situation, that you were meant to go through that situation, and if you had not, you would not have grown. There are no mistakes made in your progress, although the lessons make it harder, your progress will be much quicker.

You must not be afraid of hurting people's feelings when you have a strong urge to say something. If you're not speaking in anger, or jealousy, or selfishness, and it is a true message; if you feel clear and calm within yourself, you must pass the message on. Do not think of it as hurting someone; think of it as helping, instead.

Spirit is using you to pass the message on to that person, that will help in their development, and this is the way you must see it. But make sure, you are clear and calm at the time, and is not your will that pushes the message. But none of you must be afraid to pass on messages that you are given. Sometimes the messages may seem hurtful, but as long as it is your higher-self channelling our messages, the message will be timely to the person concerned, and must be said.

If you hold back, you retard that person's progress, we are sure you do not wish to do this. So speak your mind, my children, when you feel that strong inner urge. You will be helping when you do this. It is not other people we are asking you to tune into, in this class, it is only yourselves.

(2011 INSERT. Everyone's mind is influenced by a large variety of unconscious, and subconscious influences, from planetary imprinting of core beliefs, to trauma's, beliefs and conditionings from past lives, or even spirit's attached from past lives, remember Jason and his past life Samurai enemy.

Not to mention programmed thought-forms, which you will read a lot more about in the next volume, when two classes go thought-form busting in the Vatican. I think you can figure out what these thought-forms looked like and what they were programmed to do.

Also if the other person has hurt you in a past life, or you have feared this other persons past life, saying something hurtful to them, may also be
a subconscious conditioned defence mechanism.

In all the channelling’s of Julie’s, how many times has a channelling achieved a fear in the student, like when they go home to their relatives, where the student has been told that they murdered or raped them in a past life.

This being told to say things that you know will hurt another person’s feelings is not the way to educate or teach the other person, because their emotional reaction will usually negate or have the opposite effect on the victim, and those around them will also judge the instigator, and form opinions about them, which is one of the reasons why most of these students left the class to never return, a few weeks later.

It’s like as if these spirits who channel through Julie and Caroline, don’t really know how a human ticks, if you get my drift.)

At this stage, do not concern yourself with other people. Concern yourself with becoming clear within yourself, and then you may adjust yourself to other people. You must learn how to unblock anything within you, that is retarding your progress. Learn to feel when negative emotions are coming on you.

Do not let them take control of you, before you realise. Learn to feel when you are getting angry, and calm yourself. For anger is not an emotion in itself; you must find the source of your anger. Anger comes from another source, be it fear, frustration, or whatever. Calm yourself when you are angry.

Ask yourself why. ‘Why am I angry? The anger has to come from something, and I am projecting it on to someone who is not the source of this anger. The anger is within myself.’ Ask yourself, from what source it comes.

Once you can reason out your anger, it will not be anger anymore. You will recognise it as what it really is, be it a fear, or a frustration, or whatever, and it is that, the real emotion, that you can deal with, then. Do not project it onto other people, when it is not theirs.”

“Can I ask a question?”

“Yes.”

“I thought I was calm when I was channelling, when I had to
say certain words, I asked first to make sure I was channelling from my higher-self, and I got, ‘Yes.’

When I was channelling for Caroline, why didn't spirit say that I wasn't channelling? I would have liked to have known then.”

“You think you are calm and relaxed, but you must recognise that doubt and confusion are also negative emotions. You cannot allow doubt to creep in. You must be clear and you must be sure. This comes with communing with the higher-self, and with spirit. You will know their voices.”

“I didn't know consciously that I was channelling false information.”

“No, you did not know consciously.”

“I didn't consciously want to hurt her.”

“Of course not, none of you may consciously, but your will is not concerned whether it hurts anyone or not. For though it hurt even yourself, realise that the will is your enemy, and it must be brought under control.

It cannot be eradicated completely, because your will is also your strength, that gives you that strength of mind, for the purpose in hand, whatever your destiny may be. But your will must be controlled by you, not vice versa.”

“I didn't know how I could stop myself, or help. You could have told me, and I could have tried to work it out before.”

“Did you begin by asking your higher-self to come through?”

“I thought I did.”

“Did you consciously ask?” “I thought the request.”

“Was there a doubt in your mind?”

“There is always doubt in my mind.”

“Exactly, a negative emotion. One of the more subtle ones. You may be doubting, and you do not even realise it, such is the strength of the will. It does not always show itself, as in obvious emotions like anger. It works in more subtle ways.”

“Why couldn't spirit have channelled straight to Caroline, to tell me where I was not channelling?”
“Because you were meant to learn your lesson. None of us can stop others learning their lesson; it would be wrong to do so.”
“I don't understand that, what you just said.”
“You do, your higher-self understands. It is your will speaking now, saying it does not understand. It does not want to know anymore, it does not want Raymond to progress. Your wills do not want any of you to progress; it is an enemy that must be overcome.”
“So I did the right thing, tonight?”
“There are no mistakes made, there is no wrong way. Everything is a lesson, even if you stumble and fall, you are still going forward. Do not ever think you are doing the wrong thing, there is no wrong thing. You are perhaps not going slowly along as you should, but there is no wrong thing. Each time you fall, you will learn a very valuable lesson, which lends wings to your feet along the path to paradise.”
“Will this make me more hesitant to speak when I channel?”
“We hope so.” “I was nervous tonight.”
“Nervousness is also a negative emotion, but we use you as an example, to show the class that there is always the chance of falling, no matter whether you are the teacher or student. You must always be on guard. The will is never so put down that it cannot come through. It is never controlled enough that you can leave off looking at it, and seeing what it is doing.
You must always be on guard every moment, and the only way for your higher-self to be in control, is for all of you to learn to relax, enjoy life, whether it be hard lessons, or easy ones. Become calm within your spirit, be at peace. It is these conditions that the higher-self revel’s, and can speak plainly.”
(Caroline) “I came here tonight, because I felt guided by spirit to come, and…”
“Everyone has been guided by spirit to come here.”
(Caroline) “…to become stronger in passing on what spirit gives me to pass on.”
“You have also been used as an example to the class, not to be worried about the effect your words have on people, even if it is
upsetting. It **must** be done, if you wish it, and there is always a lesson learnt, so it is always a good thing.

But you spoke truly; you did **not** speak from anger or frustration, or selfishness, or any negative emotion. You spoke with the desire to help, and that is all that is needed to communicate clearly. No one is meant to be humiliated in lessons. You learn a hard lesson, sure. Accept it and be grateful for it, for if you are **not** learning lessons, you would **not** be progressing.

Learn to enjoy, and be thankful for the lessons. Be optimistic about your progress. When you have a hard fall, say, ‘Thank you God for looking after me, and sending me this lesson, in case I went off the track. You help me to see more clearly now, the way I **must** be going.’

On this matter, we wish to speak to Brian. We wish to mention the subject that you need to get off your chest, in front of everyone. It is something that has bothered you for some time, but we wish you to see that it is a very good lesson that you have been learning.

The matter of your brain damage, it is **not** a thing to fear, those who come into this world with a physical handicap, or receive a physical handicap later, are very special people. In fact, they are more advanced than whole people.

The damage to your brain was done for a reason, and you chose it before you were born. It was to bring out those positive emotions that you display now, the kindness, the gentleness.

We did **not** wish your intellect to interfere with that side of you. You have come into this world a very beautiful person, and you should thank God for that brain damage, that allowed you to unfold like a flower. You still have those values a child has, or what we all **must** find again, simple love, humility and kindness. It is much progress that you have made, because of this choice that you made before you were born.

By agreeing to this, and accepting the situation, you have made a giant step forward to eliminating any karma from past lives.”

(Brian) “You said that I was worried about this brain damage, I was not aware that I had been worried about it.”
“We are speaking from quite some time ago. Worry can come out in many different forms. You may not recognise it as worry. Have you felt that you have been holding back, in some way? That you have held yourself back from doing things, perhaps, that you thought you could not do? There has been a lack of confidence.”

(Brian) “I can see... I often feel that I am. I worry in case I am blocked, because there's something I'm working on, that I feel that I should have done a lot earlier.”

“No, as we have said, there are no mistakes. When it is time, it is time, and not before. We have likened you to a flower, and it is true, you are opening beautifully to the Sun. We wish you to continue in this vein. You are more able to feel than many here. You are more in touch with your feelings, but you lack the confidence to rely on them.”

(Brian) “That probably is why I come here to the class.”

“Yes, you are progressing beautifully, although you may not realise it. It is just this lack of confidence that holds you back, but we tell you, believe us, there is no need for that lack of confidence. You are making strides in areas you do not even realise consciously. You have a great intuition, and feeling for people. In that light is your destiny.”

(Brian) “Thank you, I'm a bit afraid of confidence becoming too big. It will swing from under-confidence, to too much. Need I worry about that?”

“Yes, it is a good thing to worry about that. If you worry, then you will not become overconfident.”

(Brian) “I also will not be able to reach my own self, because I have this worry, which is negative feeling.”

“Yes, you see...” (Brian) “I cannot help my own will and logic.”

“That is an advantage in some cases, but learn to trust your feelings more, they are correct. It is true; you are called to an important work. Indeed, everyone is called to important work, but in different ways. Your higher-self can see where your natural abilities lie, and we have just told Brian, his is with people, and his feelings for people.

You have already been told Marion, something of what your
chosen work will be, and we are pleased with your progress. But you must learn to ask yourself more questions now. Do not rely on others to teach you. Learn to listen to the inner voice, and gain more confidence in it; it will never lead you astray.”

(Fred) “I come to these classes and classes like this, because I believe it's my destiny to develop as a medium.”

“Yes, it is, you have great telepathic powers, but you must learn the danger in them as well. Sometimes with telepaths, they take on the emotions of other people, when they should only be experiencing the messages. You have more emotions in your body than are yours, if you understand the meaning.

You tend to take on other people's feelings, positive and negative, and this is not good. You must learn to protect yourself, because you are especially sensitive in this area. You tend to carry other people's problems. You tend to sympathise with them, a bit too much, because you take them onto yourself unconsciously.

Sometimes you carry around the weight of the world on your shoulders, and it is not your burden. It is a very difficult path that a telepath must follow. Caroline knows this, she has had to learn how to take the message from people, without taking the emotion that goes with it.

You must learn to protect yourself with the light, so that you are correctly picking up the messages. But there is no need for you to take on any emotions that go with it. It will be very difficult for you.

For example, you may pick up that someone feels hate for you, but you must learn to just pick up the message, and say,

‘Oh, they hate me, but that does not bother me.’ Do not take the hate, the emotion, into yourself. You are particularly sensitive at this time, as you are just developing. But there is a very great need for telepathy in the future world, and you must work at perfecting this talent.

You will learn to recognise when you have taken on someone else’s emotion. You will tend to feel perhaps, angry for no reason, or frustrated, or depressed. Learn to recognise what is your emotion, and what is not, and shed that futile emotion that is someone else's.
Of course, you must also learn to deal with your own emotions, but you certainly do not need the burden of anyone else’s. You will become more proficient in this area, as soon as you can learn to recognise what is your emotion, and what is not.

Contact with the higher-self will help you much in this area, and working with other telepaths. Caroline can give you more details in this area; also Marion.

Each of you has a particular talent that needs to be worked on. Your higher-self can give you what the talent is, and how to work on it. That is why the main thing we urge in these classes, is the contact with the higher-self. The higher-self knows everything that is needed for your development.

All of you may feel the urge to help the people around you, and you must also realise that everyone is on a different level, and may not respond to your enthusiasm as you do. Be prepared to be knocked back many times, even though you have the honest desire to help. Be aware that not everyone progresses at the same time.

So do not feel bad if you show someone something, you have been reading, and have gotten a lot out of, yourself, and you do not have the same reaction in other people. It is just not their time to learn that particular thing, but you must all keep helping, and you must learn to deal with rejection.

It is not really rejection; it is simply the higher-self saying that that person was not ready for that information at that time. So do not feel bad about it, but keep trying. There are those who will respond to you, because it is their correct time to learn that knowledge. So be of good cheer, and keep trying.”

(2010 INSERT. “This all started from a domestic dispute at home, with Caroline, and Raymond can’t remember what it was all about, but irrespective of who was at fault, it wasn’t Julie’s or Caroline’s guides who wanted to air this dirty washing in public, but the same spirits who engineered through Julie and Caroline the domestic upset, to push Raymond’s buttons in the first place, so they could use Raymond’s reaction, as fuel for this nights humiliation.

(1)
If Raymond had been at fault, why didn’t these spirits channel through on the advanced class, at his home, as on the previous week there was only Julie, Caroline, Susan, Dennis and Elizabeth, in the class of the 13/3/87.

This was planned to humiliate, and convince the beginners’ class that Raymond wasn’t as qualified as Julie and Caroline, also to psychologically try to break Raymond’s self-esteem, self-worth, and confidence.

Remember, Raymond has no interest in running large classes, and no interest in becoming a guru, and doesn’t believe in the way to teach, of, ‘the end justifies the means,’ way of teaching, and would like every student to have the opportunity to practise equally, this is why he gives the students guided meditations, to give each student the opportunity to be taught on their meditations in an individual way, by their guides, and not taught by Raymond, or a student that sets her-self up as the teacher, and takes up most of the class time playing the oracle.

These spirits who are now channelling through Caroline as well, are very convincing in what they are saying, but they are playing on the logical mind, in the reasoning behind the way they are admonishing practically everyone, to cover up that this night was primarily to psychologically break Raymond, but are using teaching lessons, as an excuse to say what they did to Raymond, and Raymond was in the situation of he’s damned if he was to get angry, he would be damned if he had said this is a load of crap, and got into an argument with the spirit who was channelling, this would also lower his esteem in the eyes of his students.

Besides, he was in a state of shock both emotionally and mentally after he had heard Caroline channel, and was trying to remember what this was all about, this is why he was so silent, until he could think of a question to ask Julie.

We told you in previous chapters that these spirit’s would use any weakness in Raymond as a weapon, to try to turn the students into following Julie, but Raymond has normal weaknesses, but these spirits exaggerated any weakness out of proportion, and with too
great an emphasis in connection with spiritual/psychic development, and the pace of everyone’s development is too slow for these spirits.

The spirits of Julie and Caroline were Raymond’s enemies in past life-times, and their spirit’s knew exactly what they were doing, in connection with Raymond, but Julie and Caroline’s conscious minds were led to believe over the next few days and weeks, that they had been instructed by spirit to psychologically destroy Raymond’s ego, so that they could nurse him back to sanity, and reprogram his conscious mind differently.

As they were very telepathic, it was quite easy for them to manipulate, as they were manipulated by their own spirits, and these other entities, who wanted to stop the text books ever being written.

I, Raymond and his Guide’s are getting thoroughly sick of critiquing Julie’s channelling, so we have decided to give you a break, we will not critique this chapter,

(Sorry, I forgot when I was editing the punctuation, and added a few long inserts) but just say this, there is a lot of spiritual truths channelled through both of them, but be aware of the advice to the students, and remember a T V evangelist can also use the bible to manipulate the public into making him a millionaire, also that those who preach right and wrong, may have a hidden agenda. Like how can a little confusion over who would channel first, be such a big deal to us in spirit.”

I don’t think Julie and Caroline consciously wanted to stop the text books, but I never thought of my classes as a competition to find out who is the best teacher.

About a month and a half later, after I asked them to leave, I never saw or heard from them again, I never heard of them running any classes, or writing any books, or ever saw them at a Spiritual Church.

Julie channelled for approximately ten pages, and it’s a new record, spirit channelled 31 ‘You Must’s,’ 7 ‘Must’s,’ 18 ‘Do Not’s.’ and 48 ‘Not’s.’)
Approximately a year after Julie and Caroline had left the classes, I was having a private past-life therapy session with one of my advanced student/patients, and while Joan channelled her higher-self, I referred to my experiences with Julie and Caroline, and Joan’s higher-self relayed some more answers from my guides, that I was allowed to become aware of, to help me lay to rest the affects of their influence.

“But I had a bad experience with Julie and Caroline, and I’m still reeling from that. I still don't understand what I'm supposed to have learnt from that properly. I sometimes think that a lot of what happened had a negative effect on my development, more than a positive one. You know what I'm talking about?”

“The negative effect is there, because you place that negativity there.”

“Well, can you tell me what the positives were? Because I'm not aware of them, and if I knew the positives, I could forget the negatives a lot easier, if I knew more of the positive effects, of the experience of Julie and Caroline, living here.”

“The greatest positives that come out of the negative, is strength in all aspects.”

“Yes, I understand that.”

“Strengths to be guided, and to trust in oneself, and not fall prey to the ones that we believe, or you believe that is higher in power, higher in influence, higher in knowledge, not to let others drown you.”

“But what was Julie and Caroline's motives?”

“Their motives were such that they swayed from their own pathways, or fear of threat, fear of their own weaknesses, and to gain their strength as they perceived it, they had to drain you.”

“Are they on the right path, still, or have they gone so far of the path, that they...? I don't know what's happening with them?

“Do not concern yourself with others. The strength was shown to you, and you did not drown. You realise now the limits that you can go, and be dragged under. And your strength will prevent you descending to that level from now on."
But you tend to descend with yourself by not closing the door, to realise that what has happened, and what has been gained, is adequate. And all that is required is to accept, and use that as a lesson in life.”

Over the years I would be guided to take the students on a few versions, and for different purposes, to meditation scenes of Jesus’ life on earth. In all those meditations only once my guides told me that Jesus came and sat in the chair in the centre of the circle and advised each student individually, but he never channelled through any of us.

The next time Jesus came to visit us was in a therapy session with a student/patient, who was going through a rough time and the students higher-self requested Jesus to come and help, and be with the student for as long as he was needed. On the next disc that night is recorded.

Then next time he visited was on a class-night a few months later, when I had two students who were very much in love, but these students would see many past lives we all had together, but on this night Diane was having a rough night, when she found out that her father’s spirit had been interfering with Diane’s mind, and she was shown a past life with her father, where he had become attached to her, and made him insane, as Diane’s past life was a man.

At the end of the meditation and channelling session, we followed on with the healing segment, and while I was performing healing on Diane, spirit asked me to get Tim, her boyfriend, to help me, and to allow healing to come through him at the same time. Then both Diane and Tim became aware of the presence of Jesus in the room.

And I was told telepathically, that if Diane wanted, Jesus would enter into Diane's body, and link up with her spirit, to help her through this stage of her development.

Diane agreed, and while both Tim and I were being used to vibrationally facilitate this procedure, which was the same process as Jesus did with the other student, a few months ago, Diane physically felt Jesus enter her body. I was then told telepathically that Jesus wanted to channel through Diane, she then allowed Jesus to channel through her. I put the tape back on, at this stage.

I won’t give you all what Jesus said to questions that Tim and I asked,
but I did ask a few questions about Julie, and my guides wanted these extracts of questions and answers inserted here, plus my 2010 analysis.

Remember, at this stage I was protected from learning about the vast conspiracy from the dark side, as it would have messed up my mind, and my students, if Jesus revealed too much, at the most crucial time of these advanced students development, who were here for their own healing, and to help with the text books, and also for them to go on to potentially start their own centre or classes. Here are the class-night details.

**HEALING CLASS 15/12/88 DIANE AND TIM**
**SPIRIT HOSPITAL MEDITATION**
**DIANE AS THE CHANNEL FOR JESUS**

“Can you explain about the student whose name is Julie? The experience I had with her was pretty traumatic for me. I could never know whether she was working for spirit, or she was working for her own ego, and trying to hurt me.

It seems to be that nearly everything that she's channelled, or told me, has been true, from what other student’s channels have said. But why would she tell me all those things, then? I wasn't ready for it then.

Was she just using her psychic abilities, to get this information, so that she could shock me with it, to either upset me, or thinking that I would not believe her and reject what she told me? I don't really know.”

(2010 INSERT. When I receive past life knowledge about a student or patient, I know that I have to be aware from my guides the best way to present this knowledge, for the student to accept it.

As the knowledge is very rarely for my benefit, but for the student, to help them with their healing or development, and I know how damaged, psychologically most of the students or patients are, which is one of the causes their higher-self got them interested in sitting for development.

I have only had a small percentage of students who were teachers and healers, or professional people, and most of them, started to arrive years
after I printed my first Volume.)

“She was gaining the information given to her, and of course it was up to her to reveal to you.”

(2010 INSERT. If the information was given to her from spirits who had evil intentions, I feel that Jesus means that it was her choice whether to reveal to me, or not, and my next question was because I assumed that guides had given Julie the information for my benefit.

But Jesus answered that the information shouldn’t have been revealed to me, as it would harm me at that time, which I believe was the dark spirits intention, which was why the spirit gave it to Julie.)

“But if she was meant to get the information, wasn’t she meant to tell me?”

“No, it would have been best for her not to tell you.”

“Then why did she get the information? Because I work on the premise if I’m given information, I will tell it, even if I tell it slowly, and in the right way, like if a student is blocking or denying what they seeing. And I always check with spirit, if they want me to reveal information.

But if I’m meant to get the information, I tell it. That's how I work, you know that?”

“Yes.”

“Well, I would have thought that that would be the way that she would be working?”

“She needed to tell you, but not at that stage.”

“You mean a lot later, if she'd have ever been around, later.”

“Yes.”

(2010 INSERT. It seems like the evil spirits faction were using the truth to con Julie into revealing it to me, where Julie’s conscious mind would logically think that the truth was coming from guides and that it would be for my benefit, but on a subconscious level the affects of certain truths was known by Julie’s subconscious, and this to some extent may have interfered with Julie’s conscious mind in figuring
out how I would react to, being told who I had been in past life-times.

Of course this is why these dark spirits chose Julie, and very convincingly conned her with her development experiences, if you remember.)

“Well, what went wrong? What screwed it up? I know that I gave over my will to her, which I shouldn't have done, should I?”

“No.”

“I stopped using my psychic abilities, at that stage, didn't I?”

“Yes.”

“And she got me trying to believe that I was going to have a ‘Walk-in,’ who was going to come in, didn't she? Did it?”

“No.”

“And she channelled that I had failed in my mission, and that the ‘Walk-in’ had changed their mind, and then she was saying things, like I was going to die, and that I would never be allowed to reincarnate ever again, even as a worm, or something like that?

Is it because she was getting jealous? I know she was a past-life enemy, or was it spirits attached to her, who were saying these things?”

“The communication received by her, for you, was that of the evil ones. It was not true communication with the light side, which work for God.”

(2010 INSERT. This answer by Jesus through Diane, was at the end of 1988, and my first confirmation from the spirit side, that a conspiracy was behind the channelling. I had had my suspicions but my higher-self and guides had kept quiet about this up until what Jesus just said.

It would be until 2009 when my guides and higher-self explained it all, as you have already read. I felt it necessary to high-light this communication, in which I feel my guide’s got me to ask these questions about Julie and Caroline’s channelling sources, because it was Jesus who was answering my questions, which I feel this extract was meant to be an addition for all of you readers who thought I was paranoid about Julie’s
channelling, who may have thought what I had critiqued with my guides help, was like a bad loser mentality, and that I was wrong about Julie and Caroline’s spirits who were channelling through them.

I could have inserted this extract before I had started critiquing Julie’s channelling, but my guides said, put it near the end, to show the many readers how they were fooled, even when we and you explained in great detail the ramifications of what they channelled.

We cannot tell you how highly we regard Raymond’s spirit and his higher-self, this early in these text books, but rest assured you will over the coming volumes, and then you will accept and understand how much opposition, not only from the spirit side in Raymond’s class, but in the spiritual movement, where-ever people in power for the wrong reasons have been influenced to judge, condemn, criticise, block, negatively influence others about Raymond, (Down-right lies.)

This is why his spirits mental and physical strength, developed from past lives was able to prepare and push out into his mind and physical body, to help Raymond have great confidence and strength of his patience and convictions, matched with his wisdom and passion for wanting to awaken spirits incarnated from so many different vibration levels, not counting the spirits who are extraterrestrial in origin from many galaxies, to the affects of primarily hanging on to conditioning, causing a great slowing of spirit’s spiritually progressing, whether they are incarnated or not, and in many cases he is a therapist to many spirits who didn’t have a physical body any more.)

“That's what I thought, at the time, that's what snapped me out of it. I realise that what she was channelling, wasn't coming from God, or guides, and God's laws were being flaunted, and it wasn't true?”

“No.”

“And that’s what brought me out of it. What happened to her, how did she allow that to happen? How did she start believing that kind of thing?”
“They choose the weak minded. She was one of the weak minded.”
“She was a very strong channel, and a very strong psychic, wasn't she?”

“She had the ability to become a very successful channel for God, but her weak mind chose the easier path, which was of evil.”
“But she wanted to control and manipulate others, I suppose, didn't she?”

“Yes.”

“She was using a lot of psychological techniques, though, wasn't she? But I was meant to get strong from that, tempered like a chisel, wasn't I?”

“It helped you.”

“I nearly got sick, though, from it, didn't I? I was protected all the time, I suppose, wasn't I?”

“You are always protected, Raymond.”

“I feel sorry for Caroline, who went with Julie.”

“We all have our lessons.”
On this Thursday afternoon, I was told by my guides that they wanted me to put my whole beginners class through a past re-call session. Boy, did I panic! But I was assured that everything would work out okay. When I arrived at the centre I found that only four students had turned up for the class, I think after the last beginners class night a few students got frightened away, remember there were eleven students.

Anyway, I said. ‘Thank you God,’ because I know that it can take some time doing past re-call, so I left it up to my guides or higher-self to channel the meditation introduction.

I explained to the students the usual reassurances that if their higher-selves thought it best for the students to see the scenes from an outside recording, then maybe after the initial memory of the scene from the point of consciousness of the past life, they might be pulled out of the memory, to observe the events from another angle, so to speak.

So here is the recorded class night.

BEGINNERS HEALING CLASS 1/4/87
HELEN, MARION, BRIAN, BELINDA.
PAST RE-CALL MEDITATION

“Greetings my children, tonight, we want you to go on another meditation, as we want you to experience one of your past lives. This meditation will help you overcome a subconscious fear that is affecting you in this life.

Each one of you will have to speak out when it is your turn, describing what you see so that you can be instructed on what to do with the memory, and how far to go. We will ask certain questions for you to receive the answers from your higher-selves.

We want you all to relax and take three deep breaths, then you have to ask your higher-self, mentally, what memory it wants you to experience, to help you at this stage of development, and when someone starts seeing a previous scene, please speak it out and we
will go from there.

Even though you may think that it is your imagination, speak it out and more of the scene will appear for you, because your mind blocks it if you do not accept what you see in your meditation, as you accept then you will see more.”

HELEN SPEAKING

(Helen) “I've been shot down.”
(Helen) “Yes.”
(Helen) “Yes.”
(Helen) “In my left leg and my head.”
(Helen) “Have you left your body yet, or are you still conscious?”
(Helen) “In a plane?”
(Helen) “Are you injured?”
(Helen) “Where are you injured?”
(Helen) “Yes.”
(Helen) “Still conscious.”
(Helen) “I wanted to go through this scene, further along, and see what happens to you.”
(Helen) “Yes.”
(Helen) “Yes.”
(Helen) “Product of war.”
(Helen) “Right, are they to blame?”
(Helen) “Product of mankind's mistakes.”
(Helen) “Are you dead yet, or are you still alive?”
(Helen) “No, I'm alive.”
(Helen) “I want you to go on to when you die and leave the body, what is happening now?”
(Helen) “I'm stuck.”
(Helen) “Half way.”
(Helen) “Half way between coming and going.”
(Helen) “Stuck where?”
(Helen) “Half way where?”
(Helen) “Right, have you left the body yet?”
(Helen) “Go on until you leave the body.”
(Helen) “I seem to be caught in the memory.”
(Helen) “Ask your higher-self why you are stuck.”
(Helen) “I want to be earth-bound.”
(Helen) “I want you to ask your higher-self why you want to be earth-bound.”
“I want to meet my mother.”
“Why can’t you meet your mother?”
“Too much confusion now.”
“Why can’t you ask your higher self if you have to forgive anyone?”
“Forget my mother.”
“Does your higher self say you have to forgive your mother, to release this confusion?”
“Yes.”
“Now, with your heart, you have to say, ‘I forgive my mother,’ and this will help. Ask your higher self, if there is anything else you have to do.”
“The man that...”
“Oh right, your higher self is saying that you have to speak to your subconscious memory, and your mind-body, and say, I release this memory from the subconscious mind.”
“I release from the subconscious mind.”
“And its effects upon my body.”
“And its effects upon my body.”
“Ask your higher self, if there is anything else you have to do.”
“No, nothing else.”

(2010 INSERT. My guides say that when a therapist is helping a person accept a past life, their questions should be asked for the patient or student to receive the answers from their higher self or guides, to get the student confident in receiving answers this way, to make the psychic connection more secure, and the student will more likely believe the answers, later on if the answers are hard to believe.

Sometimes the therapist is shown secondary conditioning that the patient or student have not mentioned, and these questions to the higher self lets the patients conscious mind have more faith in the therapist, when the patient already knew about the secondary conditioning, but didn’t mention it, like pain, turning to hatred.

Remember the more the therapist believes and accepts, of concepts
shown to the therapist in the process of past life therapy, the greater the scope of who the therapist can help.

A student or patients higher-self and guides know how qualified the therapist is, in their ability to help a person understand their past lives, so if the therapist is qualified, the student might be shown a past-life as an extra-terrestrial that lived a life on another planet, where the emotional priorities can be quite different, and the subsequent conditioning in this world, can be quite strange.

For example, you wouldn’t expect a kindergarten teacher to teach a university student, you would expect a professor. So in the field of past life therapy, it’s not the psychic ability that is the most important attribute of the therapist, but the wisdom of the therapist, and most importantly, the range and diversity of concepts, that the therapist understands and accepts.

**MARION SPEAKING**

(Marion) “I can see the sea, very blue, through a small window with some bars across it.”

“Where are you?”

(Marion) “I’m in a small room, the room is cold and made of very old bricks. The walls are very old and cold. I’m in a bed. I’m a woman, very frail and thin, my eyes are sunken and grey bags are under my eyes.”

“Ask your higher-self why you are there.”

(Marion) “I’m very ill, I’ve got T.B.”

“Ask your higher-self what lesson you had to learn, by getting T.B, by this experience.”

(Marion) “I get the words, ‘To learn the lesson of giving more freely.”

“Right, I want you to go on now to the end of that life experience.”

(Marion) “My lungs are very painful, and keep coughing up blood and mucus.”

“I wanted to ask your higher-self if this has had an effect in this life, in your body.”

(Marion) “Yes, it has.”

“Right, ask your higher-self if you have to forgive anyone in
that life.”
(Marion) “Yes, I do, my husband and sister-in-law.”

“Why do you have to forgive them?”
(Marion) “They were cruel to me.”

“I want you to ask your higher-self what was the reason was you were born to have this husband and sister-in-law be cruel to you. For what purpose, your higher-self knows?”
(Marion) “To learn patience and forgiveness, in a way, in very harsh circumstances.”

“Ask your higher-self if you have to forgive them.”
(Marion) “Yes.”

“I want you to speak the words that you forgive them with your heart, if you mean it, be it the husband and sister-in-law.
(Pause) Have you done that?”

(Marion) “Yes.”

“Ask your higher-self if there is anything else you how to do or say.”

(Marion) “I have to be kind to myself, to nurture my heart.”

“Do you have to release the memory from your subconscious mind-body? Ask your higher-self.”
(Marion) “Yes, there is already that happening to myself.”

“Is there anything else that your higher-self wants you to know about?”
(Marion) “I see some mountains.”

“Go through the scene and see what happens.”
(Marion) “I can see an avalanche. I run down and try to escape.”

“I wanted to ask your higher-self why you are being shown this scene.”

(Marion) “To be more cautious and less reckless, to check out all the conditions. In this case, it was all the physical conditions, before venturing to climb the mountain.”

“Has this left any feelings in the body, pain in the body, from that experience? Ask your higher-self.”
(Marion) “The base of the neck, where it joins the rest of my spine, I think it was broken.”
“Ask your higher-self if you have to release this memory from the subconscious.”
(Marion) “Yes.”
“You know what to say, just say, ‘I release this memory affecting my body, from my subconscious mind.’”
(Marion) “I release this memory for my subconscious mind.”
“Do you have any emotional reaction that you have to release? Ask your higher-self.”
(Marion) “I have a feeling that when I died, I felt that I died too soon.”
“Now, what's the emotion that your higher-self is telling you, that you felt at this time?”
(Marion) “Shit! There's so much more I want to do.”
“Ask your higher-self if this is resentment.”
(Marion) “It’s more like impatience and frustration.”
“Ask your higher-self, if you have to release this impatience and frustration from your body memory, the subconscious.”
(Marion) “Yes.”
“You know what you have to do, speak it out, say to your subconscious, ‘I release this frustration that I feel from this past life experience, where I died in this manner.”
(Marion) “Yes.”
“Does your higher-self say that you have something else to do tonight, or is it enough for tonight.”
(Marion) “I think I'll have a rest now.”

**BRIAN SPEAKING**

“Now Brian, I want you to ask your higher-self for a word, a word that pops into your head in relation to a memory that is affecting you in this life.”
(Brian) “It's difficult, because many words come into my mind, but some words like celibacy, keep cropping up.”
“I want you to ask your higher-self to show you the experience associated with the word celibacy, that your higher-self wants to show you, to help you overcome problems
in this life. Describe what you see, imagine, whatever.”

(Brian) “I see nothing, but I do get odd feelings of being a monk somewhere.”

“What happens to this monk? You may see this monk from the outside; you may see the happenings to this monk as if it's a different person, and watch what happens. Whatever happens you tell us what's happening.”

(Brian) “I get the impression of wanting previously to learn, but it was a case of eyeing up women and not liking the vows.”

“I want you to ask your higher-self what lessons you had to learn from that life.”

(Brian) “Don't make vows that you're not going to keep, or are not sure that you can keep.”

“That's right, now we're getting somewhere. Ask your higher-self if there is any memory associated with that life-time, which is affecting you in this life-time.”

(Brian) “Not being able to keep the promises I made.”

“I wanted to ask your higher-self if you have to forgive anyone from that past life, including yourself. You may have to forgive yourself; that could be one of the persons.”

(Brian) “I do not feel I have to, partly because I would forgive them anyway, because they were acting on their best intentions. Is there any point for me to forgive?”

(2010 INSERT. My guides were telling me that Brian was relating how he is in this life-time, and that the way you feel in a past life-time can be very different, and all of us cannot judge past-life behaviour, by the way we behave, or our morals in this life, and that strong past-life emotions do not automatically get cancelled, because our moral attitudes have improved.

Later on, again he was denying that he had to forgive his father from a past life he had with him, because he had forgiven him for something else.)

“Yes, ask your higher-self. You still haven't got the answer from your higher-self, whom have you got to forgive?”
“For some reason all I feel is the guy in charge of the monastery.”

“Right, you have got to say in your heart, and mean it, like, ‘I forgive the guy in charge of the monastery.’

Because you are deprogramming your subconscious mind.”

“Is that what I've got to do?”

“What does your higher-self say about this?”

“I think I’ve got the feeling that it might be my father, in this present life.”

“Right, you have to forgive him and mean it.”

“I feel I have already done so, but there is still bitterness about him.”

“Right, you still have got to forgive him. You have got to say it out loud to your subconscious mind.

Have you done that?”

“Yes.”

“Ask your higher-self if there is any memory from that experience, which is affecting you in this life-time, in your emotions, or in the physical body.”

“Please correct me if I'm wrong, but I've had the need to be with as many women as possible.”

“Yes, ask your higher-self if you have to release this memory from the subconscious mind and let it go, will this help you?”

“I will naturally fight the releasing of a memory, because I like to keep all my memories, so that I can pick out the one necessary.”

“Yes, well, you can keep the memory up here, but what you are doing is releasing it from the subconscious. That doesn't have this memory, but only a blind reaction.

What you're actually doing is playing this film over and over again, whenever a certain situation switches it on, and your higher-self wants to wrap it up and take it off the projector, which represents your subconscious mind-body.”

“So I want to release the memory from my subconscious, that figures.”

“Because it is affecting your physical body, and that physical body affects your mind. So you just have to say it aloud to yourself, ‘I release this effect, this reaction from my
subconscious.’ Ask your higher-self if you have completed what you have supposed to have done tonight.”

(Brian) “Sort of.”

“When does the higher-self say?”

(Brian) “My immediate reaction is that I can't expect more.”

“No, it's tell me that this is enough for tonight.”

(Brian) “Should I have been more honest?”

“It's alright, you have just got to get used to all this, as well. Remember, you will be up to do this with many memories, if you wish to release conditioning from the past. Bring them to the surface and release them. See them, understand them and forgive them.”

BELINDA SPEAKING

(Belinda) “It was like in the 1700. I was a buccaneer sailor, and I was standing on top of a really high cliff. I jumped off, and there was just water swirling down the bottom, and rocks, huge boulders. As I died, I was in many pieces, but I was sort of up, and I could look down on myself, and I died, passed away, and there was a lot of pain, sorrow, and sadness.”

“Has any of this pain been affecting you in this life? Ask your higher-self.”

(Belinda) “Yes, there was a sense of betrayal, being betrayed.”

“Why did you jump off the cliff? Ask your higher-self.”

(Belinda) “It was like it was my fault. My family, my wife and my two children, through some action of mine were in great sorrow and pain. It was just through that.”

“Ask your higher-self if it was your fault. Remember ask your higher-self.”

(Belinda) “No, it wasn't.”

“That’s right. Now, ask your higher-self why it happened to the family.”

(Belinda) “I don't seem to be getting an answer.”

“What was the lesson you had to learn from that experience of killing yourself?”

(Belinda) “It is to regain the trust, I think. Just trusting people, loyalty,
I'm not sure.”

“Ask your higher-self if you have to forgive anyone from that life and death experience.”

(Belinda) “I can remember a man in uniform; the captain of the ship, I'm not quite sure.”

“Ask your higher-self if it was the captain of the ship.”

(Belinda) “It was the captain of the ship, and a few men aboard. There were two or three of them.”

“Now, want you to say, you forgive these men, and the captain of the ship. (Pause) Now, ask your higher-self, if there's anything more that you have to do or say, in association with this past life.”

(Belinda) “No.”

“Is there any pain or emotion that you have to release from the memory of the subconscious mind.”?

(Belinda) “Yes, there is.”

“You have to say, ‘I release all the pains and emotions that have affected my subconscious memory, from this past life,’ to yourself.”

(Belinda) “Yes, I've done that.”

“Ask your higher-self if you are finished for tonight.”

(Belinda) “That's all.”

RAYMOND AS THE CHANNEL

“Greetings again, my children, we showed you tonight a new experience in your development, that you will be able to do in the future, if you wish. You will be able to release more of the subconscious conditioning from your past-life experiences if you follow these simple guidelines.

Ask the individual’s higher-self to show him or her, the scene of the past-life experience, which is important at this time, for his or her development. As you know some experiences are not very pleasant, aren’t they, Helen?”

(Helen) “Yes.”

“And if you can handle them, bring these memories up in your
mind, to help you overcome the fears or physical pains that you feel from time to time in your life, when you are in certain circumstances, that will trigger off these feelings or pains. These subconscious memories also restrict you from living happily in your life.

This is called ‘Past-life re-call,’ and for you to develop further, you should practice recalling as many lifetimes as your higher-self wants you to become aware of, for reasons that your higher-self knows. You should do it in pairs, so that one can ask the questions which will be given by spirit, and the patient will receive the answers from his or her higher-self.

Some of your conditionings from the past have very strange effects on the physical body, when they are removed these effects will be removed. Hence, you may experience great or minor changes in your appearance, personality, or emotions, when they have had time to work out of the body.”

After I had channelled this message, spirit told me that the students’ voices have been worked on, so that they could become therapists if they wanted to. This is what I said to the class:

“Everyone swallow and tell me what you feel at the back of your throat, who is feeling a funny sensation at the back of their throat that’s not normal, not sore, but a bit constricted?”

(Everyone gave an affirmative)

“Spirit has told me that as developing mediums and healers, your voice vibrations are being altered, and these voice vibrations are recognised by the patient's higher-self.

If you didn't have the correct voice vibrations, it would not release any memory to the patients conscious mind, is that understood? So, the higher-self of the patient knows that the person who has had their voice vibration affected, has the right key, as he or she is working with spirit, and it is safe to release a past memory to the patient, if the guides think the therapist is qualified to help the patient. So you can all do this.”
“Will we be consciously aware of the patient's memory?”

“No, the patient's higher-self will release the memory to the patient, if it recognises the therapist’s voice vibration, and if the therapists’ voice vibration hasn't been altered, it will not release the memory.

In other words, if you were to teach or tell this to somebody else, and they didn't have their voice altered by spirit, they would not be able to do it with the patient, does that make sense?

That is why spirit wanted you to be aware of the throat, because you are responsible enough at this stage of development, to have this. It's like an implant, but is not an implant. It is just an alteration so that when you say to the patient, ‘I wanted to ask your higher-self, etc, etc,’ because you're taking direction from spirit, the higher-self of the patient knows you are.

You wouldn't have had that voice alteration unless you were, because you don't get this free. It's another gift that spirit has given to you, when you are responsible. But they can take it away as well, remember.”

A word of warning, past re-call should not be performed by two people who are related, or are involved in each other, for obvious reasons, unless your higher-selves thinks it’s okay, the basic rule should be, that your higher-selves should make this decision, not you. So if you both start seeing simultaneously past life scenes of the same past life, and find you both have a past life in the scene, your higher-selves must think you are safe to help each other.

Choosing the therapist, who is more neutral to your past, or you may meet your therapist in a past life scene, and the therapist may subconsciously lead you on.

But there could be a strong chance that your therapist has had many past lives with you, especially if the therapist and other students have incarnated in groups.

The therapist should always let the patient described the events that
the patient sees, to help convince the patient of the authenticity of their perceptions, than if you tell them in advance you were so and so, in case the patient believes they are imagining what you have suggested, or told them.

But If your guides want you to kick-start the student or patients past life, you may be shown a scene to describe, and then they might be able to see their past life coming into it.

(2010 INSERT. Unless you are running a class and your guides show you a scene of a group of individuals, in a past life, and your guides deliberately want you to know who they are and who your students were in that past life.

Now here comes the interesting bit, if the past lives are well known and you recognise the scene from history, which is why your guides wanted you to know that, they may now want to show you a scene for you to describe to your students, but this scene your students will not be able to recognise the past life characters from history, and the reason you are sometimes told who was who, is because, in close family relationships, we remember the person we used to see every day, and not our own past life face, and the further back in history the past life is located, the less chance of mirrors being around, so they would see more often the face of a relative like a husband or wife, which a student may subconsciously recognise, and mistakenly believe that is their past life.

Sometimes a past life person, may have had great envy, and wanted to be someone else they came in contact nearly every day.

Once the student’s have accepted their past lives, but don’t know who they are, their higher-selves help the students to see the source of the conditioning, which they sometimes will recognise from this life, that they are suffering from.

If the past life is very hard to accept, when they find out who they eventually were, it is very likely that the students higher-selves will have brought the students to situations in this life to trigger off the conditioning, deliberately, if they are advanced souls, if it is very important that their higher-self wanted the student to accept who they were in the past life, if they were famous or infamous, or just in a famous
family, if their many past incarnations are significant in their affects on humanity.

These advanced souls chose ordinary working class lives today, so that they would be free of great wealth or power, to be able to be interested in developing their link with spirit.

What their higher-selves are trying to do is..., I will give you an analogy, to help show you what I mean.

I want you to imagine that these special group of students, who came together in my classes, are represented as a group of orphans, who grew up and never knew who their parents were, but their higher-selves know that their parents were all famous gold medallist athletes, and that their parents were also athletes, from a long line of athletes, if you could show those students who their ancestors were, then if those students trained in sport, with that knowledge that they have great athletic genes, then if they believe because of this knowledge, this will help them to achieve in that sport, in this life.

In this fictitious analogy about the principle behind the higher-selves purposes, are very similar, but this enlightenment for the students, doesn’t happen in one past life scene, but many group past life scenes, over a few months.

I had to be sufficiently developed in running classes before my higher-self and guides allowed these advanced souls, who have been my group, who had incarnated with me in many past life missions for the upliftment of humanity, for us to be shown these past lives, which you will read about after volume two.

After I and these students had seen approximately ten to fifteen of these type of life-times, I then understood and could feel comfortable with certain points in my Astrological birth chart, and even more so, my Numerological master numbers of my name and date of birth.

In the next chapter I had a new student who had a bit of a negative attitude to the reason for seeing our past experiences, my guides say including this life’s childhood experiences, which is mentioned from an earlier chapter in this volume.

But because the new student was in a class approximately six years after this volume, I had so many different reasons, I, my students and patients
had experienced, when their higher-selves showed them past life-times, that you may read about more experiences you will read about in the coming disc volumes, after this disc.

So you will have to have patience, until you come to read them, as my group would generate approximately 30 to 50 pages every class-night, where the students were being shown their past lives, mostly with each other, in the same past life scenario, and there was an interconnecting theme for each individual students past life, that paint a picture for each student, like the connecting dots of most of their past lives, revealed more about their individual strengths, weaknesses, desires, phobias, or vows.)

Answer the patient’s questions. If the patient asks you to confirm whether a certain event they are perceiving, is true or not. You will receive the answer from spirit, but if the patient relies too much on your answers, get the patient to ask his or her own higher-self for the answer to his or her questions.

Before, you do any past re-call; tell the patient that they may not be reliving a past event exactly as it happens, but a watered-down version so that they can understand the past. It is not necessary to relive, a past life memory event as it happens, sometimes the patient will view what is happening to them as if they were outside their body, watching the events, so that they don't react to situations with fear.

One of my students, Jane, had been instructed by her own guides to leave my classes, and she had started running her own healing class at her home, approximately forty miles from my classes, out west, on the outskirts of Sydney.

After she had been running the classes for some time, I asked her if I could come to her classes as a student, and she said, ‘Yes. Because I hadn't seen her for a few months I arrived early to tell her about the new developments which had occurred in my classes, including the past re-call, and read some of the channelled communication about this. When all the students had arrived, Jane told them about past re-call, and we had a discussion about hypnotherapy, and re-birthing, and explained how safe past re-call was.
One of her students, Isabelle, then said that she had lived in an adoption home as a child, although she could remember her real mother and father, she said, it was as if they had disappeared from her life, and she had no memory of what happened to them. Isabel had tried to find out about her parents from the adoption home, but she could not find out anything, and she asked if past re-call, might help her find out what happened to her parents.

Jane then asked me if I would read out the past re-call meditation, for everyone to experience. At this point, I was a little hesitant, as I didn't want to intrude in Jane’s class, also I work for God, and don't allow patients or students to persuade me to do certain things, in connection with spiritual healing, as the emphasis I believe, is on the word ‘Spirit.’ So I asked God, ‘Do you want me to do the past re-call meditation?’ And I received the thought, ‘Yes, Raymond.’ After I had read out the meditation to the group, most of the students experienced memories from different viewpoints. I then came to Isabelle and asked her to tell us what she was seeing. She said that it was like watching a video in fast reverse mode, but she didn't see what happened to her parents. When the video of her past had slowed to a stop, she said that she was at her parent's wedding.

I asked her if she was in spirit or whether she had a physical body. She said she was physical. I think she was shown a little further in the future, because she said, ‘I've got a little brother,’ and seemed very surprised. Then she said, ‘I can see a car... I don’t want to see any more.’ I said, ‘That’s alright, you don’t have to see anything if you don’t want to. I want you to come back now, take three deep breaths.’

As Isabelle was the last student, I brought the whole class back to the present. I then explained to Isabelle that when her desire to know becomes stronger than her fear, she could ask Jane to do this again in private, if she wanted to. Jane said that she would be willing to help Isabelle in this way. As Isabelle was leaving, she said, ‘Why did you stop me from finding out what happened to my parents?’ Well, everybody's mouth dropped open, and everybody told her that she was the one that backed out of seeing what happened, but she
insisted that she didn't. Jane then said to Isabel that she would do this meditation again next week.

(As I was typing these events for my files, spirit explained that Isabelle's higher-self had erased the memory of backing out of seeing what happened to her parents, including the emotion of fear associated with this memory, but he wanted to put back the memory of what happened without the emotional fear. So her higher-self prompted her to ask a question, as she was leaving, so that we could tell her what she had said to me in her meditation.

This was done to prevent her memory of the fear, from being associated with the past re-call meditation, so that Isabelle can eventually find out what happened to her parents when she is ready.)

While I was driving home, I felt uneasy about Jane repeating the same meditation following week, so close to the last one, in connection with Isabelle. But I thought spirit knows best, so I forgot about it. Next week I gave Jane the page that the past re-call meditation was on, and she read the meditation to the students.

Isabel did not recall anything, in fact she thought she went to sleep through the meditation, and everyone else went on their own meditation trips. Jane didn't speak to any student while they were on the meditation, but then no student spoke to Jane while they were on their meditation, either.

My guides explained to me that spirit did direct Jane to repeat the past re-call meditation, for many reasons. One was to show Isabelle that if she wanted to have a past re-call session, she could. What I was to find out was that healers or teachers cannot make a person recall a memory if the circumstances are not right, because then the patients or students higher-self will not release any memory.

Jane herself had learnt through a few past life memories in one of my classes, that her students may be shown a past life memory in the middle of a different meditation being given by the teacher. So Jane knew that it is not necessary to perform the past re-all meditation, in order for a student to review a past lost memory.

The following week, Isabelle experience, a past life, death situation in
World War II, without Jane even doing, a past re-call meditation. I think spirit wanted to assure Isabelle that she could experience a past re-call situation in a normal meditative state. Spirit also wanted to assure me that it is basically true that memories, which have been forgotten are only allowed to be recalled by the patient's or students, if the circumstances are right.

I have found out that the more psychically developed the patient or student is, the easier it is to help them experience their hidden past, and the less developed the patient, the therapist has to do more talking, to draw to the surface the relevant information, that the patient needs, in order to understand the circumstances or reasons for the past life scene.

“We would like to add this to your chapter on past re-call. We sometimes show a past life experience to a student that is not necessarily his own past life. But his spirit is connected to the source in which a past life experience is also connected to the same source.”

(2010 INSERT. This is very rare, and is only used to help new growth in, an area where the nearly identical childhood conditioning of the past life being shown helped to produce the same direction of growth that the individual in this life is growing in, to help the student accept the childhood conditioning as positive for their spiritual growth, if they too strongly believe that their childhood suffering should be blamed on someone else, and the student is still holding many negative emotions associated with their childhood trauma, which my guides say is more often than not added to by other past life conditioning from a previous life they had with the abuser, and this is maybe why they have been drawn to my classes, because of their continuing incarnating together, like they are locked into following incarnations together, and they, or the student needs to release and break this lock.

But usually when an advanced soul chooses to be born in this life, to have childhood abuse, but they do not have any locking past lives with the abuser, then their higher-self may block out the memory of the abuse, but the subconscious effect on the students mind and his subconscious relationships with humanity, may be positive conditioning, which in a way
is like effecting the student in like a reinforcing exercise, or training, in that the effect will also be subconsciously imprinted, for the spiritual progress of the student.)

“It shows the connection between the childhood of the individual in the past life experience, and their adult life destiny. So that the student can see that his own childhood was also preparing him for his own adult destiny. So the student will feel empathy and compassion towards this past life experience, and as a consequence. It will boost the student’s self-worth and esteem.

The reasons for reviewing a previous life-time are many, and all of them serve to help the student's development, by helping you become free of his world conditioning. The individual chose his or her particular childhood experiences, and parents, so that he or she can become what he or she wants to fulfil.

If a student has experienced a childhood very similar to that of another student, he or she may be shown a similar previous life experience, as that of the student. So, be very careful if you say that you were so-and-so in a previous life-time, as you may be wrong.

Usually, when we want to show one of this type of past life experience, we go into much more detail than one shown to a student for overcoming the conditioning originating from his or her own past life memories.”

(The individuals of the previous life experiences, may have the same names, and in physicality are the same person, but what they experience may be slightly different from each other. One may be an experience from this earth's past, but the other students experience may be from another earth nearly identical to this one.

This may be one of the reasons why two or more people have experienced past re-call of an individual with the same name, but it doesn’t necessarily mean that both students are branches of the same spirit, like a parallel life, but it could just mean that each students spirits needed the same past life setup to help produce the same spiritual growth from the choices made in that same parallel Earth past life individual, so if
the student made different choices, then the history of the parallel life Earth events may be different, but their names and many things were the same.

Critics of past life hypnotic regression, or past life re-call therapy, use these past lives of parallel Earth’s as proof that the past life is imagination, because it does not conform to records of a person’s past life on this Earth.

But a spirit incarnating to go through the experience of a specific life, is not usually necessary to reincarnate in the duplicate physical life as well, but if the destiny is very important to the higher-self, or the evolution of millions of souls, and the destiny is in harmony with what, for want of a better word God’s purpose for more than one earth-plane, then the higher-self may incarnate a spark of its consciousness into quite a few doppelgangers in many parallel Earths, to increase the odds of succeeding with the life destiny or purpose.

Examples of this, and case histories, will be in the next three disc volumes. As after this volume, the percentage of past lives the students experience in their classes gradually increases, as the advanced souls start to arrive, and of course some of them are having private past life therapy sessions as well, because their past lives are the primary cause of their illnesses or disabilities.)
When I used the last chapter class-night for my first text book, I inserted other examples of past life therapy nights from future classes, from classes that would be in volume 2, 3, and 4.

But because my guides want to keep those class nights all together for many reasons, I have been guided to use other class-nights from so far in the future, that not only have they never been printed in a book, but because I was so much more experienced in helping the students, that you the reader can learn maybe five times more from these classes, in many areas, this is why you have already read about the ice-skating race class-night in the beginning of this volume.

So now I have been guided to give you an example class-night of what you may come across in your own classes.

Early in February of 93, a woman who was approximately ten years older than me, who I renamed Nadia, bought my first volume at my market stall, at Glebe Markets. She eventually phoned me and told me that she had been a spiritual healer for many years and she and her partner, who was also into all this, said can we come to your classes, so I started a new class with Nadia and Jeremy who was roughly the same age as Nadia.

Before their first class-night of 16/2/93, I was guided by my guides to take them on the meeting higher-self meditation, but if I had chosen the next meditation I would have picked either the Shangri-La or Pyramid meditation, but my guides picked the Medieval Europe, but only up to the Cathedral, and no further.

Remember my class guides know what Nadia and Jeremy are like, as I was to learn on this first class, you see Jeremy had some fixed opinions about the worth of past life viewing, and if you remember Jeremy didn’t describe any childhood or in the womb scenes, from their eighth class-night, which you read in the first quarter of this volume.

As I don’t tune in to my students, I don’t know why he didn’t describe any scenes, but maybe because he has a block to allowing specific scenes into his mind. These extracts might help you understand Jeremy a bit
more, and maybe the second meditation was meant to help rectify any old fixed beliefs, or loosen up his fixed opinion of what he wants to learn and develop.

As the meeting higher-self meditation is nearly identical to Meeting your guide meditation, I will insert the meeting your guide meditation if you have forgotten how it goes, and then their experiences before I took them on the second meditation.

HEALING CLASS 16/2/93
JEREMY, NADIA
MEETING YOUR HIGHER-SELF MEDITATION

“I want you to imagine in front of each of you, a full-length mirror, but it is blank, and in this mirror sitting opposite you in the dark, is one of your guides, and you are going to reveal slowly, little by little, what they look like. Now I want you to look in the mirror, where your hands would be, the fingertips of your guide will start to appear, and then more and more of the fingers and hands will appear. Notice the fingernails, are they coloured? Are they a woman's? Or are they a man’s hands? Are there rings on the fingers? What colour is the skin?

As you see up the wrists to the forearms, see what clothing are on the arms, or bracelets, if the arms are bare, see if they are smooth or hairy, slight or muscular.

(Briefly pause after each description.)

As you see more of your guide, you now start seeing the middle of your guide, the midriff. Is the person fat or thin, large or small; is the person old or young? What kind of clothes are they wearing?

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

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

Say hello to your guide, you can talk to them mentally, and ask questions if you like. Any question you feel pops into your head, is most likely coming from them, so ask it, and you will get an answer.

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

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

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

Ask if your guide, if they want to give you their name? Find out their name, so that you can speak to him or her, at another time, but they don’t always give you their name. Sometimes they don't, because they don't like to be called on, every five minutes, it depends on the individual, the student.
You may ask your guide, if there is any connection with you, from a past life-time. You may also ask what this guide is here to help you with, in your development, or just in your everyday life, outside of classes.

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

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

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

(Approximately fifteen minutes silence.)

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

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

JEREMY’S FIRST MEDITATION EXPERIENCE

(Jeremy) “You talked about the feet, and then the ankles…”

“Oh, you were ahead of me?”

(Jeremy) “Yeah, by the time... about two or three statements before you got to the hands, I had already found the ruby ring on the right finger, because we have done some of these things before, I suppose it just sort of flows.

Anyway, they were Roman sandals; he's got a white toga, sitting in a funny shaped ivory chair. He had this rings on the right forefinger, a huge red ruby ring, inset in gold.

Roman times have always interested me. He had a very fine gold necklace with a cross on it, which I felt was unusual, for the time period.”

“Well, the Christians did become the biggest sect in Rome, eventually, didn't they?”

(Jeremy) “Yeah, well they did, but I suppose they came and went. But he
had a beard and grey hair. I didn't see the eyes. The head distorted, actually, but went out.

I had the vision before that, but as soon as you started to get into describing their head, and look at the ears, and look at that, it went out. Like it was still there, and then as you sort of went on to get a clear picture of this, and outline it. What it did then, this interior body died, sort of withered and collapsed inside the toga. Then it changed to a very small child, sitting in the chair.

Then you got to the stage where you said to bring them out and talk to them, and get the feel, I had a vague funny feeling in the stomach, so I persevered with it, and I could feel that ruby ring.

The other thing was, I got a pain in the shoulder, under the arm, towards the back. Actually, it felt like a slash, or imagined what is a slash would feel like. I did it three times, so I've got to take notice of that.”

“Well, you will remember, your higher-self, when you feel a slash under your arm. Sometimes the higher-self may say, ‘A student is not very good at picking up me, so I had to make it stronger.’”

(1) “That's true.”

“Maybe he's picking out a memory of an experience in a life-time as a Roman, to flash that point of...”

(1) “Oh, it could be. I've never been into a past life experience in Roman times, but I know I've got a Roman connection somewhere. And I've had vague thoughts about it, and I have actually one single picture of a Roman scene, which often appears, like twenty feet of movie film, and that's all you get.”

(1) This orange high-lighted caption is a Freudian slip on the part of Jeremy. The word “into,” gives it away, as you will read later, another high-lighted caption, where Jeremy expounds his opinion.

“In the future, if you're in a position where your own mind doesn't believe they can do certain things, or doesn't believe that you have the answers, or don't have the courage, and you are familiar with the feeling of your higher-self, he can come in and deal with situations that you're not very good at doing. Then, your higher-self can more easily step in, and he can
do the work, using your physical body, whether it’s healing, counselling, or giving a lecture. And the more you learn about your higher-self, and the more you learn about your past, and your own abilities from the past, you can relax more, knowing that if your higher-self wants to do something, he knows how to do it, from past life experiences.

Then you will be able to do it and let your higher-self do it for you. Being comfortable with, and familiar with transfiguration, will also help you with other development, and other healing work, when you go on spirit rescue missions.”

NADIA’S FIRST MEDITATION EXPERIENCE

(Nadia) “It was an amazing experience, actually. It was a man much larger than myself, and he was wearing like a woollen robe, which came down to below his knees, and the feet had got those leather sandals on.

He was like a holy man, he had a staff, he did have a ring of some sort on his hand, it was like a clear crystal, and there was this heavy chain with some form of stone here, very heavy.” (Pointing to her chest)

“So, you can feel it?”

(Nadia) “Yeah, I feel it, it was very heavy.”

“They choose to wear something that you will be able to strongly feel, that's the purpose of feeling it, so that you can get used to your higher-self working through you.”

(Nadia) “It was really heavily around my chest. When he took over my body…”

“Well, he didn't take it over.”

(Nadia) “Well, you know what I mean, transfigure, and I still have this peculiar feeling in my arms, like the arms were too big for me, and I got this real tingly feeling in my arms.

He had a really nice face, clean-shaven, and they were blue eyes, and you could look right into him, as though there were pools of blue, and he had a band around his shoulder length hair. There was an incredible peace from him, Jonas.”

“What was yours, Jeremy?”

(Jeremy) “Amelias, I'd forgotten the name.”

(Nadia) “He said he was very happy to meet me, after all this length of
time, but he'd been around me for quite a number of life-times. But this is the first time that we’ve met, face-to-face. He said he was always there, I've only got to ask.”

“Did yours say anything, Jeremy?”

(Jeremy) “Well, I through a couple of things in, and he just said, ‘No, not at this time.’”

**SHORTENED MEDIEVAL EUROPE MEDITATION**

“There’s, meditation is going to be a bit different, in that you can wander wherever you want, within the area that I'm taking you, so that you may be drawn to different things in the overall picture.

I want you to imagine you are walking down a country lane, and the countryside is set somewhere in Europe. As you walk down the country lane, in the distance, you can see a mediaeval village. As we come to the village, we see market stalls, public houses and all the life in the village going on around you. If ever you feel drawn to any area, just go and explore wherever you want to and just ignore the rest of the meditation.

As we walk through the village, we see in the distance that the village is a suburb of a large city, and you can see a large cathedral in the city, set in the mediaeval time. As we walk between the houses we see the peasants and soldiers walking in the streets.

If you feel drawn to the large cathedral, go to it, wander inside. I will leave you at this point for your higher-self to show you the scene or events. 

(Approximately ten to fifteen minutes silence)

“I want you to now return from wherever you have been wandering in mediaeval Europe. Come back through the village, and back down the country lane, and come back to this room.

Come back now, take three deep breaths, have stretch if you want.”
JEREMY’S MEDITATION EXPERIENCE

(=Jeremy=) “It was difficult at first, to determine what this was, because at first it was dark, to start with, but what it was, was what I got next were bars and a small high window, and I thought it was a jail, but it wasn’t.

It was the crypt below the body of the Church. Then I got these strange frames, I still don’t know how they figure in this construction, but we were building a pipe organ in this church, which was quite a complicated thing in the old days, and they’re spread over a large area, the actual unit itself, and they take a long time to build.

The purpose of that life-time was to learn dedication to the task, and to finish the task, and that's what I got out of that.”

“Did you ask your higher-self, what was the purpose of you seeing that life-time now?”

(=Jeremy=) “I asked him why that was, and that was to learn dedication to the task, and stay with it, until you finished it properly.”

“So, it's an asset to life...?”

(=Jeremy=) “It was somewhere inland, north of the Mediterranean Sea, between Italy and France.”

“Ask your higher-self, if one of the reasons you’ve been shown that life-time, is for you to practice seeing past life-times, getting used to it, for the way to see past life-times?”

(=Jeremy=) “Well, it is a way to see past life-times, and at times I can use it, but it isn't really... You only need really to do it, if it is necessary, if you're in need to do it.

I don't feel... I don't have a burning desire to dig into past lives.

(2010 INSERT. Firstly he didn’t ask his higher-self, one of the main purposes of being tuned in to your higher-self, is because in these classes a student is going to be learning and experiencing things that are not only new, but they are in most part, for that particular student.

If I was impressed, very likely by his guides, to ask Jeremy to ask his higher-self that question, his guides and higher-self would most likely have known his beliefs, knowing that I will try verbally to break down his fixed beliefs about the purpose of seeing past lives.
And because his guides wanted me to become aware of them, so that later they wanted me to insert quite a lot in the class notes, for him to read the following week.

You see this is the reason they wanted this class-night inserted in volume one. If you are going to run a development class like this, when you have older students who have been involved in the spiritual movement for quite some time, then when you and they’re guides are trying to change a belief or attitude in a student, then a student is very likely to fight any change of their beliefs or attitudes, when they think they are right.

And the teacher can’t win, if he gets into an argument with his student, then more often than not the student will dig their heels in. It doesn’t matter if the student is basing their belief on very little awareness, and the teacher has many cases and experience, helping students and patients to understand what they are seeing of their past lives, or childhood conditioning.

And if you take too long arguing all this, you are taking away the time for your students practising; also it can have a negative effect on the other students.

This is the reason for typing the class experiences, so that not only can the student see what they have said, but when the teacher is calmly sitting at his lap-top, then the guides can channel what to type in an insert, tailor-made for that student, and also if you have a suitable extract from a previous class night, that the guides will choose, where the students were, as they say blown away by the connections in the group past life they were shown, and they’re desires, like and dislike in this life, connected with the life they were shown, then you can add this class-night to the insert, which I did.

Oh, the class-night I inserted for Jeremy was nearly 40 of these pages in length, and is from the third disc, where I and three students, saw two past lives together, but I only needed to show Nadia and Jeremy one of them. The first sentence of Jeremy’s I high-lighted.

“Well, it is a way to see past life-times, and at times I can use it, is because, in a way Jeremy’s view of past life viewing, is to use it like a tool for his own purpose, which is like when I started developing, and I
wanted to use the psychic as a tool for my Astrology. And this second sentence.

but it isn't really... You only need really to do it, if it is necessary, if you're in need to do it. I feel Jeremy nearly said, ‘But it isn't really necessary. How can a student judge if they need to see a past life, when we all don’t know the life-times that have left conditioning.

It seems like Jeremy would like to be the one in charge of his development. And the third sentence.

I don't feel... I don't have a burning desire to dig into past lives. I think Jeremy thinks we or I do the digging, which implies again Jeremy, or human beings doing the digging up of our past lives, when it is our guides and higher-selves are the ones releasing the scenes, and most of the time they are not memories, as very often the memory of the event is the conditioning, and seeing the memory is like pouring petrol on a fire.

I will first give you what I said in the class, before I give you the insert, but not the 22 pages of the 40 page class-night.

“No, what I’m saying, is, ask your higher-self if its practice, for you to be familiar with seeing past life-times, so that later on, when they start showing you life-times, and how to release the conditioning, and when you read more of volume two, about past life therapy, which isn't gone into much in volume one, you will be able to...”

( Jeremy ) “Take advantage of that.”

“Yeah, you'll be prepared. I mean, when a person comes for past life therapy, they see the easier life-times first, just to get used to it. They don't want to show them anything heavy, because they might lose the picture, and they want you to get used to seeing past life-times, get the channel going for seeing past life-times, to make it easier to see...”

I don't know all the ins and outs, and the connections made, the behind-the-scenes wiring type of thing, technically, for you to be able to see past life-times, but that's part of it, the practising, so you are not going to lose the picture, when you are seeing important past life-times.”

( Jeremy ) “Yeah.”

“Ask your higher-self.”
“Well, I don't think there's any doubt about that. Because you didn't want to see the causes of stuff that doesn't heal, it bothers you.”

“Well, that's right, it's not necessary, from the point of view of a narrative, just to get a story, I don't look for it that way.”

“But at the same time you were learning about yourself, and your strengths.”

“Oh yeah, we have found a lot of things in the past that have resolved difficulties. If you understand the reason for why, it can be a big help.”

“I've just been told another reason. As you see these past life-times, the recognition and the attune-meant to the acceptance of you, who you were. It's like you need the attune-meant, so that you won't have any doubts when you feel when you recognise who you were.

As that has to become stronger. Spirit say's it has to become stronger, so that you cannot deny some of your past life-times, that you are going to see, because your attune-meant will be that strong, that you can't say things like, ‘That was someone else's life-time that I've just been shown.’ You know, that type of thing, do you understand?”

“Oh yes, I'm aware that you could pick up something that you would really rather not have known about.”

“No, I don't mean that. They don't mean bad, they mean so that when you see your life-times, where you are going to find it hard to believe, who you were, but because of your attune-meant, you won't not find it hard to believe, because the attune-meant that you will develop, the link gets stronger to be able to pick up who you are in a past life scene.”

“I don't really see that if I picked up anything like that, that I would doubt it.”

“We'll wait and see. I've already gone through this, I saw a past life-time in great detail, and I felt it. And I felt all the emotions, and everything, and it blew me away. And I couldn't believe it, and I said it was someone else's life-time, that they
had brought to me, to show me, and I denied it.

For three years I denied it, and I couldn't except it, and three years later I got a meditation for my advanced new students, and at the end of getting the whole meditation, stepping back, I said to my guides, ‘Hey, I'm in this past life-time, if it was me, the one I was shown three years ago.

And I said, ‘Well, we're going to see, now, we are going to see the proof in the pudding, because I'm not going to tell the students who I am, or who I was.’

So, the meditation was designed so the students wouldn't be able to recognise the famous story. So they found out who they were, and even I didn't know who they were going to be, in the first place, I just knew they had a past life-time in the scene, my guides don't give me all the details, they just get me to describe all the participants in the past life-time, without giving any names.” (Or telling the students who they were.)

(2010 INSERT. Because these interconnected past life-times of myself and my students was very important for not only me to accept who I was, but for my students to accept who I was, no I was not Jesus.

The two students guides, unknown to me had shown them both earlier scenes from the same past life that I was going to take them on, in the class, but they had been shown in their home past life recall session, that they had seen a few days before, but they had not been shown any scenes with my past life, as they weren’t shown that they met me, until the traumatic events were shown in my class, where they became aware of my past life with them.)

“And at the end, after the students had released their conditioning, I asked, “Do I have a past life there, am I the queen, or the mother?” And Diane said,

“Aren’t you the *****-** of **** *** ********?”

And I said “Where do you get that from?” And Diane said,

“It just came to me.”

I then asked Tim, “What do you get, Tim?” And Tim said,
"Yes, you're a *****-** of ***** *** ********?"

I then said, "Yes, I know I was, I knew I was **** *** ******** three years ago." But their guides really wanted to make sure, because then Tim said,

"It just so happens that I was looking at a painting today of **** *** ********."

How's that for synchronicity. I then explained my past life events that I had been shown three years before, leading up to the appearance of the students past life-times."

(I said to Jeremy and Nadia “So un so” in the places where I have replaced ‘So un so,” with ********, as my guides want to replace every word said, with the correct number letters, for every asterix, to stimulate your curiosity.)

(Jeremy) “Well, you can’t walk away from it, can you?”

“No, but the thing was, I wasn't prepared, and I had two students three years before, tell me who I was before I saw the life-time, they shouldn't have done that, because there is always the possibility that if that person’s life is a famous story, then my memory of the famous story can imagine, the past life scene, and I would never be sure that I was seeing a past life-time of my own. Or what I imagined from the suggestion of the two students, who told me who I was. But what I was shown was nothing like anything written or in a movie.

This was a hard lesson to incorporate into these classes, that is. You don't tell a person who they were, if a student has memories, either read or seen in a movie of the person they are being told who they were.”

(Jeremy) “No, because you're giving them a picture.”

“Well, it's too much a suggestion, especially if they or you know the past life history of the character. So that's what spirit is explaining for you, as you practice, each time seeing past life-times, you will become more attuned to feeling, and accepting the character, who is you in the past life-time.

So that when you do see a life-time of a person, you won’t
see the scene and recognise it straight away, they won't allow that, what they do, is that you’ll see the character in their most unrecognisable situation, and you won't recognise them for who they were.

Then as the events unfold you begin to recognise the person, so then, a part of your mind finds it too hard to accept or believe, but it's too late, you have already been sucked in and convinced, and you will go over it, and over it and think about it for weeks, you don't know yet. Wait until it happens to you.

So there is more to just seeing a past life-time, where there is nothing to release type a past life-time, there is still great purpose in it. It is quite normal for people when they start seeing past life-times, for them to see and get used to it, and not lose the picture and stuff like this.

Even I don't see enough to be able to explain what I've learned from seeing my own past life-times, because I haven't seen many, anyway.

I'm aware, and attuned to recognise who I am, or who I was, which I always get confirmation from my higher-self, or the students. Either you will recognise in the recall, who you were. Or if your higher-self didn't want you to know who you were, until you had released your conditioning, and then you may be allowed to find out who I was.”

(2010 INSERT. This next insert I was guided to type while I was typing up the class night recording, for Jeremy’s benefit, but it is so concise it will give you a good insight into the reasons past life therapy is so important to everyone walking the Earth, never-mind Spiritual healers, or healers guided and used by spirit.)

(Since then, my guides have shown me how to help students to become aware of their life-times as well-known historical or biblical characters.

Spirit usually arrange a group of students to all come together in my classes, when there are sufficient numbers of students that lived together in a famous or infamous past time in history, then I am shown the scene of
the events of what happened with the principal characters, that I will recognise as a famous event. Not who the students were, unless a student is likely to pick the wrong person, like the wife, or the husband, but recognise who these people must be, from the famous events, and I usually recognise one of the characters, as one of my past lives, if I have one there.

Then my guides show me a scene that they want me to describe to the students, so the students won’t recognise the names of the principal characters. Then when the students go on the meditation, they find out that they are seeing one of their past lives, and as the scenes unfold they get to recognise the events, where they get their conditioning, or abilities, or whatever, from.

So that they are settled in, so to speak, in accepting their past life. And of course they learn about their connections with each of the other students in the class, which increases their acceptance of who they were.

So as the scenes unfold without me describing the scene, is when they come to the scenes where the events are recognisable, as famous, or well-known stories, then being so firmly convinced of who they were, they cannot block or deny, who they were. So, then their higher-self can channel and explain why they were these famous people.

My guides want me to explain more about the reasons and purposes, of what I have experienced for many years in these classes. Firstly, I did not in any way suggest or desire to make my earlier students see their past lives, when I first described ordinary meditations to them.

Secondly, most of the past lives students or patients see, are very, very rarely described by me, i.e. “Tonight you are going to see a life-time as a nun in the 14th century.”

Thirdly, I don't think that I have met anyone that doesn't have any subconscious fears, desires, hatred, addictions, etc etc, or emotionally created conditioning, or negative mental beliefs, or vows of revenge, or vows of attractions from the past.

Remember, I sat for four years in circles where spirit was trans-channelling, and no one was seeing past lives, and my guides and higher-self would not let me consciously develop in those circles, I was still developing on many other unconscious levels, because at that time I
believed everything the mediums who ran the circle's believed, consciously or subconsciously.

So, not being distracted by my own development, meditation or channelling experiences, all had left was to learn about the students and mediums, attitudes, beliefs, and disbeliefs, and over four years you certainly notice their desires and failings.

Ever since I first studied astrology, I came to realise that certain beliefs held by the ignorant majority have no right to have those beliefs, because in the main they agree with everyone else's opinion, because of fear of rejection or non-acceptance, and usually the younger they are, the more they are seeking partners or friends, so these subconscious fears of rejection, by these partners and friends, influence them to agree with their friends, who say this or that, but eventually they forget that they are agreeing with them, and come to believe what they are agreeing with, without usually knowing anything about it, and start to believe what they have agreed to believe.

You would not believe the number of people who think astrology is a load of rubbish, yet when you ask every one of them, if they have studied astrology, not one of them said they had.

And that startling realisation, I turned into a little mantra. 'Don't have an opinion about something until you study it.'

So, having studied, and been a witness to others who have experienced, approximately 200 past life cases, including my own. I have not learned just one or two reasons, but hundreds, as one past life, in many cases, has 4, 5, 6, 7, purposes, for it being shown by the higher-self to a student, teacher, or patient, for I also learn about different problems caused by another person's past life.

So many students had forgotten, or subconsciously avoided areas of their life, or that they were in a broad way, uncomfortable with.

That they feel that they don't need to see any past lives, but when they read about other students past life therapy cases, then they are more willing to accept a past re-call meditation. But I always say, 'If in doubt, ask your higher-self.' 'Or if you don't believe me, ask your higher-self.'

And if the student is conditioned by the past, to fear seeing the past, then their guides will give me a meditation that describes a scene that the
student thinks he's going on are constructed non-past life meditation, like a rescue mission meditation, which he accepts, but in reality, as he is being shown, he becomes aware of a past life.

Spirit guides are devious, or in other cases, confront the student with the meditation scene where they have a reaction to what they are shown, to help them become aware of some conditioning, which is repeated in different formats, until they are ready to see the past life, like the student who learnt about the problem with purple, coming near her head, over three meditations, and then she spontaneously saw the past-life in the middle of the third meditation, without any suggestion from me.

Remember, basically, I don't know how or what your guides and higher-self are going to teach or change your conscious or subconscious believes, or feelings, while you develop. But everyone is different, so meditations that I am guided to give you, whether they are stock standard, or tailor-made, or a bit of both, like this meditation, are sometimes more designed for one student, more than another.

But remember, what one student doesn't believe they block the experience in the meditation, but when another student will accept or believe, and describes in great detail their experiences, then this can break down the barrier of disbelief in the other student, especially when they read the transcript, thus allowing them to also accept their own meditation experiences done at another time.

Spirit, very rarely use the head-on approach, to change or modify a person strong beliefs. The more you read in volume two, the more you will learn that both channelling, and past life therapy are more like communication and information channels, to help you learn about the causes and cures of illnesses and problems, developed or created from areas that are invisible to our physical eyesight to not just our own, but for patients and other students, if you become a teacher.

Like spirits attached to damaged auras, and how to cure them, learned by channelling the attached spirit, or a patient's seeing the accumulated conditioning of many life-times, causing physical, emotional, or mental illnesses, learned by learning how to release past life conditioning first, and then to be able to accept and understand what the patient is describing, to help explain to the patient, what they are experiencing,
because sometimes in many cases the incurable are suffering from connections with the past.

And as spiritual healers, meaning you are guided by spirit, then isn't it your responsibility to at least be able to recognise, by spirit telling you that your patient is suffering from either attached spirits, or a damaged aura, or past life conditioning, or vows.

So if you haven’t learnt, or wanted to learn past life therapy, at least you will be able to know who to refer them to, because just listening to a patient seeing a past life, or a patient channelling an attached spirit, doesn't automatically develop your link with your guides, to guide you in helping them. But most likely the students or patients guides may guide them to another circle or healer, who has been taught by their guides how to help these individuals.

My role is to show you how to practice the different senses, but what you learn is up to you and your guides on the other side. There are so many things to learn, but certain techniques and therapies won't work until the psychic senses and abilities are developed.

I inserted a lot more, but because it covers what you are going to learn about in coming volumes, we would rather save these cases and class experiences for later. But now back to Nadia’s second meditation experience.

**NADIA’S PAST RE-CALL MEDITATION EXPERIENCE**

(Nadia) “That was quite interesting, well, when we were walking through the town, I had the feeling we were in Spain when you started talking about the rooftops, and the cobblestones. Then I walked up the steps of the Cathedral, and when these enormous doors were opened, and I looked in, it was quite dark to start with, but then there were these magnificent stained-glass windows, and gold statues.

It would have had to have been a Catholic Cathedral. There were people in the pews, and they looked very oppressed, half starved, and there was this magnificent person standing up at the altar, saying Mass.

And this person was beautiful robed, rich gilt robes, brocade, whatever, and it was at that time when you said ask your higher-self if you
were there in the picture, and apparently I was this person up the front, and I asked, ‘Who am I?’ And he said I was the Bishop.”

“The one all dressed up?”

(Nadia) “Yes, and I said, “What was I doing there?” And he said, ‘Well, look at yourself.’ And I said, ‘Yes, well, why am I dressed like this?’ And he said,

‘Well, you're not in it for the love of God, you're in it for yourself, just for the greed.’ And I said, ‘Why do I have to be greedy?’ And he said,

‘Well, that’s what you had to learn in that life.’ And I was asking more from these poor oppressed people, you know, give me more money, give me more food, and I was fat, he had this great rotund body.”

“Did he say you have to release anything?”

(Nadia) “No, I didn't ask him that. Do you want me to go back and ask?”

“No, no, you can always ask your higher-self, if you have to go back to any life-time, like that, to release anything from that life-time. Any conditioning, or any believes, or anything like that.

Finding out the purposes of seeing a past life-time, and how it helps the person develop, is different for each person, I suppose. Like I said, it's more familiarising you with seeing past life-times. At this stage, and then usually in past life therapy, your higher-self can show you different scenes, to show you what you did, or what you went through, and what caused you to believe stuff, and then you can release stuff like that.

So, I think, your higher selves will channelled through in more detail, what was the purposes of seeing this past life. They've given you a picture, then you can talk about it, and he can tell you why you’ve been shown it, instead of me giving you all the answers. So you can gain confidence, and know that you can get these answers from your higher-self.

They don’t want me doing all the work. The getting of knowledge doesn't give you ability; you have to practice the ability.”

(Nadia) “Yes, that's right.”
“Then you can get the knowledge yourself, instead of me giving you the answers, and anyway I'm prejudiced, were all prejudiced. Usually in the early stages of development classes, students see stuff that needs releasing, to help to release blockages, attitudes, or emotions. So seeing yourself as a fat greedy person…”

(Nadia) “Doesn't impress me at all.”

“Maybe all that was released when you died, and you didn't hang on to any of it, fine. There is still other stuff to be released, but we'll get to that when you channel. This could be just introductions. You might have to do a lot of homework.
(Nadia) “What sort of homework do we need to do?”

“Oh, you will be doing homework.”

(Nadia) “Oh, we'll be given homework, will we?”

“Well, not given homework, but I'll ask. Your homework will be going back to that past life-time. I think you have been psychologically exposed, definitely Nadia, anyway, to that scene. Because they knew you'd react to that scene, so that you would be psychologically influenced to want to release any other stuff. That's okay, that didn't need releasing, do you understand?”

(Nadia) “Yes.”

“But it psychologically influenced you, so that then they can show you other stuff that you have held on to.”

(Nadia) “What, from that life-time?”

“Yeah, and then you can work with your higher self, and your higher-self can tell you what you need to release, and show you first the experiences, whether it's emotions, beliefs, or whatever it is.

But they showed you that scene to get you onto their side of the ball court, to going along to needing to do something about that life-time.”

(Nadia) “Yes.”

“That’s fine, the homework is literally showing you the scenes and things that you need to release, now that you know where that life is, and what you look like, and you’ll be able to slip into seeing more scenes from it, so much easier, once you've got a focal point.
Start off with that scene, and they can slip you backwards or forwards in time, and show you other things that you need to become aware of. And of course you will pick up the emotions, and the thoughts or what you were doing, or saying, or feeling, in that life-time.

And of course you do this with Jeremy, so that you can learn from each other, and as you describe what you are experiencing. So that you can learn how to do it, from what you learn from your higher-self, and how to release it.”

(The tape got tangled up at this point, so that Nadia's channelling was lost, so no more of the recorded night was typed. This is what I inserted before I printed the relevant class-night extract of another class-night, for the students.

( My class guides have instructed me to give you a sample of group past life therapy, from volume four, to show you sometimes how hard it is to break through students blockages to seeing a specific past life, and how the channelling has attuned them so well in trusting their higher-selves, that their higher-selves could go into great detail about the carry-over effects of the conditionings from their past life together, and until you develop that strong link with channelling your higher-selves, then life-times with very complex conditionings will not be revealed to you.

This past life you are going to read, was one of two that the students experiences on the same class night, so figure out how fast the students was perceiving and communicating, sometimes they go too fast, and make mistakes, but that's okay, spirit knew that, and that's why I was shown earlier who everyone was, so that I could steer them back to their higher-selves, if they made a mistake.

I, the students Tim, Diane and Moira was in this life-time, and Moira was a student and a past life therapy patient, and they had all seen a few past life therapy sessions together, so they were fairly familiar with doing it.)

At this point in the class night transcript, I inserted the approximately 22 pages of the volume 4 class night, but not the class night that I had been shown three years before, this was another one.)
As Julie's influence on the classes increased, I noticed that most of the more advanced students were not describing their meditation experiences, my guides say that there are many reasons why they were choosing not to speak out what they experienced on their meditations, mostly connected with Julie.

And because I was only choosing educational meditation experiences, to be used in my first textbook, the beginners' attempts were not that educational and were left out of the textbook.

Also, the more advanced students wanted to save the time in the class to allow Julie to have more time channelling, so they also didn't practice channelling after Julie had finished channelling.

So I compiled this chapter in the original text book, to show all the prophecy channelling that Julie's spirits were trying to get us to believe. The dates and the meditations I gave the students have been lost from my files, accept in a few cases where the meditation has been mentioned in the channelling, like this one, which was ‘The Crystal City Meditation,’ which you have read in an early chapter.

These class extracts are all in chronological order, from the first textbook. I will not critique all of what Julie channelled, but I will leave high-lighted sections, that I am not happy with, for your own figuring out.

But basically, I'm not happy with most of what Julie channelled. My guides told me that some of the questions that I asked, while Julie was channelling, came from my higher-self and guides, and my questions and comments, were to draw out more information, as I was curious and very naive. But on another level, a part of me thought that most of this prophecy stuff was wishful thinking and fantasy.

My guides say that the basic principles behind the many references to the spiritual growth of our souls, is basically true, but not necessarily related to our Earth-plane, and the purposes of our Earth-plane. I and my guides will explain what we mean in the various critiqued inserts, as you come to them.
“Children, you concern yourself unnecessarily, with the talk of the Holocaust to come. As long as you are prepared, you will come to no harm. This circle prepares you for that, but unless you put aside your fear and confusion, you will not learn, and it will be much harder for you to face the shock that is to come.”

(2010 INSERT. I don’t like the use of creating fear to coerce students to following the dictates of spirit.

The confusion is understandable when spirit doesn’t go into details about these future predictions, which are fear generating. Again this use of the threat that the student will not learn, if they don’t do this, or that, which is hogwash.

I understand that it is harder to learn when a student is focussed on fear and confusion, but the channelling spirit is mostly the cause of that, with the end statement, “and it will be much harder for you to face the shock that is to come.”

The numbers represent the number of times the spirit have repeated them-selves, and the different colour, is to separate what has been repeated.)

“You think in terms of wars, nuclear perhaps, but you cannot imagine what is to come, you can only be ready. Perhaps the physical body will not survive, but of what matter is that, it's only temporary anyway.”

(2010 INSERT. The reason the students cannot imagine what is to come, is because you haven’t told us, but the students can certainly imagine nuclear wars, because you mentioned it.)

The physical body is but a vehicle; it takes you from place to place to learn, but it is your mind that will free you. With your mind you can travel from galaxy to Galaxy. The physical form is unimportant, but it does tend to hold you back; you must break
free of it, and all its desires. *We are here to help you so that the shock will not be too great.* Indeed, you should rejoice at the upheaval to come, it will be a great cleansing. (2)

The life you know now will be shed. *You cannot imagine the world that is to come.* But I tell you, you must put all your energies into working towards it. *You cannot go back now; the door is closed behind you, look forwards.*” (2)

(2010 INSERT. By saying the statement, “The life you know now will be shed.” Is spirit saying that the student’s life will be shed, or everyone in the world’s life? And saying “the door is closed behind you,” is trying to get the student to believe that the end of physical life on this earth is a certainty.)

“There is still some fear and confusion amongst some of you here. *We say to you that it is not us you have to fear, you're frightened of yourselves. We do not block you, you block yourselves. We ask you, we beg you, to let us help you.*” (2) (1)

(2010 INSERT. After the last paragraph, no wonder spirit said, “There is still some fear and confusion amongst some of you here.” It’s like spirit turning up the gas heater, and then saying, ‘it’s hot in here.’”)

*The time is so short; we can help, but you must step towards us. We cannot do everything for you, we are only guides. You are the ones that have to do the work, but if you will not be helped, then the Holocaust will overtake you. Yet even in that there is hope, there is always hope. You would not be in this class, if you were not ready to learn.*

(2010 INSERT. We are back to creating fear as leverage to follow spirit, with “The time is so short;” and if that doesn’t work threaten them with the word that in the first sentence spirit said, “you concern yourself unnecessarily, with the talk of the Holocaust to come.”)
and yet it is spirit who is the one bringing it up in the channelling, by using the word Holocaust to frighten the students, in what they just said, “but if you will not be helped, then the Holocaust will overtake you.”

We look after you, we cradle you in the cup of our hands, we cannot make you walk unless you so will it. Be not afraid, leap into the void and you will find that you can fly. I would give you peace, but you must find it yourself. (1)

Raymond, we are not blocking you, you are blocking yourself. You have much to give, but you are still controlled by your desires. Think not of yourself, think, not what you are, but what you will be. Come to us, open yourself. Put aside your doubts. We welcome you with open arms; will you not do the same for us? (2)

(2010 INSERT. In case the students think I have secret desires, I don’t drink, smoke, or take drugs, I am not addicted to junk or restaurant food, or sex.

No desires for power or great wealth. My only desires were to learn, teach, and write a text book. But if Julie’s spirit’s want the students to lose confidence in me, let everyone believe that I am blocking myself, I am controlled by my desires, but don’t bring up what they are. Then they imply that I am thinking of myself, and am full of doubts.

When they said, “Come to us, open yourself” I would not go to them, but I tune in to my own guides and higher-self.)

We ask that of all of you. We have nothing but love to give you. Do not be afraid, take that step forward and do it now. Things will change before you know it. Be ready, my children, prepare yourselves, for he is almost at the door. Leap now into the void, and we will be there to catch you. Find your peace, my children.” (2)

(Who is this ‘he,’ who is almost at the door? More freedom for the students to imagine what they personally fear.)
“There is one who wishes to speak. He is very very old, and very very wise. He may not be able to answer your questions in a way that you will understand. Do you still wish to try to communicate with him?”

“Whatever he's got to say will suit us fine.”

“I am from a far distant time, beyond all your times, and even behind your imaginations. I am what you call a Master.”

“Thank you for coming.”

“We have deliberately raised the vibrations of this channel, in order to come to you tonight. Although on a conscious level you may not understand fully, the lessons are for your higher-selves. This channel has been shown what it is to achieve perfect peace and contentment from helping others, she has gained this.

This will not be a permanent change for her, but she is being shown what it is that everyone must strive for, ‘perfect peace,’ that comes from knowing that you need do nothing, that your physical body does not need to move, but that the higher-self can take over and work on a spiritual level.

That is needed, if your planet is to survive. You must all work hard to achieve this peace. Is there anything you wish to ask? I will not answer personal questions. That is not my purpose, but I will answer on a cosmic scale, if you can find the question. You must progress beyond the personal stage. You must link up with all other spirits for the common good. So I ask you to use wisdom when you phrase your questions.”

“What are you referring to, when you say, ‘If your planet is to survive?’”

“Nothing that exists as you know it now, will survive; even your bodies will be transformed. You must have the knowledge before this happens, to travel, to heal, to rebuild.”

“What will happen to the souls that don't have this knowledge?”

“We will come to them and take them away, for their time will
not have yet come, but they will be cared for by those of us who have been prepared for this work. But the ones who will stay will have a very great work to perform. It will be the rebuilding of an entire civilisation, and nothing will be based upon the way things are now. There will be a form of government, and all will participate in decisions, because all knowledge of a person's soul will be communicated to all others by mind power, or what you call telepathy. Therefore, nothing can be hidden, and it will be fair.”

(2010 INSERT. “The physical evolution of the human race is in the hands of mankind. For the mental or physical improvement of Homo sapiens, the fittest and brightest need to reproduce more than the sickest and the dullest of humanity.

If humanity was living in constant danger, like a Kalahari bushman, then, the strongest and most intelligent would survive to perpetuate the process of evolving stronger and more intelligent Homo sapiens.

But if, the more intelligent and fitter members of your world decide that their pursuits of pleasure is more important than having children, then the poor, less fit, and less intelligent members of your society, who cannot afford the toys of wealth to distract them from reproducing, will reproduce in larger numbers, as the poor realise that their children give them great pleasure.

This is one of many worlds, that spirit uses to learn and grow and evolve, and we are not talking about the physical body.

Even today, much of your world population is still dominated by religions, dictators, and military regimes, who do not allow their populations to enjoy gender equality, freedom of worship, freedom of learning, freedom of free speech, freedom of travel.

This world and its populations are far from any spiritual evolution of their physical bodies to a higher state of being. This world and many like it are classrooms for the spiritual growth, of souls. We do not interfere with what humanity in their free will, to either nurture or damage this world, throughout the ages.”
If everybody in the world had no past life conditioning, had perfect parents, and all diseases were eradicated. And the world had eradicated all dictators, military regimes and religious dictatorships, And the technology had improved to be able to read, a person's soul, as they were born, to monitor the souls who want to hurt other people, and prevent them from being able to do that.

Then souls would not choose to incarnate in this kind of world, because the opportunity to grow, would have been removed, so the teachers of the souls who incarnate, as well as the pupils will not be on this world, and the people would grow up with only the memory, conscience or wisdom, that they have learned from childhood.

And if any of these humans, with no past-life memories or experiences have any strong desires, in which they don't have control of, then this is where pain and suffering starts all over again, because the human body is hardwired with biological desires and needs.)

“How much time have we got, is it many years away? We are all young now; will we all be in our old age on Earth, in our sixties or seventies when this occurs? Or is it in the next life-time? Are we just preparing for the next life-time, when it will occur?”

“It will occur within this life-time. It will occur within the next ten years, so that by your year of 2000, the Golden age will begin, the dawn of a new civilisation, which will be more glorious than any that have gone before. You will achieve the perfect peace that this channel now feels.”

(2010 INSERT. I suggest you only read these extracts to study Julie and the motivations behind what the spirit are trying to achieve, by these fear generating prophecies.)

“Will the majority of mankind physically leave the Earth-plane
and go back to spirit, and will there only be a small minority left? Or will everybody be changed, and will everybody lose their physical bodies?"

“The physical body will still exist, but in another form, the vibrations will be altered. The physical body is important, in that it is the only vehicle that we possess in which to learn our lessons. Lessons are not learned in spirit.”

(2010 INSERT. This isn’t the only vehicle we possess. As we have an astral body, mental body, and an emotional body, and a few more that I am not aware of. Also, we can learn lessons in spirit, in-between life-times. When a person goes on a meditation and learns from their higher-self or guides, these are lessons learned in spirit.)

“If we are being prepared for this time to come, will all the rest of people’s physical bodies all over the world survive the change?”

“Yes those who have prepared themselves. Many physical bodies will be destroyed, and many will be left in pain, but that is your job, to ease the pain.”

“Is this event, catastrophe, coming from nature, or from mankind causing it, or a combination of both?”

“It will come from mankind's misuse of both nature and its own knowledge. It will come to a stage where nature can no longer tolerate the irritations that man causes upon its surface, and it will strike back.”

(2010 INSERT. If global warming, or the Gulfstream is diverted to create a new ice age, or any extreme weather conditions cause danger to any individual, it doesn't matter how vibrationally altered, or evolved the physical body is, it will still obey the laws of the physical universe, and can be injured or killed by nature, if you are in the wrong place at the wrong time.)
“But do not be alarmed, everything is a cycle. With destruction there also comes creation, and what nature takes away it will give back in a new and fresh form. But this is all being done for a purpose. We have been directed upon this course of action. We have built up a tremendous surge, a tremendous force of negative energy, which will propel itself against the forces of nature, and compelling nature to return a positive energy. It will be seen by many as a modern day Sodom and Gomorrah. But in the utter devastation of the body, the spirit will rise free and beautiful.”

(2010 INSERT. My guides tell me this is all fiction; this would be interfering on too large a scale, and is not allowed.)

“Will our physical bodies be destroyed, and will we have new ones to be here, like Jesus may have done after he died on the cross, if he transformed his body and made a new one, is that the same principle?”

“It is the same technique he was one of the Masters.”

“But we are not, but will it be happening to us. It was mentioned in earlier classes that the atoms of our spiritual body were being changed, so that it will help us survive. They mentioned it; can you elaborate more about this?”

“Each time someone meditates one atom of their body becomes filled with the positive energy, which is needed to transform the entire body onto a higher level of vibration. We stress the importance of meditation, especially in a group. Then the vibrations become much higher, so each time we meditate that one special atom is changed, but there are many atoms in the physical body.”

“If a person hasn't completed changing their atoms, when these catastrophes occur, will they be one of the first to be reborn, whereby the majority of mankind aren't allowed to be born for a long time on the Earth-plane, it is so?”

“Firstly, let us say concerning the atoms that have not been changed, that is what will be destroyed. So whatever part of you remains unchanged, that will be destroyed. We have said that you
will be transformed into a form that you cannot now imagine, but it will be more functional, more beautiful than the present form.”

(2010 INSERT. A person’s vibrations are not raised just because we want them raised, and performing an exercise, like a meditation to transform one atom, is ridiculous.

If this was true, and you meditated every hour of your life for a hundred years, this wouldn’t even cover the number of atoms, of one of your fingernail-pairings.)

“Will there still be children being born as babies, and growing up here, where we will be? Do you understand the question? With these new bodies we've got, will they function with the same cycles of birth and raising children?”

“Let me try and show you what the Earth will become. You mentioned tonight a crystal city. You likened it to a site office on a building site. That is what the Earth will become. There have been many planets which have been transformed in this way. There will be no need for souls to be reborn into the pain and suffering of former existences.

Your lessons will be learned on a higher level. The Earth will be a place of healing, that will send the light and love to help other people's, other civilisations on other planets, who are now only slowly evolving, changing as we have changed throughout our history.”

“What will happen to all the souls that are out there, not evolved in the world, when this happens? Will they reincarnate on other planets, or will they reincarnate far in the future, or be on a different plane?”

“They are likened to pupils in a school, who have not yet learned the lessons. The ones who will be left here will become the teachers, but the pupils will not be returned to your crystal city, they will have no place there. They will be reborn on other planets, where yet again they must learn their lessons through pain and suffering. Do you understand the cycle of transformations in this universe?”
“Yes. Many souls on the Earth who write about life on planets out there in the universe, are they remembering past-lives, when they have lived those lives on those planets out there, and are teaching us about life elsewhere, in their books?”

“They are from more advanced civilisations, yet they have gone through the same changes as you will go. They have just done it slightly ahead of you. It is their light and love that is being sent to you, so that the transformations may occur. They have been here on this planet helping from the beginning, yet they are many, and they will all come to us, yet we are not ready to receive them with love and trust.”

“Are you talking about U.F.Os, and the aliens?”

“There have been U.F.O. sightings. These are true, sightings, yet they know they cannot contact the Earth. They are merely scouting parties to see if we are ready to receive them. But the response is that missiles are sent up, and they are received with suspicion, and even hatred. So this is not yet the right atmosphere for them to come to. They are so willing to help, yet they must be received with love.”

“Are there many other groups like our group, or people around the planet that are being given this information, that we were given tonight?”

“Yes, many. You are not alone in your pursuit of knowledge. You are being called to a special purpose of service. Can you comprehend what you will be called to do, if we communicate with you? Do you want to know?”

“You must be the bringer of light into the darkness, as we all will be. But your special path will be to unite people of many races, of many beliefs into the common cause. You must gather your courage.
You must realise you will be mocked, and you will be laughed at. But this is your special burden, and if you perform it in a loving way, you will have your reward. Yours is the gift of human unity. We place the burden upon your shoulders. That is all. We can communicate to others if they wish it.”

(Caroline) “Will there be old age?”

“You mean old age in the physical body?” (Caroline) “Yes.”

“The physical body will not be as you know it now; time will be a different time to you then. Old age only serves as a lesson to the physical body. As it is now, there is a special lesson that comes with growing old, but many do not learn it. This lesson will be unnecessary in the golden age.”

“Where will we get the lessons from, if we don't go through these experiences, when people don't want to learn things?”

“You will receive your lessons from the people like us, whom you call Masters, but there you will be able to communicate with us face-to-face, and the lessons will be much easier to communicate. Even we are still learning from others. You will never stop learning, learning is life.”

(2010 INSERT. I thought spirit said before, that “Lessons are not learned in spirit.” So how can these spirits still be learning from others.)

“Am I still not allowed to know my purpose, still not ready yet to know what my purpose is?”

“We can reveal it, but you must be prepared for it. We sense that a part of you is not ready for it. We can tell you some.

The teacher, the bringer of light, the teacher stands in front of the class, and then he is alone. It is your aloneness that will be your heavy burden, but a teacher can only function in his aloneness.

You must not be influenced by any other physical entity. We wish to speak to the teacher directly; you must not be distracted by physical entities. This is one of the higher paths, and as you can well imagine, it is harder path, but a higher path calls for a harder path.
If life were easier for you, you would not be advancing. It is the paradox, that the more pain that you work through, the more advancing is made. Rejoice therefore in your pain.”

“You have already sent me tests, to see if I'd waver, to try to change...”

“You did for a time.” “Go through tests, didn't I?”

“You still question yourself.”

“Some things I question myself.”

“You question the wrong things. Do not question on a personal level. The teacher has no personal life; he devotes himself to his students. Raymond.” “Yes.”

“You have been tested sorely. I put out my hand to you, if you wish to pass this cup back to us, we will take it, and your life will go back to being a normal one. This is your chance to find a love in this life, but you must hand over the keys of your teacher-ship. What is your choice?”

“Why can't have both? There are many teachers around and they have both, I don't understand this.”

“Then give me the keys.” “No.”

“You must leave this room and never return.”

“I couldn't go back to being what I was before, because I'm not normal. I've got too much up in my head, too much awareness.”

“Then go forward.”

“I have to, there's nothing left. That's why I'm here. I learnt that through astrology and numerology.”

“We do not force you.” “I know.”

“Make the choice.” “Yes, I've made the choice.”

“You wish to keep the keys?” “Oh yes, I suppose so.”

“But we wish you to be happy with your choice.”

“There is still the physical part of me left, still the emotional part of me, and you say I'm not alone, but my contact with spirit isn’t very strong, to feel the presence of spirit, with the help. I don't feel lonely, I'll admit, I haven't felt lonely in a long time.”
“The companionship of spirit is more soothing than the companionship of the physical body. It lasts forever, but the body passes. You have chosen well. We wish that you do not regret this; regret is waste. Then go forward.”

“But what am I going to teach?”

“What we send you.”

“I suppose you want me to write more books?”

“No.”

“Yes.”

“Good, it's hard work.”

(2010 INSERT. After volume one, do you think I followed what this spirit has just said, or do you think I consulted my guides to find out if they wanted me to continue writing text book documentaries, of my classes and patients.

Again Julie’s spirits are trying to influence me to believe spirit are not going to help me produce any more books, because I knew even at this time, that it is the experience of others, more than myself, which produces the material for these books.)

“We want you to tell people by word of mouth. We want you to travel great distances to speak the word. We know of your dislike for public speaking, but as always it is a test of your strength. You will be called upon to do much public speaking, but not yet. You must first complete the book. You will establish yourself, if you continue on this chosen path, as a person, as a writer of great psychic works of great value, but it will reach many.”

(2010 INSERT. My guides tell me that after printing volume 1, I was ready to attract the advanced students, who had had many past life-times with me, to help me with more advanced meditations and exercises, and of course much past life therapy to eventually give to the world.

If I had travelled great distances to speak the word, instead of running classes, to produce the advanced books. I
wouldn't have drawn to me, the advanced students, who had incarnated to be living in Sydney, to help me achieve this.)

“There are many who cannot reach a class such as this, but the book will reach them. There are many who meditate without knowing what it is they do, and when they read your book, they will understand.”
“And they can form their own little circles, without the need to go to spiritual churches.”
“In the end there will be one big circle, a united circle.”

(Kerry) “What will be the new religion in this golden age?”

“It will be a unity of all religions, where in all religions there is a grain of truth. If only a grain of truth from each religion can be put together, then the answers will come more clearly. Each person perceives a part of the whole, but not the whole.

The new religion will become a way of life, and will not be thought of as a religion as you now think of it. There will be no worship of idols, but the worship of the self. Perhaps you do not understand what the phrase, worship of the self, stands for.

Perhaps, it seems a vainglorious idea, but it means love the self, and when you love the self you love the whole of humanity, for we are all the same, and we are all one. We are all God's. We must worship ourselves.”

(Natalie) “Are we all going to be in the golden age, the ones that are in this room?”

“Only if you change your physical bodies, as we have said. We cannot say definitely that you will be there, because you might change your minds and fall-back. You might decide that meditation is a waste of time. It is up to you, that is all for tonight.”

On my last visit to England and Wales, to attend the week-long seminar, that the world Federation of healing organised, the spiritual healer who came with me, was a follower of a certain Indian miracle worker, and she wanted to visit him in India, so, we visited him for a
week, on the way home to Australia.

In the next extract I used for the chapter on prophecy in my first text book, I named this same Indian miracle worker, but for these discs my guides and higher-self want to protect any readers as well as myself, from any violence from a fanatical follower of him, so his name will not be mentioned, but I think you will figure out who we are talking about.

Also again, as no other student asked any questions, I don’t know any more about the class-night, other than Julie is doing the channelling.

“I’ve been trying to pursue my dreams, that my guides have been arranging, for me to overcome my fears from those past lives.”

“Yes, it is much easier to work with your dreams, because you do not judge. When you are awake, you judge yourself more harshly.”

“Is this going to be in the book, this mention of the spiritual assistance with the dreams, to help us overcome our fears and blockages?”

“Yes, towards the end. Heavy stuff, indeed, but it is time the world became aware. It is indeed a difficult subject for us to convey to you the meaning of.

The academics are blinded in their own ways. They are as ignorant in their own ways. They become involved with their egos, and their intelligence.”

“Am I putting this in the book?”

“Yes, you are. Did we not dictate something about the blocks in the body, which include the egos, intelligence and the emotions?”

“Yes.”

“John is such an example. Brian was also using his intellect, but now he's learning not to.”

“Brian is coming along well.”

“Yes, he is. John believes he has reached his goal. He is looking at it through his intelligence and is blinded. He believes he has come as far as he needs to.”

“That's because his intelligence is limited to his level.”

“That is so. So we wish you to warn of the danger of using the intelligence too much. Things like the intelligence, the ego, and the emotions, do not operate on the psychic plane.
Someone who might seem quite ordinary in their everyday life, perhaps with a job that does not seem to call for much intelligence, can be in fact be more spiritually developed than an academic scientist, or the like.”

“Do you have anything to say about *** ****, and his work here, or anything to be added in the book about *** ****? Because a lot of people are going...”

“This channel does not know the name.”

“*** ****, the ***** in India.”

“Explain.”

“You don't know of *** ****?”

“If this channel does not have the knowledge, we cannot learn it, we cannot learn of this. Remember the channel is our link, and anything not in the channel's mind, is not communicated to us.”

“Well, how do you teach about healing? The healing knowledge is not in the channel's mind, it’s coming from...”

“But the concept of healing is understood. This person is not known to this channel. There is no information about this, that we can use to lock into.”

“But do you know of *** ****?”

“You still do not understand the use of the channel. We are limited to the level of the channel, whatever knowledge. We cannot look at you directly, for, you would be blinded. We cannot communicate with you, but through a human channel, and there is a severe limitation using human channels.

Most people do not understand. We look into the channel's mind. We see, hear and talk through the channel.”

“And you can't look into my mind to know?”

“The channel's mind is translating what is a foreign language to us, and if the channel does not know or something, how can this be communicated to us. When a word means nothing to the channel, it cannot be translated into our language. So if you would explain...”

“*** **** was born in India, and he performed miracles of levitation and demonstrated apportations, (Materialising physical objects and matter into this reality.) And speaking great wisdom, which is very similar to what Jesus did.”

“No, there is no similarity here.”
“Can you explain what you mean?”

“We understand the person you speak of now. This person was not working for us. There is no similarity between this person and the Christ person. The Christ person carried out our wishes, and was not working from ego. The Christ person channelled our energies, in performing the so-called miracles, but these miracles were to get a different effect, they were merely symbology.

But this other was using ego. Indeed the energy was there, and we had sent it, but it was used for the purpose of self gratification, wishing to perform miracles to be honoured.”

“I went to see *** **** with a friend, because she wanted to go. He didn't even know I was there, maybe you were protecting me.”

“There have not been many channels in your civilisations of the level of the Christ. Christ was not merely one person; he was acting through many of us. It is a difficult concept to explain, but he was not merely one person. There were many of us acting through his body.

You see Jesus was born with complete consciousness, and never lost it, so it is difficult to compare him. This level is not easily attained. Your Mahatma Gandhi was almost at this level. Buddha was another at this level, but there are not many. This one you speak of, was not at that level, because he was choosing to perform through ego. He wished self gratification and honours.”

“He is still alive, and still doing it.”

“So it is still possible to perform these so-called miracles, but there is no progress spiritually.”

“Is he feeding his energy from his supporters and followers?”

“Yes, he is not channelling. At first he was channelling our energies, which we sent to him in order that he might be a living example to others. But he has corrupted that, and we have stopped sending him energies, and he is feeding off the energies of his followers.

And while he may seem to gathered honours on this plane, it will be a different matter when he passes to spirit, he will find that he
has back-slided."

"Is his misuse a carry on from a previous life-time, or is it just a misuse in this life-time?"

"No, it has come from the power that he achieved in this life-time. He was making much progress in his past lives, up until this. You might say that this is the final test for any soul, to be given great power."

"Great psychic power, you mean?"

"It is the final test, yes. Many get so far, and yet fail."

"Why don't we see more people like *** **** misusing this power, or I suppose the magicians do this as well?"

"Yes, many draw on the energy of crowds. But it is like a magician's illusions; it is not really real on our level. It does not achieve any purpose, except self gratification. It may impress the followers, but it does absolutely nothing for spiritual progress."

"What's this implant you mentioned the other night? Can you give us some more details about the implant?"

"Yes, I believe we mention that it is the chakras that the implants are being sent to. Eventually we will be implanting... it is our energy that we are implanting, a small part of it, and it is a very powerful thing that we do, when we implant our direct energy.

It is not often that we can send our direct energy. You must be sufficiently advanced to be able to receive it, and as you have seen, you have been manifesting physical ailments because of it.

You must think of it as a sort of up radiation poison, but it must be endured. We will not work on all your chakras at once, because that would cause an overload. You would be so ill, you could not handle it. So we can work on one or two at a time, but it is a complete influx of pure energy. It is not often we send such a gift. It contains pure knowledge, pure light, pure energy, and pure love."

"How long does this go on for?"

"We did not implant anything in Susan. She was saying that, just to be included. We only implanted one in Caroline, and it was not a very strong one, because she could not take it at this stage, but she is advancing very well, and may soon be ready for more. But this channel, and you Raymond, received most of the energy."
“And how long will...”

“Already, your bodies have adapted to that which we sent, therefore, we can send more, and indeed, we filtered some through last night, but not too much that you weren't able to sleep.”

“Yes, well I had asthma when I started going to bed.”

“Yes.”

“Is this happening every time I go to bed? I'd start getting asthma. Were you bringing these energies?”

“No, that was to do with past life experiences.”

“How much longer does this have a physical effect?”

“Well, that will depend on you. How soon can you accept it, will determine how soon the physical body can accept it. As we have said, do not fight it, but accept, accept the pain as progress.

Julie was not so much fighting it, as not being able to accept it in the form that it came, as in pain. But she is more open to it now. We wish you would have more trust in us, though, in our processes, Raymond. Your own intellect is getting in the way, as we have said.

In a way the bad side of astrology; you picked up some of the bad habits. You also say to yourself, ‘I am a Virgo, therefore, of course, I analyse,’ but of course, that does not come into it. In fact, it is a double edged sword. There are good parts and bad parts to each astrological sign.

Analysis can go too far. In fact analysis does not come into the psychic side of life it is trust that operates there. Analysis is very good for you in analysing your fellow humans, but you cannot use it on us.

Your sickness is your minds reaction to the physical changes in the body, which we are initiating. We have speeded up the process of your illness, in order to prepare you for the work that must be done. You will have to put up with these physical discomforts, but know that they are speeded up, and thus they will pass through you more quickly. They are unfortunately stronger because they are speeded up.”

“It feels like flu.”

“But you must strengthen your mind. Do not let it overcome you. Do not let it control you.”

“Do you want me to rest more?”
“Yes, you push yourself too hard sometimes. The book is important, but it does not need to be done today or tomorrow. You must take better care of yourself. We want you to take it easy for a few days.

You will find that once you have endured these sicknesses, they will never return to the physical body, ever. So this physical discomfort, you have now, will not happen again. You must sweat it out; sweat all the dormant viruses out of your body.

We wish you to become pure in your body. We are getting rid of all the small viruses that are present in the body. Unfortunately, this means speeding up the illnesses that would normally take more time to develop, and would not be so strong over a length of time. But because we do not have the time, we must do this.”

“Is it to help with the psychic development, or to help with other development, that I don't know about?”

“It is to help with the psychic development, it is to clear all the blocks in your body.”

“Because on that bushwalk, I couldn't have described what the gnomes looked like, like Julie could.”

“No, there are still physical blocks.”

“You mean that what I'm going through now, to remove... by going through all these illnesses. Isn't this circumventing karma, or something, shortcutting it all?”

“Not shortcutting, just speeding it up. You would go through this experience anyway, but in a much slower fashion, over a period of time, and it would not be so strong an illness, unfortunately. But as you know, the time is growing much shorter, and there is much to do.”

“I'm not going to start breaking out in boils and things like this, am I?”

(Laughter)

“We will not have to send you anything that is too much to handle, that would perhaps require hospitalisation, or anything like that. But you may have to rest up for several days, take it very easy. You have been pushing yourself very hard.

We do not want any of our servants to overtax themselves. You
have been mentally exerting yourself, and the mind must have its relaxation as well.

We suggest taking some short walks in the fresh air as well; getting out and about, just forgetting about the book for a while. You will be fresher and more able to cope with it now. Unfortunately the relaxation will not come from sleep.

We are shortening the sleep of both of you; so that in the future we hope that you will not need to sleep at all. You will be able to function twenty-four hours, with only brief periods for resting. This will not happen for some time, but you will find you need less sleep.

With the meditations you do here, we send you a certain amount of energy, with which you find that you are sleeping less after these sessions. But Raymond, it is not sleep that you need it is just simple relaxation of the mind.”

“During the day?”

“Yes, just let your mind go. Don't think about the book too much. More than the physical rest, Raymond, you need the mental relaxation just letting go of your responsibilities, because you are very tied to your responsibilities at the moment. You have felt the commitment, but we do not wish the commitment to strangle you.

The book does not need to be done all at once. Unfortunately, you get carried away, and you spend much too long on it, because it is a labour of love, but a labour nevertheless. We do not ask you to push yourself.”

“It's like a temperature, isn't it?”

“Yes, the heat you feel is the healing energy that you yourself are manufacturing to cope with the illnesses. Your own body is fighting the illnesses. They heat is pushing out the illness, you are burning it up.

In the advance student the chakras are always open, but there are some blockages of course, in some. We just work on clearing the blockages. Imagine that you have in your body a certain amount of asthma, and it has to be all worked through, and out of the body. You have worked through much of it, and we sent you the meditation to speed it up, but we do not wish you to continue with it, if it is too much for you.

Your sun is going to be different, by the time you have your new
“Do you want me to mention *** ****, and what he's up to?”

“Yes, we wish a final chapter, on a warning to those who are advanced and have gained power, but have also brought back the return of the ego. The ego is the thing that although you may rid yourself of it, it waits to be drawn back at the first opportunity. It is not a thing that can be destroyed forever. There must be a continual battle with the will.”

“But *** ****, with all his abilities, isn't he supposed to use these abilities to help mankind, and isn't he doing that with the universities and the wisdom he is bringing through, and the channelling of this higher knowledge to be put into books?”

“He's bringing the wisdom through, but he does it in a manner in which he desires people to think that he is a special sort of a person, and that only he can do these things.

That is why we wish you to bring them to the people, to a more down-to-earth level. We do not wish anyone to think that it is beyond them. He places himself on a pedestal, and we do not wish that.”

“He places himself above Jesus, as well. I don't think that's right.”

“No one is above anyone else. There are different levels, but not as you think of, as being like a ladder of levels, one moving above another, just different paths. Jesus Christ was not really the one, he was many. He was meant to be the perfect example of what you can be.”

“Was Jesus married as well?”

“Yes, he had to live a normal life, in order to show those around
him that it was possible to live a normal life, to be very down-to-earth. And yet still be highly in tune. But **unfortunately** many of the things written about him, tended to **glorify** him, and this was **not** his purpose or his intention.”

“And all the human part of him was left out in the compilation of the Bible.”

“Yes, it was never meant to be left out. Perhaps we will dictate some of the human things that happened to him. But his human form was also **not** like other human forms, although he had human experiences.

His human form was what we are changing your forms to be. It will be the perfect human form, but of course there is no perfection in the human form. You will be as close as we **can** make it, but of course there will still be faults.”
In the early chapter on Meeting Your Guide meditation I mentioned that the Meeting your higher-self meditation should be left until your class facilitator is more advanced, because my guides on two occasions brought me students with dysfunctional or mental imbalanced higher-selves for me to heal, but you will never have that problem with Guides.

The first time I became aware of this, was with a student in the middle of 1989, which you will read about on the fourth disc volume, as it is all interconnected over a few chapters. But the second time this happened I can show you in this chapter.

At the end of September of 1993, Angelo was away, because of his movie that he was producing, and Nadia, Jeremy, Janet, and Calvin had stopped attending the classes, so the timing was right for a spirit to guide two new students, so that they could attend a class.

I had the urge to visit the spiritual Church where I first sat for development, it was a normal service, and I was running late, and I had to sit next to this young woman, who I will name Carla, who had a very active four year old sitting in her lap, and that’s why the seat next to her was vacant.

While sitting there I was receiving a very strong feeling that I needed to help her, so I asked my guides why, and they said that she had multiple problems that I can only help her with. So I said to my guides you had better give me the right things to say to her, because I don’t know what she’s in to.

Anyway, I can’t remember what I said to her after the service, but as no one else wanted to talk to her, because of the over-active child, I found out that she was looking for a temporary accommodation until she found a flat to live in, or share.

And my guides were urging me to take her in, as my apartment was now three bedrooms, and a large dining room, where I held my small circle. After explaining what I do and teach, and showing her the first two volumes of the text books, I offered her the option of my spare room, with my inflatable double camp bed.
She said she would take up my offer, and was very interested in my classes, and could she read my text book. So one thing led to another and she sat in her first class night on 5/10/93, where another new student Marcus was starting his first class-night.

They first went on the Meeting Higher-self Meditation, where I first got them to describe their experience. I then took them on the Basic chakra exercise, while I took them to the Atlantean Temple by the Nile Meditation. Everything turned out fine, but because Carla’s experiences are connected with concepts you will read about in great detail on the next disc, volume two, I will leave two of the multiple problems you will read about for the end of volume two.

Over the following week she was telling me about her previous relationships, and how they were nearly all disasters, and I asked her to ask her higher-self if she should be shown the past lives connected with these disasters, and her higher-self agreed, but in the process of being shown her past life relationships, I noticed that her higher-self was telling Carla very negative descriptions of the past life lovers, and it was very unlike a higher-self.

And as Carla didn’t want the session recorded, I can’t type it in for you. Then on the following class-night, Marcus and Carla went on the Medieval Europe meditation, but Carla didn’t see anything and didn’t want to practise channelling, but Marcus saw a past life in great detail, and much was shown and released, and Carla learnt a lot about how past life therapy works, first hand.

So the next week’s class-night I knew there was something afoot, as Sherlock would say, when I received a very detailed meditation for Marcus, Carla and Angelo. And I knew that this exercise was designed very much to bring to the surface Carla’s higher-self, so that Carla’s higher-self would meet mine, and the ensuing experience for Carla’s higher-self, would be of a healing nature, but all this would be disguised by the meditation.

I explained to the students that part of the meditation Angelo had been on a similar version before, which was the Healing Temple for our Six Body’s, I then explained that the rest of the meditation was an exercise that I had done a different variation of before, and that it was
written in volume five, which none of them had read, yet.

Also I gave you an example of a variation of this exercise which I was
guided to perform on Shelly and Faye, from students in a class
approximately two and a half years before this chapters class night, half
way through this volume, but because different bodies were practised I
will explain this class night as if you have never heard about it before, as
these students hadn’t, but also the basic mechanics of the exercise has
been more refined.

So I explained that it works and that they will get good results from it,
so here is the class-night.

HEALING CLASS 19/10/93
ANGELO, CARLA, AND MARCUS.
ASTRAL BODY TRANSFIGURING EXERCISE

The purpose of the first part of tonight's meditation, was to
influence each student’s astral body to work more harmoniously with
the student. And the exercise was to heal or help their astral bodies to
achieve that purpose.

This first part of the exercise, the students had to arrive at the
mirror ball Temple and stay in their spirit body, while they told all the
rest of their body’s, other than their astral body, to go and lie down in
the beds, and receive healing.

Then for the second part of the exercise, the three student’s spirit
bodies were to stand facing outward, in a triangle. So looking out they
couldn't see each other, and standing in front of each student will be
their own astral body.

(I physical positioned them in the class room
and showed them physically what they were going to do, as it was
much easier, at the same as describing it to them, before they sat
down and closed their eyes and did the meditation for real.)

Then Carla had to move around and stand in front of Marcus’s
astral body, and Marcus had to move around and stand in front of
Angelo's astral body, and Angelo had to move around, and stand in
front of Carla's astral body.

Then, they were to step forward and turn around and transfigure over the astral body in front of them, and pick up what it was like, or up to.

Then while the students were checking out the other student’s astral body, the astral bodies higher-self would stand in front of the student to answer any questions the student had about the astral body they were checking out.

(Approximately ten to fifteen minutes silence)

I then brought them back to relay their experiences, before I took them on the next part.

Then I got the students to step out of the other students astral body, go and collect their own astral body, and go back to the beds where the other bodies were receiving healing, and lay their astral body down in a bed, and at the side of the bed was a monitor that could show you what your higher-self, who is there, wants to show you about your astral.

(Approximately ten to fifteen minutes silence)

I then brought them back again, to relay their meditation experiences, before they went on the last part of the exercise.

I know what you are going to say, I am getting the students to tune in to someone else, well, what can I say, this is an exercise that the students guides wanted them to learn something from, this doesn’t change anything about where all students and teachers should normal use their psychic senses.

This exercise is very rare to perform, and in the third part, the students will learn that even though they performed this night’s exercise, what the students picked up, or were shown, was not dictated by the student but by their guides and higher-selves.

What I mean is, I will give you an analogy if three students were to physically look at the same object, they all would be using their own eyes, but their guides would put on each students eyes, Infrared, Ultraviolet and X-ray goggles, so each students description would be different, because their guides wanted them to view the object in a
specific way.

So what each student tonight perceives is not a different object, but viewed from the angle their guides want them to see it, which may seem deceptive, but it is only showing the students that if they tune into students or patients, without permission of their guides, it’s not necessarily going to give you the right picture.

Just like there are many types of astrologers, all focusing on the same birth chart, and interpreting it in their own favourite way of interpreting the birth chart. The only astrologer I would trust interpreting my birth chart, would be a computer that has been programmed with 500 astrology books. At least it’s not biased.

I will keep each student’s astral body’s description together, so that they are easier to integrate.

ANGELO’S MEDITATION EXPERIENCE OF CARLA’S ASTRAL BODY

(Angelo) “The vibrational feel was good. It was warm and nice. Then I got a picture of some cobwebs, and I think it was signifying maybe ignoring the emotional area.

I got a picture of the heart, and it was inside a little door, and the door slammed shut, and throw away the key, and then it was slowly coming back open again, and that's why I understood the spider-web thing, it made more sense. Then the door went back into a dark cavity, and I could hear it. Yet it wanted to open, that's why it kept coming back open, and then going back, and then coming open, and then going away, and then coming back.

But it felt good, it felt nice. The feelings were good, but just neglect of that area.”

“Spirit will not be revealing to you the root causes of these things, they just want you to become aware of them, so that you can tell the person, then in the second part of the exercise you will be finding out the causes, because as you put your astral body in the bed, there is a monitor on the side, where you can check out what's causing problems.”
CARLA DESCRIBING HER ASTRAL BODY

(Carla) “I'm getting a picture of me as a girl, about three years old, in a purple sphere. I think my higher-self is saying something about looking at things, going to look at things, curiosity, like you are looking into a crystal ball.”

“Ask your higher-self, if your astral body’s too curious, like curiosity killed the cat, type of thing?”

(Carla) “Yes, and I get told that all the time, to watch my curiosity.”

“Now ask your higher-self to show you the cause that programmed your astral body to be this curious. Ask your higher-self if she wants you to release the cause.”

(Carla) “No.”

“So what does she want to show you it for?”

(Carla) “To be careful, or to try and be more aware of what you are doing.”

“Ask her if your astral body has been chuffing off to check out things from curiosity reasons, and that she needs the rest of you and your other bodies, to go with it to protect the astral body?”

(Carla) “Yeah, I don't understand that, though.”

“Well, you see your mind and your spirit body has got more wisdom about what it's checking out, where your astral body’s not got all the availability, of you could say the main-frame.”

(Carla) “Oh, yes, that's why she's showing me the child, to say that it's not very mature, like what you are saying now, and it doesn't have the reasoning, the understanding of what it's looking at.”

It’s going to a lot of places; it’s doing a lot of things, but scaring itself.”

“Now I want you to ask your higher-self if it would be good for you to talk to your astral body, and tell it that you should stay with your spirit...”

(Carla) “Yes.”

“...body, and learn things with the rest of your bodies, and that she is going to learn plenty.”
(Carla) “She said that I've already been practising that, but to keep remembering to practice that. I'd forgotten lately to practice before I go to sleep, and that talking to it, saying,

‘Be a good astral body while I do this, be a good astral body, don't go wandering off, because I can't remember what you are seeing, like I can't when I wake, and it’s causing me to feel unsettled, because I can't recall…’

But I just know that it's been through some pretty horrific things.”

“And explain to the astral body, that the actual releasing, and the therapy that you are doing on a conscious level, with your conscious mind, the astral should be with you, and releasing and learning about the stuff that's being released, so that it can learn and develop.

Explain to your astral body, that it will grow and mature and gain wisdom if it stays with you, more than going off on its own, to try and learn things on its own.

What is your higher-self say about what I am saying?”

(Carla) “It's true.”

“Ask your higher-self if you will have more influence over your astral body, to keep it in line, do you follow?”

(Carla) “Mmm, it's out of practice, she keeps saying, because it's like I was as a child, I guess, cause she's still showing me the image of me as a child, so I can understand what my astral body’s like, it's a bit naughty.”

“Well, that's right, and I mean it’s rebellious, the astral body, because it's got rebellious programming, so it wants to do its own thing, a bit like Carla, isn't it?”

(Carla) “Mmm.”

“So, you’ve got to try and explain that you have left all that conditioning behind. Now you want to work in harmony, and grow up, to bring it back into line.”

(The last part of this meditation exercise, was more designed to influence Carla’s astral body, but this is in part why I was told to do this exercise.)
CARLA’S MEDITATION EXPERIENCE
OF MARCUS’S ASTRAL BODY

(Carla) “The body was good, happy. I was getting that it likes to go visiting people and wandering. Happy, but lonely at the same time looking for, I guess, another astral body, similar. Happy, but sad, because it felt a bit lonely. I asked, ‘What does he do, what does he desire?’ and he said,

‘He likes playing practical jokes.’”

MARCUS DESCRIBING HIS ASTRAL BODY

(Marcus) “I was asking my higher-self, why does my astral body run off by itself? And it said,

‘No, it's quite happy to be there, and it feels good, there. But it just get’s over it, it wants to go and do its own thing, because it doesn't feel like it belongs there, sometimes, with the spirit.

Because it doesn't feel satisfied, because it thinks that there's maybe more out there, which it's missing out on.’ So I asked, ‘Where is the sadness from.’

‘From that feeling of not belonging.’ So I asked ‘Where does the happy feeling come from.’

‘Just a generally happy astral body, satisfied, but dissatisfied.’ I just asked if it can show me the conditioning from where this came from, and all I see is a Witch.”

“You can also ask your astral body, ‘Why are you dissatisfied.’ maybe, it knows, but if it doesn't know, go back to your higher-self.”

(Marcus) “Something about flying, now, as well.”

“Angelo can help you, and it can give him some practice at home, with you.”

(Marcus) “Maybe it doesn't feel like it's keeping up with all the other bodies, sometimes.”

“Yeah, yeah, it can be that as well. Remember, you will only be shown what you can release in connection with your
astral body, what you can psychologically handle at this stage in your growth.

In six months time, you may be ready to be shown other things that need to be released. There is no set law that says that you have to heal an area all in one night, or even release all the conditioning from a past life-time, in one night.”

**MARCUS’S MEDITATION EXPERIENCE**

**OF ANGELO’S ASTRAL BODY**

(Marcus) “It felt great, it was really nice, it was full on, or something, zoom. It kind of looks like Angelo, but it was more like an outline of him, and his higher-self was opposite him. So I said, what does Angelo's astral body do, and he said,

‘He flies around a lot, like he's really active.’ So I asked, does his astral body need to be healed, and I got kind of a black area right down the left leg. So I asked your higher-self, ‘What happened there?’

But I didn't get any answer, and I also asked what your astral body's desires were, but I didn't get anything on that.

(Remember, I said at the beginning only the owner of the astral body would be shown the cause of any imbalance, as it may be easier for them to understand, or it might be personal.)

I asked if it was in line with all the other bodies, and your higher-self said,

‘Yes, they are. It is in line, in sync, but it flies around a lot, lots of energy, it's very energetic.’”

**ANGELO DESCRIBING HIS ASTRAL BODY**

(Angelo) “The dark down the leg was bad energy, which I’d picked up by travelling all over the place, and not protecting myself all the time, not just recently.”

“Ask your higher-self why the energy came in like that?
because everyone travels.”

(Angelo) “Yeah, because I was just giving too much, and not blocking, you know, when you are giving out you're not blocking, obviously, well, I just didn't protect myself.

Because it seems my astral body has a heart as big as my physical body, and he just wants to help, and hence it's all over the place, and that's one of the things that Marcus picked up.

And I asked about that, and my astral body has got to stay here for a while, on its own. It's like, yeah, he’s so busy healing everybody else, that he forgets about me, healing myself in regard to being with myself, as opposed to being over there, somewhere.

The Black literally, was stuff that I picked up from helping heal other astral bodies, I suppose, and has now been healed, in the time that we have been sitting here. When the astral body got in the bed, the healing guides just worked on it. So that by the time I'm now speaking, it's all gone, it's all gold again, and no black.

But the lesson, which was for the astral body, which he’s agreed to, is to stay with me for a while, and just spent some time with me. Which is pretty interesting, because that's the realisation that I've made in my physical, because I've done so much for so many others, and I'm really tired. And now it's time to just settle down for a second, and be with me.”

And now for the final part of the exercise. I then told the students that my astral body was going to triplicate itself, to stand in front of each of the students, so that they could repeat the transfiguring exercise, and check out my astral body, and that my higher-self would then stand in front of them, to answer any questions they had about my body.

MARCUS’S MEDITATION EXPERIENCE
OF MY ASTRAL BODY

(Marcus) “I got in, and it was really calm, and really still, and I said to your higher-self, who was a beautiful naked woman. She was standing like this, and your astral body was short and wide, and I asked, ‘Why
is it like that,’ and she said,

‘Because that's the way it is.’ And I said, ‘Is it in line with the other bodies.’ And she said,

‘Yes.’ And I said, ‘Is it happy.’ And she said,

‘Yes, it's very content.’ And I said, ‘Does it like to wander off,’ and she said,

‘Not anymore.’ And I said, ‘What does it desire,’ and she said,

‘To serve Raymond's spirit.’ It just felt really content, and really still, which was nice.”

“Good, good. This is so that they can give you a taste of what spirit are trying to get you to achieve, to help you with your own growth.”

(Marcus) “Yes, yes. Well, compared to stepping into an Angelo's, Angelo’s was like, zooooom.”

“This is why you had to experience mine, so that you…”

(Marcus) “…Can draw a comparison. I understand totally. But your higher-self is lovely.”

(Carla) “Yes, she's very Amazonian.”

(Marcus) “Yes, she's a big woman.”

(Carla) “She is, she's really big, and she's beautiful, and did you see her jewellery?”

(Marcus) “No, she didn't seem to have anything on.”

(Carla) “Like she's just come out of the jungle.”

(Marcus) “A beautiful body.”

(Carla) “She seems to go bush-walking, she showed me a picture of just sitting in the bush, and then she said,

‘You do very primal things. You don't cause any trouble to anyone.’ You're like… I don't know what that means. You sort of lie down next to people, but you don't… I think they were showing that, to try and tell me something. Just helping other people, I think, without interfering.

Your astral body is a bit stressed.”

“What, from overwork?”

(Carla) “Yeah.”

“What you were both picking up, was all right, because they were showing you a different aspect, for different reasons.
What they were showing you, Marcus, was true, but more for your development.

But what they were showing Carla was beyond the astral, other parts, of the body, the rest of me, and they wanted Carla to know about my stress from overwork.”

(Carla) “I heard a few things, and I said, ‘I’m not going to tell him that.’ But what happened was, that after I questioned what I was hearing, because when I'm facing your higher-self, it's like, what was being said, was coming from behind me, and I think it was Gabralt (Carla's higher-self) interfering, this is what she said,

‘I think he's a bit of a pig, at times.’ Is that possible that my higher-self can be a bit…?”

“Yeah, I learnt...” (I was going to say that I learnt last night, that your higher-self needed healing.)

(Carla) “Because I don't think she likes men very much, you see, this is why I didn't...”

“You're right about your higher-self; you are very right about your higher-self.”

(Carla) “She's telling me things like,

‘Tell him not to be a pig head, and tell him not to be so strict, and tell him not to be so...’ and I'm sort of like, ‘I'm not telling him that, and I'm not telling him.’ And probably the reason I'm saying, ‘No, I'm not telling him that,’ is because I realise it wasn't coming from the source in front of me, it was coming from a little person in my ear.

I don't know that I like my higher-self very much, is that possible? Because she’s not very nice, really, about men, and I'm fine with men.”

(Angelo) “But that's maybe one of the reasons that you got that part of his astral body, was to learn exactly what you said now, as much as anything else that you learnt as well.

Because that's a really important thing to find out, that your higher-self may not like men very much.”
“Yeah, because I was going to ask you that earlier, because today, I was asking similar questions. I think she lies too, like I think it's sexist, some of... When I feel that she's not telling me, like she gives, and I think she's lying to me. It's normally for sexist reasons, if you can understand that, and I think, ‘Hey, that's not very nice,’ like when we were talking last night, and she said to me,

’You (Raymond) just don't know women.’ And then I got up from the room and went out, and thought, ‘Hold on, this is a bit full on.’”

“Carla, I picked up all this, last night, and I wasn't meant to tell you then, but it's like as if your higher-self seems to be still suffering from the conditioning from past life-times, and you're releasing it from your own body, mind, and emotions, on a physical level.

It's like my higher-self knows certain activities, and knows how to heal in that area, but your higher-self doesn't know about anything like that. All she knows is the conditioning, and the effects of the conditioning.

I have done healing on someone else's higher-self, which is in volume five, if you’ve read it, where their higher-self had lowered its vibrations so far, that...”

(Angelo) “Yes.”

(For Angelo, this was his 15th class-night, and he had read all 5 volumes.)

“...she'd lost... It's like as if the higher-self immerses itself, and lowers its vibrations too far.

It's like a computer, and you start to pull out the memory banks, losing its wisdom, losing its knowledge, it becomes childlike, senile, or whatever way you look at it, because it's hard to put a finger on.

So I want you to talk to my higher-self, ask my higher-self, if you're willing to trust my higher-self, and accept what my higher-self says.”

(Carla) “Would my higher-self, being a difficult higher-self, cause me to be difficult at times? When that's not what I really want to be. I don't want to be difficult, but sometimes...”
(My higher-self gave permission to tell Carla her name, as while Carla’s higher-self was away being healed, fixed up, my higher-self would be with Carla and watching over her, so that Carla could call her name, but for these books my higher-self want me to change the name, so no-one else will call for her. So I will rename her Abigail where her name is mentioned by me or Carla.)

“Well, I don't have all the answers to what causes problems with higher-selves, and how they lower their vibrations, but you ask my higher-self, Abigail. Visualise her, and ask if your higher-self needs healing, and does your higher-self need her vibrations raised, to re-establish her wisdom, and plug back in the memory banks of the higher vibrations?”

(Carla) “Yes.”

“Now, ask your higher-self if will she go with my higher-self, you won’t be left alone, and my higher-self will take her up through the vibrations, so she can get back her memories, and release a lot of stuff, and get well mentally, mostly mentally.

Will she go with Abigail? Then she can come back and help you a lot better.”

(Carla) “Yes, yes she will. Actually, she's not really sick, she just doesn't like men.”

“Yeah, well, she's suffering from conditioning, where she should lose all that, because she's been a man, she's forgotten that, because everyone's been a man and a woman, even your higher-self.”

(Carla) “Well, see, she's only... It's probably what I've been experiencing, (With Carla's relationships) that has condition her to protect me against men.”

“But your higher-self had to learn something, the other night, and she had to learn that what she wanted to protect you from, was unfounded, and she wasn't qualified to recognise what’s best to heal you.”

(Carla) “Yeah.”
“And that she learnt it first-hand, by observation, and I had conversations with my higher-self about this, and I had a conversation with your higher-self about this as well, the other night.

So remember, everyone has to admit to a problem, they have to find out about it, and see it, and recognise it...”

(Carla) “Yeah.”

“...so once she's recognised that she needs some help, I don't know what it is, but my higher-self would, and my higher-self can go up through the vibrations with your higher-self, and take her and help her remember, and release some of the problems.”

(Carla) “Yeah, I've been made aware of it today, like standing out on the balcony I was made aware of it. Because I started asking the right sort of questions, and mine aren’t as deep as yours, mine are sort of on an emotional level, and why, and stuff like that, and they said,

‘That's also why you keep hearing contradictory answers.’

Yeah, the guides are overriding her, because like even when I give you some answers, I know that she's lying. But I have asked her to say what she says, so I say what she says, and I get this other voice saying,

‘No, no,’ and I get so confused by all the voices overriding her, and then I'm not sure if it’s her...

“Well, you can't make the higher-self get well. I couldn't come along and say,

‘You're not in your right mind; you’ve got to get back up in the vibrations, and get your head together.’ Because she wouldn't accept it, because the higher-self thinks it's God. All higher-selves think they’re God, at some stage in their growth.”

(Carla) “Yeah, that's what I said, ‘She's on herself,’ she think she knows everything, and I know she doesn't know everything, because she wouldn't be confusing me the way she is, if she knew everything.”

(Angelo) “Now that you’re saying this, and she's hearing this, as much as you're saying it, and all the guides are going,

‘See, I told you.’

(Carla) “That's why the first time I saw her, that's why my guides
stepped in behind her, and it was probably to say,

‘Hey, look, she's got back up, here.’

“Now we know the way she appeared,...

(On the night of the Meeting Your Higher-self Meditation, which was not recorded.)

...was symbolic of her problems.”

(Angelo) “I just got from someone, probably my higher-self, I think, yes, it was. That part of the reason you're higher-self is the way she is, is not only does she not like men. It wasn't so much because of what happened to her as a woman, from a man. But what she in actual fact did to a woman, when she was a man, and therefore isn’t releasing the guilt still associate it with whatever she did, to whoever.”

“And doesn't want to face men?”

(Angelo) “Yeah, because it's like a person who is very untrustworthy, because they sleep around in a relationship, they're going to accuse their partner of sleeping around, even though their partner isn't necessarily sleeping around. So that's the same sort of thing, with your higher-self, that I am getting.”

(Carla) “She doesn't acknowledge God, only goddesses, and I'm going, ‘Oh, no.’”

“You see, last night I was told not to mention all this, simply because you would feel more insecure, and they didn't want you to get all anxious about all this. But in the class, we can all understand it now.

You've got guides that can step in and help you, but the time was ripe for it to be told now. Everything is fine, but she still had to come to the realisation, and acceptance, that she hadn't got all her act together, and that she was very biased and she didn't know what was best for you.

She learnt that, last night, by you going against your higher-self, to show her what happened, healed Carla. To show Gabralt that her judgement is wrong. It wasn't just over protectiveness, it was biased and prejudiced, but she will be okay.”
ANGELO’S MEDITATION EXPERIENCE
OF MY ASTRAL BODY

(Angelo) “It was a warm fuzzy feeling, and it was very nice, and a bit mischievous, and you had a bit of a pain here, in the left of your back, and I said, ‘What's that,’ and she said, ‘Money.’ But that's cool.”

Marcus then channelled some spirits who were brought to be rescued, and Angelo practiced talking them into the white light.

Angelo channelled one of the class guides next, Bob. So here it is, but I will leave out a lot of the pages as they are connected with Marcus and Angelo’s development, and because you haven’t got all of Angelo’s previous class experiences to know what spirit is going on about I will leave that for another disc.

So we will pick-up where I bring the questions back about the higher-self.

ANGELO AS THE CHANNEL

“How do you know anything about the higher-self?”

“I know a reasonable amount, yes, shoot.”

“Do you know what happened tonight?”

“Tonight, regarding Carla's higher-self. Yes, tonight, we all come here, Angelo, Marcus, Carla and Raymond, come here to learn as students. You are as much a student as anyone else, I am not just saying this for Raymond, I am saying it for everyone else.

As we here on the physical, being the ones I just mentioned a minute ago, come here to learn, whatever it is they learn. Well, the higher-self came here for the same reason, hence tonight, Carla's higher-self had a big confrontation, with an attitude she has developed over past lives.

We gave Angelo the reason, not so much the reason, but an enlightenment on the cause of her a disturbance, being the fact that when she was a man, he was a pig. So, the guilt that is stored within her memory bank, needs to be released.
Carla, you can help her as much as she can help you. Now, the way you can help her, is to read the black-board, which we in spirit will give you, which is telling her what to release.

She will listen to you, because you are you. She will listen to others, too, but if they are men, she has this problem. You being a woman, and you being you, and she being the higher-self of you, she will listen to you more. You must help her release the guilt that she is carrying from these past lives. It is not her fault, just like everyone else, she has to learn.”

“I thought the higher-self was the one who gave birth to the spark, which grew up to become Carla?”

“This is true.”

“Well, how come the higher-self can’t really guide Carla, because the higher-self isn’t right, in the first place?”

“The higher-self in this particular case, is correct in some areas, however, because of the conditioning that Carla's higher-self has got, in some areas regarding the areas of sexuality, her higher-self has a problem.

So therefore, if Carla, if you listen to your higher-self in regards to the area of sexuality, you are going to be steered wrong, or led up the garden path.

Now, you must listen to your guides, they will look after you, do not worry about it.”

“Or my higher-self, Abigail?”

“Yes, this is no accident and that you are sharing a house with this one. This one is a very high vibrational entity on this planet. He is one of the most advanced entities on the physical plane.

At this particular moment in time he is a teacher of teachers. We in this room are teachers. We in this room will be affecting billions, not millions, not ten, but billions. Someone has to teach us, we, not being Bob, but Angelo being one, as well as Marcus. I am here just to come and go.”

“What causes the higher-self to become like that; do they lower their vibration and lose a lot of the memories of what they have learnt?”

“Yes, this is all brought upon by our-self. In this particular
case, by guilt, worry, and doubt. This is how potent... This is a good example for myself, Bob, and everyone, and all the entities. There are tens of thousands watching and listening at this particular moment.”

“Of course.”

(Meaning spirits on many different vibrations, are sitting in tiers of seats surrounding our circle, where each seat may be occupied with dozens of different vibration spirits, unaware of each other.)

“This is how destructive guilt is, and I say this to spirit, as you see, that even a higher-self, an entity that is supposedly meant to be in-tune, as a higher-self is, can bring oneself down by guilt.

The only thing, I will say this to everyone, that the only thing that has brought the vibration down by Carla's higher-self, is of course Carla's higher-self, the guilt. This guilt must be released. This guilt is a cancer, it is worse than a cancer.

At least cancer only attacks the physical body, guilt does not. Guilt attacks the physical body, mental body, the astral, the spiritual body, the emotional body, and the ethereal body. All the bodies are attacked by guilt, it must be released.”

“When the vibrations of the higher-self get lowered, do they lose a lot of memory banks of previous life-times, and also of memories of the higher vibrations? Do the memories of the higher vibrations disappear? Does the memory of heaven disappear?”

“This is correct, you're analogy before was a very good one. It is very much like taking out memory bank A, which is say taking out the Divine memory bank.

Then taking out memory bank in B, which is the self-love. Then you take out memory bank C, which is the sexual memory bank, which for example, which is not necessarily correct, this is just an example.

So, the entity, which is Carla's higher-self, this is quite complex, so I must get the right words. Carla's higher-self thinks, as you said earlier, that they are as divine, as they are meant to
be as a higher-self, hence, they are giving off all this Glarm. (Bling) When in actual fact, half of their capacity is gone, and they don't know it.

It's like the same syndrome as the alcoholic. The alcoholic, when he's leaving a party, may slur and stumble, and thinks he can drive, and the host says,

‘No, you can't, you're drunk.’ And the person who is drunk, says, they are fine, this is the same principle.”

I ran out of tape, at this point, but Carla again declined from channelling.
While I, Caroline and Julie were talking one day, Caroline mentioned that she was suffering from Candida Albicans, and as she explained what it was, and its effects on the body, and it sounded so familiar, that I realised that I must be suffering from Candida as well.

Briefly, Candida is a yeast-like fungus that lives in everyone’s intestines, where its function is part of the digestive process. When it is in its correct place and amount, it performed its correct function in the body, but sometimes it increases in amount and escapes into other areas of the body, and that's where the trouble starts, and because the affects of the escape take years to develop, the specific prescribed drugs that helped it to escape from the stomach area, became approved by most countries, and these drugs are called antibiotics.

I don't know if all antibiotics are the problem, but this is what some of them do, they destroy some of the other intestinal flora that resides in the body, which normally keep in check the growth of Candida Albicans, my guides are also telling me that some of the antibiotics kill off the flora, that is connected to the lining of the stomach and intestines, allowing the Candida Albicans to migrate through the linings into the bloodstream.

When I was in my mother's womb my mother got a severe infection in her teeth and had to have them all taken out, and as antibiotics were very new to the medical profession, the strength, dosage, or side effects, had not had time to be studied, and the effects on the developing foetus might have been greater than on the mother. I was to find out from spirit that the effects of this Candida were all planned by my higher-self.

This will all be explained as Caroline and I got the message from spirit that they wanted to channel about the effects this Candida had in our lives. So on the next class-night it came through, and spirit thought Caroline should channel first, then me, and finally Julie channelled last, no other students turned up, maybe because I was holding them at home.

This is where I first became aware of blocks in my childhood, but I wasn't to find out their specific area until years later, when I found out the main strengths that I had developed over many life-times.
“Candida is a lesson for people to learn to conquer themselves. It comes in many different forms, with many different symptoms, for different people, depending on their blocks, lessons to learn, and other factors.

Candida is not a condition of the mind alone, it is a physical condition stimulated by the persons thinking, attitudes, life situation, diet, feelings towards their environment, their predicament, their childhood, and what they face in the future.

There are different reasons that can be bestowed upon different people with Candida. As you know, like all illnesses, it comes to teach a lesson. Sometimes it is a fault of diet. There are many types of Candida; it may be a fungus condition in the stomach, in the intestine, or in the bloodstream. It can also be found in many other organs and parts of the body, including the bladder, the skin, the throat, the heart, and the lymphatic system. We have brought it to Earth as a way of making people look further than the symptoms to find the cause.

It is difficult condition to treat, because most physicians today treat only the external symptoms. They do not see the picture as a whole, and therefore many patients go unhealed, and continue with their distressing symptoms, until in many cases they become so distressed that they are pushed to look for answers beyond the conventional.

It is a test of wills, whether the person will give up or fight for the answers to cure themselves, for it is only themselves who can bring about a cure, in the end.

There are many (Patients) in hospitals today who have given up the fight for a time. They have given their responsibility for the fight to people outside themselves, to the doctors and other medical practitioners, instead of learning to follow their own inner-voices.

Candida is a very individual disease, and each person must fight it, in his or her own way. There is no one same reason for every
person having Candida.

For you two, (Raymond and Caroline) it has been to delay your (spiritual/psychic) development, for we need to use you now, and not in the past. We did not wish for you to be sidetracked by material gains, which may have happened if you had not had such physical restraints.

It is also a lesson for you to learn why it affects you in the way it does, because Candida attacks the parts of your body that are weakest, according to your blocks. You are also affected by other things that are from past, present and future. Candida is like a surface problem, in relation to the others causes of your physical ailments; it is not the main cause.”

(When I eventually read a book written by Doctor, of how the disease works. He wrote that once the Candida had spread through the bloodstream to other parts of the body, the toxins and affects allow other diseases and symptoms to develop.

So in this last statement, that I have high-lighted, I feel it's a distortion, in that spirit may have meant that the cause of the Candida is not the reason, also the cause is connected to antibiotics.)

RAYMOND AS THE CHANNEL

“We are here tonight to learn more about the disease known as Candida. It will become more frequent in the world during the years ahead, as this disease will not be cured by orthodox, non-psychic, medical practitioners, because each case is different, and needs specialist psychic diagnosis for the individual.

This will help the individuals learn more about themselves and their past, meaning past-lives, and why they have the disease. Many reasons will be spoken of because there are many, for you all receive the lessons you need for this life-time.

We want you all to understand that this disease is curable. You will find that many other problems and diseases will also be helped by the healers who are psychic. The Candida is what you call a blessing in disguise, for it is the key to unlock your true self, from the
blocks, fears and conditionings, which affect you from your childhood or past-lives.

This opportunity to grow in freedom depends on whether you seek the healer who can help you find the true causes, and therefore the cure for this disease. Many alternative health practitioners are becoming psychic as they work, and are helping the patients in their particular fields, such as diet, hypnotherapy, past-life recall, and many more. But when they can go no further with your treatment, because they are specialising in one area of your problem, they are sometimes directed by us to send you to the next stage of your cure, to help you become free of the many side effects and symptoms of this disease.

It is not just one disease, but many variations of the same problems. In some it affects the skin and brings out sores and spots, in others it affects the eyes and creates black bags underneath the eyes. In others, it's in the intestines and stomach, or in the nervous system and lymphatics. Many areas of your health may be affected by this disease, which makes you more susceptible to other diseases, for it weakens the body in many ways.

Your past lives and childhood experiences can dictate the reason and way that Candida will produce the symptoms in your body. Your higher-self will want you to fight this disease with your will-power, by helping you with your suffering. Yes, in some cases the higher-self requests this disease to suppress the individual from achieving what the world requires for material success, such as a profession like a doctor, teacher, or writer.

This may be so the individual becomes wise, and thus can make his or her decisions on how to help the world. These decisions will not be based on the teachings and dictates of professions that have enslaved his or her individuality, with money, power, and rigidity of conditions that these professions tend to reinforce.

Many other ties, anchors and responsibilities follow, because the professional person is very attractive as a potential marriage partner. The effort of maintaining the security of the spouse, the children, the mortgage, keeping up with others in the profession, not
necessarily the Joneses, will tend to tie the individual to his or her chosen profession.

On the other hand, if the person with the abilities for those professions is suppressed through childhood and teens, he or she can work better for the right reasons, using his or her talents, for example, as a writer on controversial subjects, or as an alternative health practitioner.

Another example is in cases of individuals who have been teachers in many past lives, who do not need to learn the teaching ability again in this life, as it is there waiting to be used.

As a result of being affected by Candida in early childhood and teens, these individuals will tend not to end up in normal lines of teaching, instead this will give them time and opportunity to grow in awareness and enlightenment, so that later they can teach the truth, and help others grow in areas where normal teachers in schools, colleges and universities, are not teaching.

All this is very involved, but it is true. We have been waiting for this person (the channel) to grow in wisdom and peace. You have to be aware of your reaction to this world, and not let this world control you, but you control yourself.”

(Because the subject is dealing with a complex theme, most readers will not be able to evaluate the many distortions, red herrings and confusing statements that Julie channelled, in connection with Candida, that we have decided to forego the usual quiz that a reader can practice before reading the critiqued version of Julie's channelling.

So after each high-lighted statement, I or my guides will help me to explain any discrepancies in what is channelled.)

JULIE AS THE CHANNEL

“Candida is a disease that ruptures the aura. Candida ruptures the aura, while many diseases do not. Many diseases work only on the physical body, but Candida is specifically designed to create openings in the aura.
My guides and higher-self all agree, that Candida isn't specifically designed and it doesn't create openings in the aura.

It is then up to the patient to choose what he allows in through the aura. It can be healing, or it can be black magic, it can be many things. It is the choice of the individual.

Also the patient or individual doesn't have any conscious choice of what can affect them if they have a damaged aura from other reasons, and a person’s guides or higher-self have more of an influence if they are permitted, in protecting a person from undesirable influences through a damaged aura.

“Yes, but the individual doesn't know about this.”

“It is a choice of their will, which knows on a deeper level.”

“Is this a kind of test?”

“It is a very great test.”

“Yes.”

(2010 INSERT. Common sense tells you this is not true, if a person has always lived their life in a country which is too cold to have malaria carrying mosquitoes, then how does the person have malaria lying dormant in the body?

Our higher-self is more likely to stop a virus or disease becoming active, than the other way round.

Also bodies don’t need to learn lessons, our seat of consciousness is in our minds, and our minds are not in the brain, the brain is only the minds interface with the body.)

The aura is a very delicate matter, there are so many things done to it in the normal course of medicine, as we think of it now, such as
Candida forces the choice of on the individual in how they will treat this illness, which manifests in many ways.

(2010 INSERT. In most cases the illnesses and diseases caused by the body’s infestation of Candida spores, takes more than a decade for the illnesses to manifest, and sometimes more than two decades, like when a person who has had a Candida infestation from childhood, and the person starts suffering from arthritis in their 30s.

Also most of the medical profession did not recognise Candida as the primary cause of illnesses labelled with different names, at the time of these classes.

So how does “Candida force the choice of on the individual in how they will treat this illness,” if they didn’t know that they had Candida.)

If the patient chooses surgery, then the aura becomes even more damaged, and the patient suffers as a consequence.

Many illnesses are called by different names, but they all come from Candida; it has many forms.”

(2010 INSERT. When I first heard this statement I thought it was a bit far-fetched, I will now quote what I inserted in my first book, at the end of Julie’s channelling about Candida.)

(After this session of channelling I started to think twice about putting certain extracts of what Julie had channelled. But I stored away the material on my computer for later.

About three months later, a friend of mine who worked in a health food shop, mentioned that she had seen a book on Candida, in a bookshop near where she worked, so I asked her to buy it for me.

In the book cases of nearly every disease imaginable had been treated by doctors in many different countries with anti-
Candida treatment, and most of them had had positive results with the patient's in the early stages of their diseases.

They pointed to the fact that Candida was a major contributing factor in the physical development of those diseases.

The doctors had compiled profiles of the lifestyles and contributing factors of the patients, to find out more about the physical causes of Candida, because the symptoms of Candida manifest in different areas of the body, and are normally treated as individual cases, with separate names.

When the surface symptoms are treated with drugs and chemicals, they may disappear, but more often than not they either recur or develop in another area of the body, when the patient has finished taking the medicine.

This is like cutting a weed down in the garden, when as all gardeners know, you have to remove the roots.

When a patient has had Candida, active in his or her body for some years, the immunity of the patient is reduced, and the toxic side effects cause aches and pains in the body, which are diagnosed by doctors as migraine or arthritis.

Normally, most patients develop Candida over a long period of time, and consequently their acquired immune-deficiency allows major diseases to develop in old age, whereby the doctors tell the patient that the disease is caused by old age.

Increasingly doctors who diagnose patients with so-called old-age diseases, at ages of twenty to forty, are finding that the patients had had Candida from infancy or early childhood, but it had been misdiagnosed as hyperactivity, hay-fever, food allergies, ring worm, athlete's foot, and many other names.

I am one of these cases; I have had Candida from birth, and at the age of thirty-four, I started having migraine headaches that lasted for days, and I was also was diagnosed as having asthma and arthritis. Of course I chose to experience this for many reasons, and I am now very careful with what I ingest.

Here is a list I have compiled of some of the diseases
mentioned in the book in which. Candida is a major contributing factor for their development:

ARTHRITIS, ASTHMA, AUTISM, A.I.D.S, BRONCHITIS, CANCER, DIABETES, ECZEMA, ENCEPHALITIS, FLUID RETENTION,

HAY FEVER, HEART-DISEASE, HAEMOPHILIA, HEPATITIS, HERPES, HIGH-BLOOD-PRESSURE, HYPOGLYCAEMIA, KIDNEY STONES, MENINGITIS, MENTAL DISEASES, MULTIPLE-SCLEROSIS, NARCOLEPSY,

PARANOIA, PNEUMONIA, POLIO, PRE-MENSTRUAL SYNDROME, PSORIASIS, SCHIZOPHRENIA, SUICIDE, TENOSYNOVITIS, THRUSH, TUBERCULOSIS.

(1988 INSERT. I believe that the book on Candida was guided to me by spirit, so that I would include all the controversial material on Candida, in this book. My guides have told me that they recommend this book on Candida to be read by anyone that is interested, as Candida is still increasing in frequency of occurrence in the Western world, and because it is the primary cause of so many illnesses, that you may find when you are doing Spiritual healing, you may be told by your guides to mention the Candida to your patient.

I will not give you the author's name, or the title of the book. But I will say that the word Candida is not in the title and it was written by a Doctor.)

“One of its strongest forms is known as cancer. It is just the degree of violence in the body that the higher-self chooses to experience. Candida, in fact, it's just the general name we use for disease. It is not just one disease, it is all diseases.

(2010 INSERT. I find this very irresponsible of spirit, as Candida is not all diseases, but many diseases are caused by Candida, but there are many diseases that are out there in the world, which a person may develop, if there body is weakened from other causes, having nothing to do with Candida.)
“The body triggers the disease, when the person needs to learn from a memory or a lesson in the present life-time. The higher-self and spirit, both confer to decide when to trigger the illness. It is the will that chooses when to be cured.”

(2010 INSERT. The higher-self may use Candida as the catalyst for growth, but I don’t feel that a person has to develop a strong will to choose when to be cured, a person may have to search and grow in the process of finding the cure, there are still many hundreds of thousands of people in the world, that accept their doctor's diagnosis, and continue to suffer or take painkillers until they die of old age.

Because if they have never heard of Candida, then how are they to learn from a memory or a lesson in the present life-time.”

“And what is the reason for the food allergies, in connection with Candida?”

“To correct diet. There are certain things that the individual should be eating, which through conditioning in this life-time or another, they are not, and if they will not listen to common sense, they may experience a disease or an allergy, which forces them off certain foods and onto others, that they should be eating.

(2010 INSERT. People should eat a healthy variety of food, but food allergies are either genetically hereditary, or Candida toxins happen to react to certain foods, in some it causes headaches, in others excess mucus, like hay-fever, or joint pains.

Candida may force the person into choosing other foods, or drinks, but this is only because the Candida is reacting to certain foods. Choosing other foods does not cure the Candida, it only stops the symptoms.

All my life I have eaten a balanced diet, and when I started having allergic reactions to food, it was because the Candida toxins had built up over so many years, that it started in on my food, you could say.
As I have been a physical fitness instructor, body-builder, and weight-lifter, I have been able to monitor my body’s reaction to foods, and over the years I have changed my diet for different reasons, so I became aware of what foods my body liked, and I feel what spirit is saying is too slanted in one direction, when it comes to Candida and food allergies, as my question was in connection with Candida.

But this food allergy thing, helped me become aware of Candida, and how to treat it, and now I can eat those foods I was allergic too, in the 80s.)

“There is no way to judge foods unless it is individually. You cannot say, perhaps, that oranges a good for all mankind, just because they are a fruit, and not all vegetables are acceptable to the individual.”

“So a lot of these diets and health fanatics, who say, ‘You should be eating this, and you should be eating that...’”

“They are too general. In fact the whole idea of health must be changed. It is starting to change but it is still too general, it does not cater enough for the individual, so when someone tells you that you should be eating this or that, they are just generalising.”

“What relationship has Candida to thrush?”

“It's not thrush, its Candida symptoms; thrush is a form of Candida. You must remember that Candida is simply the name for (the primary cause) disease, it manifests itself in many different forms. You have so many names for the same (Cause) thing; it is why doctors get confused.

(2010 INSERT. At the time of this class the doctors were not confused, they were labelling these illnesses as incurable, just take your drugs for the rest of your life, but you have to keep coming to see me, so that I can write you another script, every month or two, for the rest of your life.)

All diseases stem from Candida, Candida is the original source,
but it translates itself in many different forms.”

Maybe most diseases, which are not communicable, stem from Candida, but definitely not all diseases, you all can think of many causes having nothing to do with Candida.)

“What is the name in spirit for this disease?”
“We call it Candida.”

“Is it known, as another name, or the doctors know it...?”
“Well, we simply think of it as the teacher.”
(Caroline) “At present the doctors concept of Candida is not the true concept of Candida at all, is it?”

“No, because they do not recognise that Candida has many forms.”
(Caroline) “So, in that case you can't treat Candida by diet alone, not if it’s to the extent of cancer?”

“You must find out what form of Candida it is. Allergies are the form of Candida that relate to diet.

(2010 INSERT. Now food may be the catalyst for illness when a person has that kind of Candida, but it has nothing to do with if we are eating the wrong foods or not, it just means that the Candida is converting certain foods Candida likes, into toxins.

The opportunity of finding out that you have Candida is a lot higher if you are having food allergies, caused by the Candida. Then if you poison and starve the Candida in the parts of the body where it is a menace, then eventually you will be able to eat what you are genetically predisposed to like, or be good for you.

I have read of studies where immigrants from certain countries in Europe, that have been coming down with a higher incident of cancer, where the study found that the change to an Australian cuisine, had been the most likely cause, but other immigrants from other countries in Europe didn’t have a higher incident of cancer, but their European
If you are aware and developing, the aura is self repairing. The aura is not self repairing when you are not developing. The aura increases in texture, vibration and strength, when you are developing.”

“In the beginners’ class, you didn't want me to teach the students how to do healing on damaged auras, until they had been developing for a longer period of time. Is there some special reason for this, whereby they don't do healing on damaged auras, because I didn't start doing it until I had been healing for a few years?”

“It takes a fairly advanced healer to work on auras, because you have to be consciously aware that you're working on auras. Most healers, not being advanced or aware enough, are not dealing with the aura.

(2010 INSERT. My healing guides didn’t tell me I was doing healing on the Aura; I had to ask why I was walking round the patient while I was healing to find out.)

All people can channel healing, but for example, we do not wish to pick on him, if the healing that flows through Jared were to go to the aura, it could be very damaging, because he has so many blocks, that by the time it filters through to the patient, there is almost no healing left.

It has to be fairly unblocked channel who can deal with the aura, because otherwise it would be very dangerous to both the patient and the healer.”

Disease is always lying dormant in the body; it is your own development that predicts whether it will rise again in, if it is needed.”

(2010 INSERT. Disease is not lying in the body to be dormant or active, unless it has developed or got in, somehow.)

(1)
“How long had it been active?”

“Several years.”

“While I was at school?”

“Yes.”

“What age?”

“When you were a young child.”

“Was that to hold me back in life?”

“Yes.”

“These tests, of course, they can allow elementals and spirits to get in as well?”

“When the aura is damaged, it is very easy.”

“I suppose it's a test of whether a person...?”

“Accepts them, or drives them away.”

“It's the temptations, isn't it?”

“Yes, you see, your conscious and subconscious need time in which to work out problems, and by giving a disease to the physical body, allows the spirit time to work things out, to make decisions.”

“What happens if the person has decided to go against the disease, the symptoms, like in the case of ******, did she go against her Candida?”

“Yes.”

“What happens to the disease? Does the disease stop or cease, so that the person goes on with what they want to do, or does the disease get worse?”

“It changes form to match the will, in ******'s case it manifests as great insecurity, depression of spirit, and susceptibility to outside forces, especially to those of the dark side.”

(2010 INSERT. My guides say this is all fiction, and it is said to get a reaction.)

“Is that fair, to transfer it from, what was the problem in ******'s case, anyway, which allowed this to then go into the second stage? What was the first stage of the problem, she had?”

“Sexual insecurity.”

“But does it exacerbate a situation so that it stares the person in the face?”
“Yes, sometimes, if that is necessary.”

“You mean that ***** had thrush type of Candida?”

“She didn't have anything physically. Candida can also affect the emotions. It is a disease of the emotions as well.”

“Does everyone in the world have to go through the active stage of a Candida outbreak, at some time in their life?”

“Well, it is disease. Everyone has a disease or mental depression at some time of their life. Mental patients are suffering from the most virulent form of emotional Candida. We do not really like to call it Candida, as this picture is one sort of disease; it is everything.”

(2010 INSERT. Not everything, but a heck of a lot.)

(Caroline) “It really means that people are going to have to realise that some stage that they cannot cure themselves without returning to their own higher-selves, and spirit.”

“They must simply learn to watch themselves, watch their reactions, and keep their will in check. Keeping the will in check and following spirit, keep all diseases under control.”

(2010 INSERT. I don’t think there is anything that simply watching themselves and keeping, their will in check has anything to do with causing Candida if you have a strong will, or not, and saying that following spirit, keep all diseases under control.

If the higher-self has chosen for your spiritual growth to be disabled, from losing a leg to Diabetes, which is on the list, then following spirit is irrelevant in connection with keeping a disease under control.)

“Or seek out an alternative therapist, who can bring up what the actual cause is, so that they can face their weakness or problem and decided to do something about it. They can help the patient become aware of the reason for having a Candida outbreak.”

“Yes. The most extreme cases of Candida, in physical form, are
cancer and A.I.D.S. You see Candida still has some diseases that have not had to be used yet. All diseases are present in the body; they will not be a new form, just one that has not been seen before.”

“You mean like when the bubonic plague was around, that was a different form of Candida?”

“Yes.”

“And that was not needed any more, and was shut down, to be used another time?”

“Yes, like A.I.D.S, that's why A.I.D.S. has been surfacing. When there are new conditions in the world, new diseases are brought to match them.”

“Many people are finding that they have the A.I.D.S. [H.I.V.] virus in their bodies, and it's not active.”

“Everyone has A.I.D.S. in their body, it is Candida. You have all diseases in your body. If people realise this, they will be more careful with their lives. There is no such thing as catching something, there's nothing contagious.”

(2010 INSERT. These statements are not true, more scaremongering.)

“When it happens to children, though, when they get the [H.I.V.] A.I.D.S, are they only finding that it is in the body, and it's not active A.I.D.S?”

“Yes, it is in the body, it just...”

“But sometimes it's not active, so they're all panicking, just because they're finding in the body.”

“That's right, it is in the body.”

“But why don't they find in other babies?”

(2010 INSERT. My last question is in response to spirit saying it is in the body.)

“They don't know what to look for, it is in all people.”

“Well, how do they find it in the babies that have got the A.I.D.S? Do you see the difference? How can they find this
virus in those babies, but they can't find the virus in others they have tested?”

“Because it changes form in the body. It may look like one thing, in one body, and will look like something different in another. It disguises itself in many cases to avoid discovery.”

(2010 INSERT. Candida causes other illnesses, which is like it changes form, to be different in different people, but the H.I.V. virus is recognisable.

So spirit is again lumping it all together, like as if the spirit doesn’t have all the facts, and is trying to what we would call, “Brow beat” us into believing what they are saying.)

“If the body is in a healthy state, in other words, if the Candida or disease is not active, is there any form of medical testing, or anything to detect it in the person?”

“There is no need to detect it.”

“What I mean is, if they do blood tests on a baby, and found that there was Candida there, does that mean that it is therefore active?”

“Not necessarily.”

“So it could show up on a test and medical test....”

“And never be active, yes.”

(2010 INSERT. If a blood test shows Candida spores in the blood stream, then it is too late, in that it’s not where it’s supposed to be in the body, then it should be treated to eliminate it from the blood stream.)

“Most of these diseases aren't life-threatening?”

“No.”

“So, what is activating these diseases?”

“If people are not learning the lessons fast enough, then Candida will become more violent, the slower the progress.”

“So a lot of people are going to start developing symptoms of diseases.”

“Yes, it is not spirit that dictates this, the higher-self looks ahead...
of its life, before it is born, and chooses what diseases it will have.”

(2010 INSERT. I think this spirit is a bit fixated on trying to get us to believe that learning lessons from disease, and then saying more scaremongering statements to frighten anyone listening to them, is the way to teach.

The questions and channelling started to harp back to the connection with disease and the coming prophesied holocaust that Julie’s spirits were trying to get us to believe, by using Candida and A.I.D.S. to try to convince us.)

“But that means that if the higher-self knows what is going to change in the world, because it knows what God's plan has for the world…”

“Yes.”

“So it knows that the person is not going to be up to make it, they might contract a disease…”

“Yes.”

“...and is going to leave the Earth-plane. So does the higher-self know in advance if the person is going to survive, with all these changes?”

“Yes.”

(Caroline) “Does that mean that every person living today, before they were born, knew that the Holocaust was going to happen?”

“Yes.”

(Caroline) “And they chose to live, even with that knowledge?”

“Yes.”

“So in other words, the higher-self chose a life-time for the learning it can experience, even up until the point of dying?”

“Yes.”

“Because there's not going to be enough doctors, and enough hospitals to cater for all the sick and dying all over the place.”

“No.”

“So the lessons that the people are going to experience, are going to be very hard.”
“Yes.”
“Compared to what they can go through now in hospitals, and be looked after before they can die.”
“They are meant to be hard.”
“The ones that are at the end of their life?”
“Yes, because they will not reincarnate physically for some time, they must learn the lessons now, even though they are very difficult ones.”
“But we are not going to be able to do much healing, of all these people who are dying of Candida and A.I.D.S, and all these diseases, if their vibrations are too low.”
“Those that are brought to you, those you come into contact with, are meant to be healed. So, you must try with whoever comes to you, but you will have many many failures, as it seems as well, because there will be some of those that you heal, (perform healing on) that aren't meant to be healed. We do not want you to seem to be successful with everyone, you must appear human.”
“So, I'm not going against anyone's karma?”
“No.”
“By healing somebody that is not meant to be healed?”
“Those at the correct stage for healing will be healed. And the others will die.”

(2010 INSERT. My Guides say that this prophecy of millions of people dying of A.I.D.S. was meant to happen, and the main use of my classes and the text books, was to help the millions of people who found out that they were H.I.V.+, but had many years left before they even came down with any pain and suffering, and that these people would be able to learn to meditate, tune into their higher-self, do as much past-life therapy as they needed, and perform healing in many areas which you haven’t read about yet, which would also help the person to lose any fear of not existing after they die.

But something happened on a parallel earth, which affected our Earth, which was also known could happen, and the
destiny that was coming through the channelling, and the reason for my mission you could say was changed, and the holocaust was cancelled.

But this didn’t happen till approximately 16/10/89, after I had written and printed five volumes, which are mostly past-life therapy groups and patients. as it has a great bearing on the reason these discs are arriving overseas now, instead of fifteen years ago when I had all the material for half of the books already printed, and the rest of the material was in my files.

But this was a contingency which was planned for, and this was why these text books were prevented from reaching the rest of the world, in case the timing of their release was changed, which it was. So for many reasons I will explain on another disc, my guides and higher-self thought it would be better for my psychological well-being, that I stopped all this work, or vocation, and live a normal life until the right time to reveal all this to the world.

The rest of this nights channelling is going into an area which needs a lot of explanation, so it will be continued in the last Julie chapter.)
Over the years that I have been involved with attending spiritual churches and circles, before I started running my classes, I came across many followers, who tried to get me to believe that their vegetarian choice of diet was superior in spiritual vibration, than a meat eater, stating that consuming meat, kept the spiritual vibration of the person lower than a vegetarian, and thus it was one of the reasons of my lack of certain psychic development.

Ever since I was a child I have suffered from anaemia, lack of iron, and learnt that I need some meat in my diet. And because of my choice of profession as an apprentice, most of my jobs have been involved with needing a very strong body. Luckily I had genetically inherited a more muscular body than the average person, from my coalmining father, which filled out through my apprenticeship.

When I arrived in Auckland, in New Zealand, when I was twenty-one, I also got interested in power lifting and body-building, and because meat cost about a quarter of the price of meat in England, I could use that protein in my sport.

When I tried vegetarianism years later, while I was attending spiritual churches, I got sick, and my guides told me that my body needed to eat meat, so I balanced my meals with a third of them having red meat in them.

When I started running classes, I don’t know whether I subconsciously believed meat was bad for me, but my guides tell me that certain spirits who had taken an interest in my classes influenced me into allowing certain concepts to be channelled through me, my guides wanted to assess how much I would believe in what these spirits were allowed to channel through me.

Also my guides knew that what I channelled would be mistakenly believed by these certain spirits, that I believed what I had channelled, and this channelled belief would be reused, revisited months later, after Julie had read my first classes file records of these class nights, where these channelled concepts first came out of my mouth, so to say.
These two separate class night channelling’s of my own, and the rest of what Julie channelled, connected with these nights, I never used in my first text books.

Very often I have found that my mind has got things wrong, but my gut feelings are nearly always right, and my gut feelings were telling me to not put these channelling’s in the first text book.

But now that a great deal of time has passed from when Julie was in the class, and nearly all the prophecies that Julie channelled, never eventuated, my guides want these channelling’s and what Julie channelled about this, put on this disc, all together in this chapter, to show you that if you allow people or entities enough rope, you won’t have to hang them, they will do it for you.

What I mean is that if you don’t put the other person on guard, they slip up and say anything, thinking you will accept or believe what they are telling you.

So here is what I channelled, about six months into my first class.

HEALING CLASS 7/8/86

“Greetings my children, tonight we wish to speak about a coming time of tribulation, which is coming to this world, for the education and growth of mankind. We are sorry to tell you that there is a disease that is coming to mankind in the very near future.

It will manifest from the animal kingdom, just as the first of the seven diseases has come already to the world, what you call A.I.D.S. But this is the second disease we will talk on tonight.

This disease is going to be made manifest through the consumption of meat and dairy products, connected to these meats, and eventually will be transmitted to the bird kingdom. This disease will be made manifest in human beings after a specific amount of meat or dairy products are consumed, where the human body cannot stop the disease manifesting.

It is very closely related to the smallpox virus, and wish that you all be inoculated for smallpox. It will not stop this disease, if you consume quantities of meat and dairy paradox, but we wish you to
be inoculated, to protect you from human beings that have already contracted this disease, it will protect you from infection in this way.

This disease is the misuse of the animal kingdom as food, and the disease bacteria is activated when the meat is cooked, but lies dormant in the animals if they are not cooked, that is why the animals will be safe.

Whether you believe this or not is up to you, but most of you are inoculated against smallpox as you have travelled overseas, you have been inoculated in the past.

This disease will be fatal to the majority of mankind that contracts this disease. Just as the ones who misused sexuality, have contracted the first disease. This second disease is one of seven, and we wish you as healers to help change the consciousness of mankind, those that you can help. Those you cannot will have to go, to be reincarnated in the far future.

As this Earth is starting to go through a time of transformation, as the light is being overpowered too much by the darkness, and it is the will of God that the ones that are here advanced, living the right way, or as you say righteousness or right-use-fulness, the vegetarians and the ones wanting peace.

This talk is very different from what you have been receiving, and this one has been prepared, so he will allow this communication. Do you have any questions? (Silence)

This disease has not originated on Earth; it came from outside the Earth sphere, and was brought here with the aid of Haley's Comet. As you can see, the ones who believe in eating vegetables, fruit and nuts, have believed it is wrong to slaughter animals for food.

They are more advanced, and they need teachers and healers to help them to attune to their own godhead, and we wish you to stay healthy and help all those that suffer.

We thank you for listening tonight, we want you think this over, don't make any rash decisions, think about logically. Thank you, God bless you all.”
(2010 INSERT. When I channelled this I didn’t believe that vegetarians were more advanced than meat eaters, also I knew that that A.I.D.S. was being transfused with blood, into all age groups and into young people who had never even had sex yet. I even apologised to the students that I didn’t believe in a lot of what I had channelled.

The next class night of the same week reflected this when spirit channelled about it again.)

**HEALING CLASS 8/8/86**

“Greetings my children, we are here tonight to help you understand that we have been slowly preparing you for your work as healers on the Earth-plane. *We have been allowed to communicate certain knowledge to you all here tonight, for you to be aware of the consequences of your own actions.*

This knowledge was first communicated last night to the other group here. *It is very important that you consider seriously, what this communication was about, for your health may depend on it.*

We had to prepare this one this week, so that we can communicate this knowledge, and he still does not wholly believe this knowledge, himself. But he has accepted the communication, which is the most important thing tonight.

This knowledge is for the future to come, and cannot be proven at this time. *For we want you to be safe, and also to believe us, and have more faith in our communication.*

*We will now let Raymond read to you what we brought forth last night. Thank you, God bless you all.*”

And now for the continuation of Julie’s channelling, from the chapter about Candida.

“Is this the second disease that is coming through the animal kingdom?”

“Yes.” “What about me consuming all this meat?
“The changes to your body will filter out any poisons.”
“You mean the actual implant, and the extra body I've got?”
“Yes, the Candida will not be activated, because of what you eat. We have told you what to eat, and we would not allow it to affect you.”
“Will I eventually cut down on meat consumption?”
“Yes.”
“And will I be eating the same meat as everyone else who are surviving the disease?”
“Yes.”
“I mean, I can't go around eating all this meat, and everyone that’s eating the same amount of meat as me, are dying all over the place. I can't do that, can I? Because it doesn't seem fair to those who are dying of this meat disease, if they are aware of it?”
“No, it would be a good lesson for them, to see how much you are in control of your body.”
(Caroline) “It’s not the meat that kills them; it's the weakness in the body that responds to the meat and the toxins.”
“Yes, that is right, if they see that you can eat the same things and survive, maybe they will understand what body control is.”
“But then again, I’ve got the extra implant to help me.”
“Yes, but everyone can have these implants.”
(Caroline) “It’s coming through the dairy products as well.”
“Yes.”
(Caroline) “Cheeses and milk?”
“Yes.”
(Caroline) “I think it's a lot more active in cheese and milk.”
“Yes.”
(Caroline) “There is a lot more of the virus in cheese.”
“Yes.”
(Caroline) “What about meat, how much of the virus is in meat?”
“A lot, also certain vegetables, to get the vegetarians.”
(Caroline) “Are we allowed to know what vegetables?”
“No, you can still eat everything, as we have, the things we have told you on your lists.”
“If we’re allowed to warn the people of the meat and dairy products in the second book, why can't we also warn them about the veggies?”
“Because that is not your function, the people must experience the disease. Besides, how could you tell each individual what not to eat, it will be a different thing for all. The cure is, as for everything, to tune into spirit, and your higher-self, and not to follow your will.”

“You mean my job is just to make the people in the world aware that it is the meat and dairy products, and that I have got the knowledge that it is that, so that they will tune into this direction?”

“Yes.”

“For their own development?”

“Unfortunately, many will not hear, and this will trigger the third disease, for all those that do not hear, the disease will be triggered for them.

There is one disease that causes insanity, complete insanity, which is towards the end, it will be a horrific sight, people going mad everywhere. It is very quick and very severe.”

“Is there going to be much violence and murder, associated with all these people suffering, with the resentment of the...”

“With the insanity there is. The first diseases are designed to turn people to other ways of healing, once the common medicines do not work for them. Each disease is made to turn a person to a different level of awareness.”

“Will we be able to heal the ones with the meat disease, so that we can prove to the people that were on the right direction?”

“Again, it depends who will be allowed to be healed, many are meant to die from each disease. There is a form of Candida that is not yet known about, that is affecting many people who do not realise they have it, it is in those that are driven to commit murder, but in fact comes from the disease.

It is not anything in their minds, you can see that how many different forms Candida comes in, and in how many different ways it can affect you. Candida can trigger anything that it wishes. They do not yet know how to cure it, their idea is to lock them up, but in fact if there is any such thing as contagion, it is locking them up together.

That form of Candida is increased in violence by the number of
people that have that form, who are kept together.”
“You mean it’s transmitted like a disease, and can be caught by somebody, in fact, it's an infectious disease?”
“Not in the form you think of it, but the vibrations it’s giving off, can trigger the vibrations in someone else who has this tendency.”
“The Mafia must be riddled with it, then?”
“It is, it's riddled with many forms of Candida, the violent forms.”

This is where I removed the extract about the Indian magician, which I have inserted at the end of the last Julie’s class chapter.

Now that you have read everything Julie and Caroline has said in these transcripts, and I have slowly been receiving all the small details, bit by bit from my guides, as to what was going on behind the scenes, so to speak.

My guides said they found it very difficult to give me the whole picture, all at once. They say it was like giving me a piece of a puzzle, but before they could give me the next piece, I had used my mind to analyse, speculate, imagine the other pieces connected to the piece they had given me, and they say there was also three dimensions to the puzzle, which also included time, reaching back to before Julie was born.

After many months of typing in all the interconnecting pieces of the Julie jigsaw puzzle, and my mind had left thinking about it, while I was typing in an advanced students private therapy session, of 11/4/88, which I had not used in any text book, this student in a weakened emotional and mental state, was used by the same spirits who were using Julie, and while I was reviewing whether to include her channelling’s on this disc, my higher-self came in and started channelling, while I was at my Lap top computer.

And while I was editing this chapter on meat, my higher-self and guides told me they wanted me to bring forward this channelled extract from where I originally typed it on the computer, at the end of the chapter of the 11/4/88, which is in the second volume of material. So here it is.

Oh I will change the name of the student so you will not be prejudiced
against her, as she is a good person, and you will learn much from her participation in the classes.

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

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

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

This student was unaware of the nature of these dark entities, as they fooled her, as well as Raymond. These ten dark entities, were very careful to appear as wise all knowing guides, and their plan was to impress Raymond and his student’s of their authenticity, so that they would replace the students own guides, and teachers, by appearing to be firm but wise teachers.

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

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

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

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

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

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

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

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

But we know Raymond a lot better than these dark entities, and with his intelligence and very strong analytical mind, we gave these dark entities free reign, in their communication through their chosen student, knowing that if we gave them enough rope, you know the rest of this saying.
What we mean is, that if Raymond has more to analyse, then he will be able to see more of the picture, so to speak.

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

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

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

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

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

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

As Raymond had not yet become aware of his own past life wisdom, in one of his most strong abilities, and that is of being a past-life therapist. All we could do at the time of this channelling, was to guide him to ignore it, and forget about what this guide said.

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

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

/A student’s higher-self and guides decide what past-life scene the student/patient is allowed to see.
2. The viewing angle of the past-life scene, whether the student needs to be experiencing the memory from looking out of the body of the past life, so to speak, or watching the akashic record of the past life, to become aware of other relative’s thoughts or emotions, connected with the scene.

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

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

4. A student may also need to see a parallel life, for the higher-self’s reason. When a student has become very familiar with having many past life sessions, sometimes a past or parallel life is shown to boost the self esteem or confidence, to give the student courage to venture into an ability, that they have been conditioned in this world to believe they are no good at, but if the students higher-self put large blocks in their childhood, to save these abilities from being discovered until they were older, wiser, or free-er, then a student doesn’t necessarily have to experience any strong emotion from the past life viewing.

5. There is no reason to see past or parallel life-times in any chronological order. You are allowed to see them at the reason of your higher-self or guides. The reason, we say or guides, is because not all higher-selves have the wisdom, and we have brought to Raymond two examples of dysfunctional higher-selves, for Raymond to help heal them.

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

So they were trying the subtle approach, of only one channelling session, but it didn’t work, because when he types up the class tapes, he asks us about what the student channels, when we send him the feeling to question us.”
In this chapter we would like to guide you in how to practice channelling, after Julie and Caroline had left I received some new students where I feel in the first three months some of the channelling was meant for this last chapter on channelling. And the extracts you will read were the extracts I used for volume 1.

When you are practising channelling the first time, you will feel the energy that is around you. Just relax and speak out any words that come into your mind. Spirit may give you the words, one at a time, very slowly, or you may receive pictures to help you get the words. The more you speak out, the more you will practice channelling.

If a student is having difficulty getting started, the teacher of the class should stand or sit next to the student with another student, which the teacher will choose with the help of spirit sitting on the other side. This will allow spirit to channel other energies of a soothing nature to the channeller of their fear becomes a problem.

HEALING CLASS 3/11/87
ARTHUR, DANIELLE, NATHAN, BETTY.
RAYMOND AS THE CHANNEL

“...We would like Danielle to have a practice, if she wants to. We are willing to channel through her. This is called the deep end, as you can see the other students are not off the planet. They are still consciously aware of what is happening in the room, and how they are channelling. We thank you for listening. God bless you all. ”

HEALING CLASS 1/12/87,
VICKY
RAYMOND AS THE CHANNEL

“We have brought you to this one, for he will not misguide you, or push his beliefs onto you. He is like a scribe, a recorder, and it is
your own mind that will have to make judgement, and discriminate what is acceptable for you, and what is not. Your guidance will come from within, and you will find that you will develop very rapidly.

You can practice channelling, if you wish, as you are sufficiently developed to receive our thoughts, but only when you feel you want to.”

HEALING CLASS 21/12/87
JOHN, LYNETTE, IRENE.
JOHN AS THE CHANNEL

“Hello everyone.”
“How are you feeling tonight?”
“Is there love here?”

“Just let it flow, remember to open up, open up and let that love come out. You'll know when it's right; you’ll know when it feels right. The feelings are the thing that you want, don't hold it back, live love and let there be light.”

“How do you feel?”

(John) “I felt from the inside, it's sort of like a new thing. It was very different, it was on the tip of my tongue, and I probably would have wanted to say more, but it was like a hesitation on my conscious part, to let it just flows out. It was like I'd breathe, and I'd go,..

(Breathing in)

….and I hold it. And it was like it should have just gone and flowed out, but it didn't. I just went, at all, ‘Oh, ooh, this is a new thing, and I'm a little nervous of this experience.’

But basically, I could feel that it was more intellectual, or a higher-self talking with clarity.”

RAYMOND AS THE CHANNEL

“Greetings, my children, we have been watching and listening to you tonight in your class, and we find you progressing at different stages. But we know that you are trying, and want to develop, and some of you have fears to overcome, to allow you to develop in certain areas. With time and patience, we will help
you all to develop in your chosen fields.

Some of you may develop strongly in one area and others strongly in another. Don't be worried and concerned if you do not develop in a certain area. There is no pressure to develop in all areas of perception. The idea is to develop in the way that suits you, or should we say, suits your higher consciousness, even-though sometimes you may take longer than others, to develop a certain ability.

We cannot teach exclusively one type of development, so we teach many kinds. Your psychic senses come in many forms; feeling, seeing, hearing. Your psychic perceptions of sight, do not always come via the head, but can come via other parts of the body, and still relay the message to the head.”

(John) “Will I find my soul-mate in this life-time?”
“Yes.” (John) “Will it be in this country?”
“No.” (John) “Will I have to travel far, to find this person?”
“No, they are right here.” (John) “In this room?”
“Yes, they are in spirit.”

(John) “So, on this plane, in this world, there is not another half to match up with myself?”

“That is right, it is very rare that both halves of twin-souls incarnate at the same time. You would feel more alone, if both of you were incarnated at the same time. But you will feel less lonely, by having your half in spirit, as you assist each other to grow, to keep up with the same development, of each of you.”

(John) “Is that my twin soul, coming through now, speaking through you?”
“No.” (John) “Could I speak to that soul?”
“It is not possible.”

(John) “Are we not at this point, on the same level of learning?”

“Your twin-soul will be communicating to you directly, and is not permitted to speak through this channel.”

(John) “Would that mean that it would speak through me?”

“Yes, your twin-soul will speak through your own channelling. We know what's best for you, and when the student has a great
desire, it's better to fulfil that desire threw themselves, rather than through another, where channelling can be distorted, or mistakes can be made, and sometimes blame can be accused of others.

Because when you have a desire that is so strong, you have emotions attached to it, and we do not want to lose you from development, due to your reactions to what is channelled through another student, or teacher, concerning your desire, if you do not like what your twin-soul has to say.

We have been developing students for thousands and thousands of years, and know of all the problems, including the consequences of the giving in to students wishes. We cannot stop a teacher wanting to impress his students, if he has a mind to it.

So many teachers are not perfect, and they have to learn the hard way, by having drama occur in their classes. Until eventually they learn their lessons, and listen to spirit guidance, even though it goes against the wishes of the students.

If your higher-self, John, wished you to receive your twin-soul through a medium, we would not be talking to you, there would be a different soul in these classes instead of you. But your higher-self, chose to come to these classes, to learn quickly and accurately, and to develop far faster than the games in many of the circles like this.

There are not many that can cut the mustard, as we say. Remember, this one sat for four years, not psychically developing consciously, but developing nevertheless, in wisdom, so that he can run the classes. Because, as Raymond was learning, and seeing how the classes were run, we were communicating with him, pointing out what was wrong. But he thought it was his imagination and thought he was clever, saying, ‘They're doing it wrong, that's not right.’ But we were still developing him.

There are a lot of things that you think that you learn yourself, but we are the ones who are teaching you, without you becoming aware of it.

We do not like questions, as we have to go into many detailed
explanation, and we have a lot more things to say, that are relevant for the now. But you have learnt a lesson tonight, and its okay.

We very often channel through material that is very keyed onto other levels of your consciousness. We do this to stimulate, to release blockages and conditionings to certain individuals in these classes. But on a conscious level, you may not think that what is said is interesting, but we do not waste our communications, when we channel through a more advance student.

In the beginning, your channelling will be primitive, but it will get stronger. Then we will say what we want to say, and help to develop many more. We would like to talk, but this one has a headache, so we will leave you now.”

HEALING CLASS 22/12/87
PAULINE
RAYMOND AS THE CHANNEL

(Pauline) “Who are you?”
“I am one of your guides.”
“Yes, I have a name.”
“No.”

(Pauline) “Do you have a name?”
(Pauline) “Will you tell me what it is?”
(Pauline) “Why not?”

Because, then you will call on me all the time. You will grow and develop only in the direction that your higher-self and we, help you grow in.

We do not like to answer certain questions, if they will affect your development adversely. You may think the questions are innocent, but you may get sidetracked, and that is not good.”

(Pauline) “Shall I continue the way I am going?”

“Yes, you are progressing. Remember, we heal your psyche, so that you can help others, and help yourself. Then you will become a teacher and lecturer of your own experiences.

(Pauline) “Is there anything that you should tell me, to help me now?”

“Not really, you are doing fine, remember, all so-called bad
experiences that happen to you, help you grow, change your consciousness, and expand your awareness.

So we will not warn you of most of your experiences. We do guide you, but not in a question and an answer form, do you understand?”

(Pauline) “Yes, I find it hard to know which questions to ask.”

“There is no need to ask any questions. We find that the student will grow by hearing certain things said. Which will trigger off more growth, more awareness, and more releasing of memories when we speak. But when you ask questions, very often the answers do not trigger off growth and development.

So have patience, be happy, you are progressing well.”

(Pauline) “Thank you.”

“God bless, we are always with you. Goodbye.”

(Pauline) “Goodbye.”

HEALING CLASS 28/12/87
IRENE LYNETTE
LYNETTE AS THE CHANNEL

“Darkness and fear, also death.”

“Now, in the darkness, there appears a light, and it's getting brighter and brighter. A beautiful angel is appearing out of the light, a happy loving angel, who is here to look after you, and take care of you. Can you see the angel?”

“Yes.”

“Well, the angel has come to show you a beautiful place, where its sunshine and happiness. Will you go with the angel?”

“Yes.”

“There will be no fear, just happiness and security. Now go off with the angel, be happy, we love you.”

Now, if you start again, you'll get some more channelling.”

(Lynette) “I can see an old man with a grey beard, and he’s very wise.”
“What’s he saying to you?”
(Lynette) “Hello, my daughter.”
“Just say the words that he says.”
“I have come a long way.”
“Just relay the words as he says them, because he wants to talk to us all, not just you.”
“I’m from a place that you have never been to, the beautiful Blue Mountains.
(Lynette) “I don't want to go on, it doesn't make sense. If I say everything out loud, I’d sit here for hours. You don't want to listen to somebody that says, ‘There are crystals here, and...’”
(Irene) “Yes we do.”
“The whole purpose of this channelling is to practice. So that you can become better, for the teachers who want to teach meaningful things. They only want you to practice talking; even babies practice talking, ga, ga, ga, goo, goo, goo.

(Laughter)
It's the link up, that you must keep bringing through, to strengthen that link with the channelling. If you don't practice, you don't strengthen it. In the beginning, it doesn't matter what it's all about, just as long as you are relaying a message.

I mean, the darkness and fear, was a spirit that needed help, and you were just a mouthpiece, the loud-speaker. And I was talking to that soul, to tell him the things that I was told to show him. Like the little light in the darkness, getting brighter, and an Angel, and all that.

That wasn’t for your benefit, that was for the spirit who was communicating through you. I don’t make any judgement on channelling, because all channelling is practice. And say you have fears...”
(Lynette) “Unconsciously, I think.”

“...and you attract a soul with fears; your guides allow that soul to come through to join you, because you have the similar vibration of that fear. So
the next time there will be less darkness and fear, and you have a different spirit, one with a vibration of that stage, one to help with your understanding.

It’s complicated, like attracts like, remember? So if you have a fear within you at this time, they can make use of it. They are not allowing a spirit into the circle who is not allowed in. They know that it will get you going, get the ball rolling, by giving you somebody who’s maybe a little lost, someone harmless but scared, someone with the same vibration. If that spirit was a problem, they would have blocked the channelling, but he was correct to help you.”

RAYMOND AS THE CHANNEL

“Good evening, my children. Tonight you experienced a form of channelling, which can be performed even with students who have fear within their consciousness. To exercise your channelling abilities, and eradicate this fear, little by little. Last week, your mood was different, so we channel witty comments, a joke. That too was to exercise your channelling.

(Night of the 21st/12/87, Lynette’s first practice at channelling, “Lots of love to all of you. Hello there, Little Rabbit.”)

When you are more secure with your channelling, without the emotional feelings about it, you will channel much easier, and the communication will be more enlightening. With practice, more confidence will come.

We are very glad that you came tonight; progress is faster when you’re on the spot, as we say. When there are others in the circle, channelling quite a lot, there is a reluctance to channel from you both. But when no one else is channelling, you’re on the spot, so you have to practice. We are not judging you by what you channel, we are just here arranging the channelling of you to channel, but you are progressing slowly.
“Good evening friends. It is good to see you all here tonight, together. We're glad to see that you all have faith in the work which you are doing, in the path which you are learning to tread. We wish to remind you to have faith, but not to be gullible.

First rule again, is, put not yourself into another's hands. You must always take responsibility ultimately for yourselves. Do not put ultimate trust in this guru, or that teacher, or this channel, or that channel. They may be right, and they may also be wrong, and they can be both of these things at the same time.

Even when you channel, you are the one who has the choice. We may not force you to channel, because this is forbidden. If an entity channels against the will of the channeller, then they are breaking the universal law. So beware of any form of channelling that seems to suggest that you should give up your own will, or responsibility.

We can channel through you, only with your permission, but it sometimes comes about, that when the physical body of an entity is weakened, their protection is weakened. Then they do not realise that there are ways of protecting themselves from the dark entities, and from the lower grade spirits, who crave to return to material existence. You need not have a fear of these entities, if you use your protection correctly.”

“But a student may distort the channelling, and it will come out judgemental, but that doesn't mean to say that the spirit who is channelling, is judgemental.”

“Yes, sometimes material that is channelled is contaminated by the channel's own thoughts, but is usually quite easy to sift the wheat from the chaff, in these instances.”

“In our protected circle, though, it isn't allowed, to have these lower spirits, is it?”

“No.”
“But when students channel outside the circle, without protection, that's when the trouble starts, isn't it?”

“This is correct, rather than deduce, be sure that you are protected; you need not fear interference from these lower spirits.”

“And that's why we do the purification ritual at the start, isn't it?”

“Yes.”

“I suppose underdeveloped students would distort the information quite a lot, wouldn’t they?”

“Yes, this is true. You may easily distinguish the information which is being channelled, if it is for example, contaminated with thoughts which exalt your own ego, or which can conveniently fit in with your belief system.

Sometimes it is not so easy to distinguish garbled messages from the channel. But this need not do any harm, so long as you always recall that no one channel is necessarily always right.

We sometimes have difficulty in choosing the correct words from the channel, as if the words that we want may not be in their vocabulary. This happens sometimes when we are attempting to convey information of a very high nature. Some things cannot be clearly expressed in language.”

We do not wish to channel anymore through Betty tonight. We think she's becoming too detached from her body at this time. Good evening my friends and God bless you.”

HEALING CLASS 12/1/88
LYDIA, BRIAN, JOHN, NATHAN, BETTY.
BRIAN AS THE CHANNEL

“Greetings, everyone, we want to talk more, but we are having difficulty getting through.”
“Greetings, my children, we sometimes find it very difficult to channel material through this channel, when he has said so much before, because he is receiving the messages to speak, when he explains things to you, and this is called inspirational work. You all have this capacity, and sometimes you will have these thoughts, and say them to a person, and you will thing back and say, ‘That was good, where did that come from?’

But it did not originate from your own thought-producing part of your mind. It was telepathically channelled to you, to say at that time, to that person. And you sometimes find that you are trying too hard to channel, and creating a barrier. Sometimes, if you just talk about whatever you want to talk about, that's in your head. Talk slowly, and we will insert the sentences, the words, because you will be relaxed, receptive, and in the right psychic state to receive our thoughts. Even though you may think you are talking about your own beliefs, your channelling will get better and better, and there will be no fear.

There is no judgement by us on what you channel. You will have to discriminate though, and listen, not always accept, but just store it away, if you don’t know, or feel it’s not right.

Don't worry, you do not have to take on and believe, whatever is channelled through this or any other source of channelling. Your own channelling will improve, when you let go and release disbeliefs about certain knowledge, certain channelling’s.

The purpose of developing in groups like this is to release these blockages in your beliefs, to allow you to experience more in your meditations, and release more channelling’s through you.

We do not channel as much normally through this one, but we have added some more to what he has said before, to help you when you practice channelling. The benefits of channelling will be shown later tonight, very soon now, when you are practising healing on each other.

The more advanced channeller will practice channelling
again, and show you how we can communicate knowledge to the patient, even though the healer doesn't know much about this knowledge, on a conscious level. The healing knowledge still comes through, to help the student or patient to grow. We will leave you now.

*We would like Betty to do some more channelling. God bless.*”

Later on this night I showed them how spirit can channel while they are performing healing on each other. This was described, and the extracts were used in one of the first chapters.

**HEALING CLASS 2/2/88**

**JOHN, BETTY, LYDIA, AND BRIAN.**

**RAYMOND AS THE CHANNEL**

*Greetings my children, you have been listening tonight to all the talk from the other students, to help you to channel. This will help you to understand the unknown about channelling that you are having trouble with. You know that you are in a protected circle, and no harm can come to you, and your beliefs need reinforcing with the necessary stimuli.*

*Your reluctance to channel is on a level that you are consciously not aware of. You consciously may want to channel, but unconsciously it is stronger that you don't channel, but your fears and beliefs will be worked on.*

*We asked you to practice channelling together, have you practiced?”* (Brian) *“We have not practised yet.”*  
*“It was a good suggestion.”* (Brian) *“We would hope to soon.”*  
*“When you are channelling you will learn a lot more other things, and develop other abilities. It is difficult to take you into other steps of development, if you haven’t gone through the earlier ones, as it is not knowledge that you develop, it is abilities. And a person can have all the knowledge in the world, but if they do not have the courage to apply the knowledge, as abilities, it is wasted, and they do not grow without changing*
themselves.

We are patient, and are here to help you develop, but there is no magic wand to wave over you, and you will \textcolor{red}{not} change overnight. There definitely needs more relaxation, and Brian needs more practice in contact with his own guides.”

(Brian) “How do I make contact with my guides?”

“Start by asking questions, with a ‘yes’ or ‘no’ answer, which is very easy for you to receive. You \textcolor{green}{can} ask with your eyes closed, you may have the answer in the letters. ‘YES,’ or the letters “NO,” or the thought ‘yes, or the thought ‘no,’ or your head may nod or shake, without you doing it.

The questions that you ask will be the messages that we send to you, but you may interpret them as questions imagined by your own mind. In this way you start a link with your guides.”

(Brian) “What can I call my guides, do they have a name?”

“Whatever you want to call them, you \textcolor{green}{can} use the term, ‘God,’ if you like. You will still receive the answers through your guides. Remember to perform a prayer of protection, and it is best to pray to God, to receive the answers from your guides. You \textcolor{green}{can} then practise with Lydia. Thank you, we will now let Betty do some channelling. God bless you all.”

After the spirit with Betty channelled a few pages of material, they spoke some advice for Lydia and Brian.

\textbf{BETTY AS THE CHANNEL}

...“We suggest that the beings, who are Lydia and Brian, should try to channel more often, but perhaps it would be helpful if they were to sit quietly by themselves, and simply allow thoughts to come into their minds, but \textcolor{red}{not} to attempt to speak them aloud. Simply as it were, allow thoughts to play through their minds, get used to the idea.

We find that the beings are afraid of channelling, because they are afraid of making mistakes, or saying something wrong. We wish to reassure them that this does \textcolor{red}{not} matter. All channels
say something that is wrong or inaccurate at some time. We do not believe that there is at this time, any human channel who is hundred percent correct at all times.

The important thing to do, if you wish to learn to channel, is simply to relax and not worry about making a fool of yourself. Worrying about making a fool of yourself, is one of the greatest barriers to learning anything at all. It is in fact the first hurdle that you overcome when you learn to walk. Every child will fall down a great deal before it actually manages to walk properly.

What a nuisance it would be for you, if being afraid of making a fool of yourself, had prevented you from ever learning to walk properly. So remember this, and learn to relax when you are trying to channel.

We are very pleased to see you all here tonight, and we feel that there is a marked improvement in the energy of the group tonight. We hope that you will all go on and learn much. Be happy, be well, and blessings on you, goodnight.”

I will use this space to explain that in the Meditations and Exercises chapter, at the end of this disc, is not just a listing of them, but there is material on the guidance of the use of many of them, and also why there are three versions of this chapter on this disc.

So continue to read the explanations, even if you skim past reading the meditations and exercises.
After I had printed volume 1 and 2, because of the mostly negative reaction of my books by the spiritualist churches, I decided to set up a table at a popular market, held at an Orthodox Church grounds on Saturdays.

I wasn't there very long when I was told by other stallholders that I would have better results at another market held at a primary school which had approximately 5 times more stalls than at this church.

So the idea came into my head that if I sold mineral water, soft drinks and juices at my stall, where I could display my volumes with my cards and pamphlets, I would be able to attract students in this way.

I feel that I was helped greatly by spirit as the position I acquired in the market was situated between the entrances to the boys and girls toilets, so that all the market stallholders would visit the toilets in the day and pass by my stall where they could purchase a soft drink and take a pamphlet away for them to read. Most of my advanced students, which I had past life-times with, became aware of my classes in this way.

So after I had printed volumes 3 and 4, which were now on display at my market stall, unknown to me I had sold a set of the first two volumes to a visitor from Wagga Wagga. A large inland country town approximately 350 km away.

A few weeks later I received a phone call from this visitor from Wagga Wagga, telling me that they had liked my books so much that on their next trip to Sydney they wanted to buy a few more books, as friends of theirs wanted copies also.

So when they told me the date of their next visit, I explained that I performed healing on Friday nights at the same spiritual church I had sat in circles at, when I first came into this field, and that I could meet them there, and I gave them the address.

I don't know whether subconsciously I chose to meet them at that spiritualist church, because the church leaders laughed at me, and rejected my offer to run a spiritual healing development circle at their church, when I asked them, when my guides said I was ready to run a class, or it
was coincidence, or it was arranged by spirit. But this church is now closed, even though they own the building.

So I brought the required number of books they wanted to purchase from me to the spiritualist church, and after performing spiritual healing on the patients after the service, I went into the kitchen for a cup of tea and biscuits, and I was surprised to find four people from Wagga waiting for me, with quite a few church officials looking at these strangers, who had asked them where I was, while I was in the healing room.

I don't know whether this group was from a spiritualist church in Wagga, or they were holding their own personal development circles, but they were very excited and happy when I appeared, which wasn't unnoticed by the church officials. And when I pulled out of my bag all the books they wanted to buy, the church officials faces started to frown, so I said to the visitors, we had better retire to my car before we get thrown out.

In my car they asked me if I would come and visit Wagga Wagga over the next long weekend, and help them with their circles and give lectures or talks about the books. They also said they would pay for my train fare and find me a bed, and feed me.

And I said I would be glad to, and because my part-time job was on Mondays Wednesdays and Fridays, I didn't have to go back to work until the Wednesday.

Before the long weekend they phoned me and told me they had booked a large community hall for three hours on Saturday afternoon, and three hours on Sunday afternoon. So this gave me an idea of how much talking I would need to do, but I thought because it was a long weekend I wouldn't have many people to talk to.

When I stepped off the train in Wagga Wagga I was surprised that there was about 10 people waiting for me, and one of the first things one of them said to me, was that my lecture's had been advertised on the local television, radio and newspaper, which came as a large shock to me.

Every night I was invited to guide, or take their circle on a guided meditation and channelling practice, where I found the meditations I was guided to take them on was right for those individuals, and by the end of the last night's circle, the numbers were becoming too high, so my guides
chose one of the students to start a second circle, to give the students more time for their development.

I had already received the way I was going to lecture, or talk in the hall from my guides on the way down to Wagga, but I was still surprised when I found all the seats in the hall full.

So after first explaining how I would structure the afternoon lecture, the first 25 minutes I explained about who I was and how I came into this field, I then told them they could ask questions for the next five minutes, before I talked on the next subject for 25 minutes, and repeated the same five minutes of questions at the end.

After an hour and a half we all had a break for tea and biscuits, before I went back to lecturing for another hour and a half. Then at the end I explained that tomorrow's talks would not be a repeat of today's talks, but all new material or experiences, and more in the area of past life therapy. On the Sunday afternoon, there was even more people, and many were the same people from the Saturday audience.

When I was on the way home to Sydney I was reflecting on how happy I had been all weekend, and years later I would find a quote by Buddha, which nailed it perfectly,

“Happiness comes when your work and words are of benefit to yourself and others.”

The reason I am explaining about all this trip to Wagga Wagga, is because hopefully my text books and web-page will generate enough interest for me to visit Britain, New Zealand, or Canada, and be able to talk, lecture, or assist circles in these other countries, or even in other cities in Australia.

But I can't expect a small group of individuals to pay for my travelling expenses to places like Britain or Canada, and because my text books are so large, that they would be too expensive for the average person to buy from a book shop, with their 40% mark-up, I and my guides decided to send the discs to all the spiritual churches I could find on the Internet, for them to copy and use for their own circles and classes, and that I could afford the many thousands of dollars it would cost me in duplicating discs, printing letters, and mailing them out.
So I was guided to give you my bank details, if anyone thought that they would like me to visit and tour their country, for me to repeat what I did in Wagga Wagga.

At first I wanted to give you bank details of local banks in Britain, Canada and New Zealand, so that any contributions could stay in that country, for me to draw on as I toured, but because of red tape from not only the banks but the government's, I literally have to be in their country to open a bank account.

So for at least the first two discs I mail out, I will have to give you my Australian bank details, and if enough funds are available for me to spend many months touring a country before the third fourth and fifth disc is mailed out, by then I might be able to have bank accounts in the countries I visit, included on the new discs.

As I am nearly 60, and I have always spent more money than I have ever earned from this field of interest, and for over a decade I have worked part-time, to have the time for this work. Also I still have the cost of the mail out of the rest of the discs.

I do not have enough money to be able to afford to retire from my courier work, when I reach the pension age, as my rent and electricity bills are more than the pension. So I will have to wait and see if enough people are interested in wanting me to visit. If enough people like my book discs, maybe I will have enough funds to travel.

But even if the funds are not there at least my books will be able to help people develop, and if the interest in my books takes many decades to develop, I have told my guides I understand, as my other writings from my past lives had a greater impact hundreds of years later.

And that if my higher-self wants me to leave this earth-plane, instead of touring, I can accept that, as I know that I and my personality, and to a greater extent my past lives, may have a negative effect on the acceptance of these text books, so if I only get the first two discs sent out, before I leave the earth-plane, then maybe my past lives are only important for my benefit, whatever is best for the world.

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EXERCISES AND MEDITATIONS

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

(THES ETWO PRINT VERSIONS ARE ON TWO SEPARATE FILES, AT THE END OF THIS DISC, SO THAT YOU CAN COPY THEM FOR YOUR PRINTER OR PHOTOCOPIER.)

Explanations of making sure you print the book so that you don’t turn a page when you are reading a meditation to your students are on the last page of this chapter.

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

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

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

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

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

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

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

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

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

Originally a Spiritual Church demonstration, using a flower in a paper bag, was so that the medium would not be aware of who the message from spirit was for, so that the medium could not subconsciously distort or slant the advice, if the medium knew who the message from spirit was for. But the person in the audience would be able to recognise the flower and know that the message was for them. But now I find in most
development circles the students practice Psychometry, on each other’s objects in paper bags, and this, my guides say, is the slippery road, downhill.

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

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

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

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

I will not put the meditations in the order that I first received them, but I will put them in a kind of spirit guided order, for the first few meditations, which are the best order for students in general to go on them. But once your leader is being guided by your class guides then you will be guided to use the most appropriate exercises and meditation. And
of course you may receive a totally new meditation from your guides.

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

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

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

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

**THE LORD’S PRAYER (WHICH IS OPTIONAL)**

“Our father who art in heaven, hallowed be thy name.
Thy kingdom come, thy will be done, on earth as it is in heaven.
Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation but deliver us from all that is evil. For thine is the power, the kingdom, and the glory, forever and ever, amen.”

**SPIRITUAL HEALING PRAYER**

“O heavenly father-mother God. Use me as an instrument for healing, if it is permitted. Protect the patient from me, protect me from the patient. And use your healing energies, not mine. Thank you.”
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Before I performed the exercise, all the chairs in the class were arranged in a circle facing inwards. In the very centre of the circle a chair or stool is placed. When all the students have arrived and are seated as balanced as can be, i.e. male-female, male-female, then I would begin with everyone saying, “The Lord's prayer,” if they know it.

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

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

(Five to ten second pause)

“I want you to now expand this white light so that your whole body is filled and surrounded by a sphere of white light. Continue to expand this white sphere until it merges with everyone else's sphere, and surrounds everyone in the circle in a large white sphere of light.”

(Five to ten second pause)

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

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

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

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

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

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

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

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

**BASIC CHAKRA MEDITATION EXERCISE**

In the next Basic Chakra exercise I am sometimes guided to perform it before I take the students on a meditation, and it can be performed again whenever you are guided to use it, before your main meditation.
“I want you to imagine the colour red, coming down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in bright red. Now open the base chakra, this located and attached to the base of the spine, it’s in the shape of a flower bud, open the bud, and it has approximately four large petals. Infuse the flower with all the colour red from the inside of your body, so it is glowing bright red.”

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

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

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

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

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

“Now I want you to imagine the colour purple, coming down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in purple, except the chakras that are open already. Now open the crown chakra, this is located right across the top of your head, like a huge sunflower, on a stalk attached to the top of your spine, it’s in the shape of a flower bud, open the bud and it has approximately 256 petals, but some think there are 1000 petals. Infuse the flower with all the purple from the inside of your body, so it is glowing bright purple.”

“Now your higher-self or guides will start to spin your chakras, for technical reasons, the ones they want to, at the speed they want to, just allow them to spin, and we can go on the next meditation.”
“If your higher-self or guides want to open any of your chakras outside of the class, then they would close them when they are finished, as you don’t always feel or know that they have opened them, if your psychic development is in other forms of perception, as you don’t stop developing when you are not in the class.”

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

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

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

So that they are plugged in, for when they go on working meditations of this coloured title, either at home, or with others.

**SHANGRI-LA MEDITATION**

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

This is also a good holiday meditation after a few class-nights where the students have been doing some heavy releasing or rescue work, to help raise their vibrations.
SHANGRI-LA MEDITATION

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

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

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

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

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

(Approximately ten to fifteen minutes silence)

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

Take three deep breaths, have a stretch if you want to.”
MEETING YOUR GUIDES MEDITATION

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

“I want you to imagine in front of each of you, a full-length mirror, but it is blank, and in this mirror sitting opposite you in the dark, is one of your guides, and you are going to reveal slowly, little by little, what they look like. Now I want you to look in the mirror, where your hands would be, the fingertips of your guide will start to appear, and then more and more of the fingers and hands will appear. Notice the fingernails, are they coloured? Are they a woman's? Or are they a man’s hands? Are there rings on the fingers? What colour is the skin?

As you see up the wrists to the forearms, see what clothing are on the arms, or bracelets, if the arms are bare, see if they are smooth or hairy, slight or muscular. (Briefly pause after each description.)

As you see more of your guide, you now start seeing the middle of your guide, the midriff. Is the person fat or thin, large or small; is the person old or young? What kind of clothes are they wearing?

Now, you can travel down to the legs and feet. Are the feet bare, or with shoes on? I you want to gaze up the body now, to the shoulders and neck. Are the shoulders bare, or clothed, any jewellery around the neck. As you come up the neck, see the chin, the mouth, smiling at you. See the nose, and the sparkling eyes, the eyes look like they're laughing. See their hair, the forehead; is it long hair, or short hair? Are they wearing anything on their head?

Say hello to your guide, you can talk to them mentally, and ask questions if you like. Any question you feel pops into your head, is most likely coming from them, so ask it, and you will get an answer.
Now your guide is going to stand up, and step through the mirror, turn around and sit on your lap, and slowly they will merge with your body, this is called transfiguration, and slowly you will start to feel their body and clothes, and jewellery, so that you will be able to recognise them. Then you might feel an emotion, like a signature, it could be peace, joy, exuberance, love, acceptance, or strength and confidence. You may have the urge to stand in a certain way, or put your hands or arms in a certain way. This is your guide showing you that they are there with personal body gestures.

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

Ask if your guide, if they want to give you their name? Find out their name, so that you can speak to him or her, at another time, but they don’t always give you their name. Sometimes they don't, because they don't like to be called on, every five minutes, it depends on the individual, the student. You may ask your guide, if there is any connection with you, from a past life-time. You may also ask what this guide is here to help you with, in your development, or just in your everyday life, outside of classes.

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

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

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

(Approximately fifteen minutes silence, before you turn the page.)
“Now want you to thank your guide, and I want you to come back now, your guides are still with you. Come back to this reality, take three deep breaths, and stretch out if you want.”

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

**NATURE WALK MEDITATION**

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

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

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

(Approximately ten to fifteen minutes silence)

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

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

WATERFALL MEDITATION

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

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

(Approximately ten to fifteen minutes silence)

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

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

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

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

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

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

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

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

(Approximately ten to fifteen minutes silence)
“I wanted you all to stand up now, and walk out of the pyramid, walk past the oasis, and walk back into this room, and sit down.

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

**LEMURIAN TEMPLE MEDITATION**

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

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

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

(Approximately ten to fifteen minutes silence)

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

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

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

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

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

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

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

(Approximately ten to fifteen minutes silence)

“I want you to now thank your guides for the guided tour of the city, and now all fly back down to the Earth, and back into this classroom. Come back now, take three deep breaths, have stretch if you want to.”
My guides want me to include all the student’s non-student-specific meditations and exercises for you to practise, but they said “No,” to any inclusion of Julie’s meditations or exercises.

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

TIBETAN TEMPLE OF LOVE IN SHANGRI-LA MEDITATION

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

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

(Approximately ten to fifteen minutes silence)

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

Slowly resume your seat, unlock your hands and gradually come back. Take a deep breath, stretch and resume your normal self, feeling peaceful, restful, relaxed and loved.”
“I want you to imagine that we are floating up through the column of white light up through the ceiling, and heading up into the clouds, and as break through the clouds we see the beautiful dawn sun shining over the tops of the cloud layer, and we start flying north, for we are going on a journey, far, far overseas. We are now leaving the land and are flying over a bluey green sea, for we are flying to the North Pole.

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

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

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

As we get closer, we see a group of people waving to us, they are our guides, and they're all dressed up in brightly coloured warm clothes. There are many beautiful sculptures and buildings of all shapes and sizes. Look around; see the domes, spires and pyramids.
Go and talk to your guides, and wander through the streets, into the different buildings, where you will learn fantastic things about life, the world, and the city. You can learn about healing, or the meaning of life in the universe, you may be drawn to libraries or colleges, teaching institutions, or hospitals of all kinds.

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

(Approximately ten to fifteen minutes silence)

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

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

**ATLANTEAN HEALING TEMPLE BY THE NILE, AND DIAMOND BALL MEDITATIONS**

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

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

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

But remember, when you bring them back, bring them first to the Diamond Ball temple, to merge with their body if it was left in the bed.
“We are going to go back in time tonight, go back thousands and thousands of years to just after the fall of Atlantis, the last great cataclysm. We are going to go to Egypt.

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

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

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

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

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

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

If the healer indicates, ‘No.’ Maybe your guides or higher-self want you to try a different colour for your development. I will leave you now, to talk to the healers.”
“I want you to now thank the temple healer who you have been learning from, and leave the temple. Walk down the temple steps to a large boat moored to the steps, and when we all get on board the boat leaves the dock and starts going faster and faster, until it starts to rise and flies us all back to this room. Resume your seat, come back now, take three deep breaths, have stretch if you want to.”

DIAMOND BALL MEDITATION

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

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

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

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

Come back now, take three deep breaths, have stretch if you want to.”
I will display this category of meditations in some kind of progressive order, but remember you can also be guided by your guides to perform a meditation which is out of this order, if the meditation is more suitable for one or more of your students.

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

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

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

HEALING MEDITATION FOR OUR SIX BODIES

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

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

When we walk inside, we walk down the corridor until we come to a huge hall, where we see many circles of empty beds.
Each circle has six beds, with the foot of the beds pointing to the middle of each circle. There is a healing guide standing by each circle.

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

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

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

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

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

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

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

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

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

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

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

(Approximately ten to fifteen minutes silence.)

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

Come back now, take three deep breaths, have stretch if you want to.”
EARTH-PLANE HOSPITAL MEDITATION

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

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

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

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

(Approximately ten to fifteen minutes silence)

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

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

SPIRITUAL HEALING PRAYER

“O heavenly father-mother God. Use me as an instrument for healing, if it is permitted. Protect the patient from me, protect me from the patient. And use your healing energies, not mine. Thank you.”
“Tonight, your guides are going to take you on a visit to either psychiatric hospital in the spirit dimension, to be taught the mental problems of recovering spirits, after their deaths.

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

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

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

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

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

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

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

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

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

(Approximately ten to fifteen minutes silence)

“I want you to now thank and say goodbye to the teachers and guides who have been showing you the spirit interference, and now leave the room or ward and return back to this classroom. Come back now, take three deep breaths, have stretch if you want to.”

CHAKRA HEALING EXERCISE FOR NERVOUS PATIENTS

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

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

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

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

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

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

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

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

What you will learn in this room, is a relationship between each of the seven bodies, and the healing involved with them. If she beckons to you, maybe you will find out.”
“On the third door there is a man sitting in the lotus position, and all the chakras within his body are lit up, and you can see the colours represented by the chakras. In this room you can find out about chakras, and about yoga in relationship to development and the chakras, and if he beckons to you, you can go in the room.

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

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

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

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

(Approximately ten to fifteen minutes silence)

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

Come back now, take three deep breaths, have stretch if you want to.”
TEMPLE ON THE LAKE MEDITATION

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

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

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

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

(Approximately ten to fifteen minutes silence)

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

Come back now, take three deep breaths, have a stretch if you want to.”
MEDITATIONS FOR ADVANCED TEACHERS / FACILITATORS

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

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

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

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

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

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

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

**MEDIEVAL EUROPE MEDITATION**

“Tonight’s, meditation is going to be a bit different, in that you can wander wherever you want, within the area that I'm taking you, so that you may be drawn to different things in the overall picture.

I want you to imagine you are walking down a country lane, and the countryside is set somewhere in Europe. As you walk down the country lane, in the distance, you can see a mediaeval village. As we come to the village, we see market stalls, public houses and all the life in the village going on around you. If ever you feel drawn to any area, just go and explore wherever you want to and just ignore the rest of the meditation.

As we walk through the village, we see in the distance that the village is a suburb of a large city, and you can see a large cathedral in the city, set in the mediaeval time. As we walk between the houses we see the peasants and soldiers walking in the streets.

If you feel drawn to the large cathedral, go to it. As we go past the cathedral, in the distance we see a castle on a hill. We will go up to the castle. There are guards stationed at the entrance to the castle, where there is a moat and drawbridge. You can go inside, if you want.

Inside the castle is a big hall, where people are feasting and drinking at long tables. A Jester is clowning around in the centre, and everyone is dressed in period costumes. There's a king and his Queen.

If you feel like wandering around the castle, into the rooms, you may do so. I leave you now to wander around, Medieval Europe.”

(Approximately ten to fifteen minutes silence)
“I want you to now return from wherever you have been wandering in mediaeval Europe. Come back through the village, and back down the country lane, and come back to this room.

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

BACK TO THE WOMB MEDITATION

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

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

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

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

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

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

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

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

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

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

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

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

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

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

(Approximately ten to fifteen minutes silence)

“I want you to now finish helping or talking to the spirits on your meditation, and leave when you think you can. Fly back across the world, forward in time, back to this room.
My guides want you to now ask your higher-selves if they want you to keep your angel wings, or not. I want you to come back now, take three deep breaths, stretch out if you want.”

**PAST-LIFE RE-CALL MEDITATION (A)**

“Greetings my children, tonight, we want you to go on another meditation, as we want you to experience one of your past lives. This meditation will help you overcome a subconscious fear that is affecting you in this life.

Each one of you will have to speak out when it is your turn, describing what you see so that you can be instructed on what to do with the memory, and how far to go. We will ask certain questions for you to receive the answers from your higher-selves.

We want you all to relax and take three deep breaths, then you have to ask your higher-self, mentally, what memory it wants you to experience, to help you at this stage of development, and when someone starts seeing a previous scene, please speak it out and we will go from there.

Even though you may think that it is your imagination, speak it out and more of the scene will appear for you, because your mind blocks it if you do not accept what you see in your meditation, as you accept then you will see more.”

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

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

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

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

(Ten to fifteen second pause)

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

(Ten to fifteen second pause)

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

(Ten to fifteen second pause)

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

(Ten to fifteen second pause)

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

(Ten to fifteen second pause)

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

(Ten to fifteen second pause)

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

(Ten to fifteen second pause)

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

“Now, I want you to project a beam of red light, from your base chakra to the column of white light, which is still in the centre of the circle, reaching up to the point of the cone.” (Approximately three to five second pause)

“Follow this by projecting a beam of orange light, from your spleen chakra to the column of white light.” (Approximately three to five second pause)

“Now, project a beam of yellow light, from your solar-plexus chakra to the white column.” (Approximately three to five second pause)

“Now a beam of green light from your heart chakra to the white column.” ( Approximately three to five second pause)

“Now a beam of blue light from your throat chakra to the white column.” (Approximately three to five second pause)

“Now a beam of amethyst light from your forehead chakra to the white column.” (Approximately three to five second pause)

“Now, a beam of purple light from your crown chakra, on the top of your head to the white column.” (Approximately three to five second pause)

“I want you to now project a red beam from your base chakra to the base chakra of the person on your right.” (Approximately three to five second pause)

“I want you to now project an orange beam from your spleen chakra to the spleen chakra of the person on your right.” (Approximately three to five second pause)

“I want you to now project a yellow beam from your solar-plexus chakra to the solar-plexus chakra of the person on your right.” ( Approximately three to five second pause)
“I want you to now project a green beam from your heart chakra to the heart chakra of the person on your right.”

(Approximately three to five second pause)

“I want you to now project a blue beam from your throat chakra to the throat chakra of the person on your right.”

(Approximately three to five second pause)

“I want you to now project an amethyst beam from your forehead chakra to the forehead chakra of the person on your right.”

(Approximately three to five second pause)

“I want you to now project a purple beam from your crown chakra to the crown chakra of the person on your right.”

(Approximately three to five second pause)

“Now all the coloured beams, from your chakras to the column of white light will stay still and fixed. The energy will flow from the white column into each of your chakras, then the coloured beams around the circle are connecting up everyone’s chakras, like the rim of a cartwheel, and the energy will start to flow from left to right, from chakra to chakra, in a circle around, and will get faster and faster. It will continue to do this through the rest of the class-night.

Before we come back from the guided meditation, our guides will remove all the coloured beams, from the circle, leaving the correct energy within each of our chakras, for our healing practise at the end of the class-night”

**RESCUE MISSION TO HIROSHIMA AND NAGASAKI MEDITATION**

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

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

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

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

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

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

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

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

(Approximately ten to fifteen minutes silence.)

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

Come back to this room, take three deep breaths, and stretch out if you want.”
PASSING OVER INTO SPIRIT MEDITATION

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

To see where their spirits went, what they did, or what emotions or thoughts were not released, and also what conversations their spirits had with their guides or higher selves.

The students also had to ask their higher selves questions about what they were observing.

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

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

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

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