

ATLANTIS

THE NEW BEGINNING



PREFACE:

The new beginning, but what does this mean? It is the way that we explain this which will determine how you read the rest of this book. For it is purposely stated in the positive sense, but we could equally have written “and now it is the end” for it very much depends on how you wish to view the changes which will come about.

There will be a great change which will take place. There are changes afoot already. There is great flux on your earth. For she is tired and she is expressing this to you. It could be that you could awaken the whole world to these noises of discomfort and start to do something about it. However you might equally feel that there is nothing which can be done. What are you feeling right now? Are you feeling moved to action? Dwell on this for a moment because the rest of this book depends very much on your participation both in what I am going to convey to you and how you are moved to action, or not as the case may be.

Mother earth is tired – can you hear her crying? Can you see what is before your very eyes? Can you smell the pollution? Can you see the rubbish as it sits idly on your streets and parks? Can you see the noise and pace of life today? Can you see the way your fellow man is tired and irritable? Can you see the pleasures of simple life being eroded by what you should have and must do to be happy? Can you see the noise and pollution from aircraft leaving white feathers behind them? Can you see the froth on the oceans as they come to shore? Can you see the yellowing of the buildings until they become blackened?

If you can see all these things and feel pain in your heart you are indeed a caring soul. If you see all these things and accept them as life today then my child you are but asleep. It is time to awaken from this deep sleep. It is time to awaken to see, to hear, to smell. For without you we cannot bring to bear the action which is required to turn this situation around.

Children, be of peace, be of love, be of caring, be of gentleness, be of love. For these are the qualities which will bring forth healing both within yourself, your families, your friends, your nations and your race – the human race. For the action which is required by YOU is contained within these pages.

The earth as it stands today will not sustain the battering which she is receiving. She is tired little ones. She cannot withstand that which is being poured into her. She cannot withstand that which is being done on her and to her. She cannot withstand the avarice and greed of those who inhabit her. For as a race – the human race they are not of the caring and loving type. They are of the taking type. This is what is felt by her the mother – our earth. For she is the planet which we inhabit and she cannot withstand this lack of care and love any longer.

So what is she going to do?

Look around my children and see that which is before your eyes. What have you seen made manifest before your very eyes? Have you not seen flood? Have you not seen fires? Have you not seen volcanic eruptions? Have you not seen mud-slides? Have you not seen climatic changes within your own back-yards? For the world is an ever-changing place and this one is changing rapidly. She is rebelling my children for she wishes it to be known that she is here and she means to stay and survive that which you choose to inflict upon her. For she will not allow you to destroy her. She cannot and will not allow you to do the ultimate and destroy not only your-selves but also the planet which has sustained you.

So what can you expect?

You can expect more of the above such as you have not seen thus far. You can expect that which you cannot conceive of at this time. There will be a rebellion by mother-earth. She will literally tip onto her side to empty her oceans. As she does this so will the lands which have been inhabited be flooded. The sea-beds will rise to be the new lands to be inhabited by those who survive the tidal waves.

Will there be mass hysteria and panic – yes.
Will there be many people killed – yes.
Will there be those who survive – yes.

Is this too incredulous to imagine – yes. But believe me my children when I tell this to you this way. For the earth will reclaim her-self. She will redeem her-self. She will save her-self. For she will not allow the destruction of mother-earth herself.

The kingdom of heaven will abound. That is to say that there will be a new beginning. There will be an ending. There will be that which we have spoken of. But what, if anything, can be done to stop this happening. Nothing can be done my children. For the years and centuries of earth-bound energies have created this. There has been a lowering of the vibrational condition on earth. There has been an increase in those energies which we would describe as ‘lower-self’ energies being acted out. This has over the centuries created a vibrational condition which now surrounds and permeates the earth atmosphere. This unto itself has drawn like to like. That is to say that the earth has drawn to it those energies that are the same vibrational condition. This in-turn will and is causing the changes which are already afoot. The changes in the seas. The changes in the atmosphere. This can only result in changes to the earth’s atmosphere and this creates the storms, the floods, the diseases, the pestilence and the ultimate death of many who live on the mother-earth.

We urge you my children to turn to God. But not in the way that many of you have known ‘him’ thus far. We talk of the god within. We talk of the work to go within. For those who do not go within will ultimately go without. For the god within can only be reached by the work on the self. For atonement for mans sins cannot be forgiven. They cannot be forgotten. They can but create that which is to come. So we ask you my

children to look within for your own truths. For your own clarity. For in these moments of quietude you will hear your inner voice and this will guide you my children. This will be the only truth that we would urge you to seek. For all other doctrines and scriptures are indeed an invention of man. They are not and cannot be a direct transmission from God. This can only come from the seeking from within. For this is where God resides in all of us. For we were made in the likeness of God and here is where I reside in each of you. So there is no need to seek, there is no need to search. There is only the need to seek within for this is where you will find me.

This book that you are about to read is the 'know-how' of how to go within. It is a self-help book on how to come to God. It is a description of what to do and how to do it. It has been sent directly from the 'Collective Consciousness'. For although it took much work on the part of the 'little one' to transcribe the messages which were sent. It is in no way and in no part her work. It is the un-adulterated work directly from those who have been sent to work with those who have surrendered to God. For they have followed this body of work themselves and they know that to be close to God is the only path that they can lead. For this was indeed their pre-birth choice to come and lead others to their own salvation. We God bless all of the children who come to read this work and we further bless those who decide to undertake it. For it is not an easy path to take. But once you have decided to go forth on your programme of inner work then teachers will appear to you who will help you with your inner journey. We look forward to speaking with each of you individually and directly for this is our commitment to you that if you seek then we shall step-forward to work with you. God Bless. CC

PART ONE

CHAPTER 1

THE FOUR GUIDELINES

In the beginning we ask only that you follow these four guidelines:

PRAYERS

Prayers can consist of many forms. For we often think of prayers in a more formal sense. This I wish to dispel for prayers are merely a spoken word between you and the 'Great White Spirit'. The Divine Energy which for the purposes of this book we shall call 'God'. It is merely an act of you having a private conversation with God. It matters not what you wish to discuss with him for he knows all there is to know about you already. What is important is the act of prayer. That is to say the act as in the intention to have communion or conversation with god. For the act holds the intention that you believe in something greater than you, greater than the whole.

Prayer can be many forms of conversation and the main form that we would urge yours to take is one of **communion**. That is to say the offering up of that which cannot be conquered or cured by you. For this method of conversation opens up the channels of communication between you and God. It creates a gate-way of electrical forces which can be offered in a 2-way communication. That is to say that when you offer-up that which cannot be solved by you, you open up the channels so that these issues can be cured by the divine love of god. This is the main purpose of prayer.

The second main purpose of prayer is to be thankful for what you have already received. That is to say the act of being **reverent**. For the very act of being thankful helps you to feel that which has already been received and in so doing you activate the electrical forces which create more of what you already have. In this way the act of reverence creates more of what you already enjoy in your life.

Prayers are for the most part a mere conversation with god. I use this terminology not to lessen the importance of speaking with the divine spirit but to show that it is no more important than other conversations which you have with others. For although god is the all and everything he is not to be seen as so great that he needs a particular way of being spoken to. Indeed he cares not how or what or where you speak with him. Only that you do.

Little ones, prayer is the main connection with the divine energy. It is your link. Your life-line when you are here on earth. It is your one-to-one line of communication with god. Think about it. You are walking the earth-plane and you wish to speak with god. There is no need to think too deeply about the how. Simply speak with him as if he were there right in front of you. Imagine him if you will as a kindly man, or a kindly woman. In fact imagine him however you want for he is the all and everything. So he can take on

any form literally. Then once you have this image of him before you just start to off-load what ever is on your mind. It may be a ramble of thoughts, or it may be a thought through message with intention. It might be a plead from the heart from a place of pain. It might be to give thanks for all that you have. It might be to ask for healing. It might be to send healing to another. It might be simply to say thank you for what you have already received from your last prayers. It matters not what you speak of.

However, what matters most is your intention of speaking. For the intention must be from one of belief. For when you simply recite some words handed to you it will not come from a place of intent. The importance here is not to communicate from the blandness of everyday conversation. The importance is to speak from the heart. This is how god hears you.

We offer below some direct channelled conversation from those of the higher realms. This is what they had to say about prayer:

I wish to bless you all one and all and I wish you good fortune in your thoughts and your prayers. For I ask only that you send your prayers each evening into the spirit dimension, for they are acted upon. I wish it to be known for all of you that your prayers are always listened to and I ask you young ones to do this regularly for it is in the nature of this work that the path is cleared for you to move forward as your requests become manifest.

DISCIPLINE

We speak here of the life of those who get what they want in their lives and those who do not. What is the quintessential ingredient to those who do achieve life goals and gain status and wealth and riches and love. It is simply the ingredient of 'discipline'. For the human-being cannot achieve that which he holds dear without being disciplined. There will be many who you speak with who may not use that adjective. But it is clear that those who achieve what they set their minds to achieve, must follow the guidelines of the universe. Which is 'what you focus on you manifest'.

Now for many of you reading this you may think "oh no, but I focus on so much negative stuff". To you I say look to what you make manifest in your own lives. For I cannot stress to you enough the importance of positive thought. This requires a huge discipline to keep mindful of what you have in your mind. To watch your thoughts, to repel those thoughts which are negative. That is to say replace the negative thought with a positive one. In this way you start to manifest that which you think of and your life will start to change accordingly. This my children takes huge discipline.

When you decide to walk a truly spiritual path my children you will find that to make time each day to follow a spiritual practice takes a huge amount of discipline. It is the same if we set our minds to achieving great goals in life. If we want to be a great sports person we must exercise regularly, we must eat properly, we must rest enough. We must practice positive affirmation. All these things will take us to being a great sports person. Following a spiritual path is no different for it takes work to open our channels of

communication with god and to keep them open. It is not by accident that we become more spiritual. For in order to do so requires the inner work, the inner discipline. The work to release our pains, the work to open our hearts to love ourselves and others. This is the hard work. To discipline our minds by learning to meditate and quieten our thoughts. This requires discipline. Know little ones that discipline will serve you well on your path.

Channelled conversation:

You must work to clear your energy field and be disciplined, for this is a daily task. This discipline is hard for all of us, but we must be disciplined if we wish to work in this way for it is of such a nature which requires the clarity of the heart and the open mind. For in the nature of the mind it will only do its evil work for that is the nature of the mind. The heart on the other hand is always open and always loving, it is in the nature of love which this work can manifest.

THOUGHTS IN ACTION

I ask you all to be aware of your thoughts. For thoughts are action, and action is matter. It is a little known fact in your dimension that just the act of ‘thinking’ is in fact the act of ‘creation’. For if this were known then your thoughts would become a much more important part of your existence. It is the part of you which creates your whole existence. So every time you ‘think’ of something this gets acted upon out in the universe. Think of it as throwing a small pebble into the sea and watching the ripples which get created from the impact of the stone hitting the water. This is in fact the same affect which happens out in the universe which reacts in the same way. Each thought creates a reaction. If you ‘think’ often enough about something it gets created in your universe as matter. That is to say it becomes part of ‘your’ physical existence. So please be aware of your thoughts for they are a powerful tool.

Channelled conversation:

It is something when you are in the spirit realm that you realise because in the moment that you think something you make manifest your own experience. In the physical dimension there is a delay, for most of you this can be quite a long delay before your thoughts show up as your reality. However, as you become tuned to the spirit realm your thoughts becomes matter more quickly. For to think something is to make manifest. I ask only that you understand this for this is a very important matter for me to explain to you and for you to understand. I ask you to be careful of your thoughts little ones for any negative thoughts will draw this vibration to you and I do not wish it for you.

OPENING YOUR HEART

When we talk of opening the heart it makes it sound as though it were closed. So firstly we must explain the concept of ‘being open’ and the concept of ‘being closed’. When we talk about ‘being open’ we are simply referring to the state of being able to ‘give’ and to ‘receive’ love. This is one of the hardest states for us all to reach. For we may be able to ‘give’ and not to ‘receive’. Or we may be able to ‘receive’ and not to ‘give’. This can

apply to many areas of our life, but most often we talk of this state when we talk of our ability to 'love'. Therefore, our ability to love depends on our ability to 'give' and to 'receive' love. This is our natural state of being, having 'an open heart'. It simply means that love energy can easily flow both ways, both towards us and from us.

So then we must explore the state of having a 'closed heart'. This is a heart who has suffered. This is a heart which has learnt that it can be hurt, that it can be rejected. This is where we feel our pain of love rejected most intensely. This is where we feel our pain of love that we require and do not receive. It is the energy centre which feels the intensity of rejection. All of these experiences in life cause us to close this energy centre down as the intensity of what we feel is too intense to feel. So the way we deal with that is to 'close the energy centre down'. This acts as a protection to future painful experiences. In this way not only do we close off our ability to receive pain but we close off our ability to receive and give love. For the fear of the pain can be so great that we do not dare to risk experiencing these pains again. It is in this nature that we 'choose' to close down this centre for the intensity of what we feel is too much to bear.

So the question is how do we learn to open our hearts when we have 'chosen' to close them down. It depends on our willingness to look at that which has created the original pains. For if we have experienced much pain in receiving love then we must look at the experience we have received in being given love was it enough, was it kind and open, was it gentle and was it without intention to manipulate? All of these states of loving will affect the way that we now are able to receive love. For these experiences will have informed our 'beliefs' about how love is given. These then formulate our 'truth' of how you experience the world around you and whether you see it as a safe and loving place or you do not. All thoughts are borne from our beliefs and these in-turn manifest our experience here on earth. So if you wish to open your heart then you must start to work on your beliefs about how 'love' has been given to you. By examining your own experience you will start to see that there are others who do not share your view of how love is given and received. For what has been the norm for one is not the norm for the other. Therefore, if you have experienced pain around the amount of love you have received or if you have experienced rejection in any form then this will have affected your own ability to form close relationships with others. Maybe you do not like being touched at all, or maybe you like to instigate a cuddle but you find that they are rejected and so on and so forth. For all these states are found in those who have suffered pain. The only way to overcome that which you have previously experienced is to look at your own experience in early childhood. This will lead you on a path of exploration. It will reveal to you the reasons why you experience your life as you do. Once this has been connected with it is then a path of healing to heal the wounds which exist, for eventually to release yourself from your repeating patterns in love you must first release yourself from the guilt, fear, hatred etc which you are left with. This release from these feelings will eventually lead you on a path of forgiveness. For when one is able to move to forgiveness of those who have delivered to us the experiences we have suffered we are able to see that we are all part of a larger web.

Channelled conversation:

The way to open your heart, is indeed a difficult path. It is through releasing your pains and your ills, for as you release these so does your heart open to the vibration of love. For as you tune to this vibration and give love to those around you, you will receive love back. As you receive this vibration and you give it out, you become love and as you become love you become trust, and as you become trust you become light. It is the highest vibration.

Indeed there are many that come to the earth dimension that spend their life-time in the dark and cold and suppression from the love and the light. But as they learn to open their hearts and come to know this vibration so do they wish it to continue and so it comes to pass that they are able to open their hearts further. This in-turn makes their journey worthwhile.

CHAPTER 2

BENEDICTION OF THE DIVINE LIGHT

The benediction of the Divine Light is a vibration of love. It has been sent as a gift of love. It is the little one (the author of this book) who has so chosen this path. For she alone has been given this gift to channel these energies. It is her path and soul's desire to pass this vibration on to as many as come seeking for her knowledge and understanding of not only the spirit dimensions but also in understanding their own journey here on earth.

Channelled Conversation

It is with love and light and our wish to press upon you that there are many more of us for you to work with. It is not as if there are a few, for there are beyond imagination the numbers which make up the 'collective consciousness' of this massive galaxy of universes. I bless you from the inter-galactic world. I bless you from all the other universes and I bless you from the realms from which I cannot describe for there are so many that one could not imagine. But I wish to let you know that all the universes and all the peoples of all the other galaxies are here with you at this moment to bring forth this 'benediction of divine light'. For this is the power that is available, as you bring forth this power and light so will it be available to you.

“The purpose of this is to expressly advance as many people as possible at this time on their spiritual pathway to help prevent the destruction of the universe as it stands”.

Channelled conversation:

It is a vibration which is sent to you individually. It is a vibration for healing you. It is a vibration of love, it has its own music, it has its own vibration, it has its own special purpose when it is sent down. It is sent to you each as an individual present, specially tailored for you. It works in a way which is difficult to describe. It can work on blocks of the mind, and work on blocks of the spirit and work on blocks of the physical body. It is a healing light. It can heal anything if the path of the soul is so wished. This statement is

difficult to explain. However I cannot go into the complexities of why a particular soul may not wish to be healed. It is such an individual path-way. What I can say is that we must not puzzle as to why some will have miraculous healings and some will not. Suffice to say that it will be what the soul has required at that present time. I can tell you only that those that are here to be healed at this time will be instantly healed.

It is of the light, it is of the love, it is the highest vibration. This energy can move mountains. It can be directed at moving massive amounts of density of which you cannot imagine for it is of the highest vibration, it is of the light and of the love. It will remove your personal blocks and open your soul-pathway. In this way you will be advanced in the movement towards your soul-purpose.

The Benediction of the Divine Light will consist of a short meditation of two minutes which will create miraculous healings, if that is the desire of the soul. It is of no importance whether you feel the light for the light is there for you. It is not less given to one or the other. It is given to each and every one of you. It is dependent on whether you are open to receiving this it affects the way you receive it as to the way you are within your self. For some they are more receptive to this way, and for some they are not. It is sent to one and all, I want to make this clear. What you may feel or see will be personal to you. It is a personal journey, it is a personal path of the soul. It is an individual path. It is for no other to understand, for no other can understand.

It may be that the personal soul journey is one which it should not be exposed at this time to the light, and therefore it is not. If you are on a spiritual journey it will be so that you will be open to receiving these energies. As these energies are given, I will state again, it does not matter if you feel nothing, or if you feel everything. The outcome is the same. It will have many emotions, it will have many experiences, it will have many colours, it will have many vibrations. It will be of such a magnitude and description that one cannot describe. For it is different for everybody and everyone will experience this light and benediction in a different way.

I wish to talk of the benediction light which I have sent down. It is indeed like music, for there are those who can hear the vibration of the benediction light. There are some that will have visions. There are some that will hear sounds. There will be some that smell in their senses. It is all different, the way that we can receive the benediction light.

There will be miraculous healings, there will be a tidal wave as the Divine Benediction Light is passed through. For when those that have been healed through miraculously sitting for two minutes to receive this prayer they will feel that something amazing has happened, they will wish to share this with many. As this becomes shared this will become a revelation, it will be seen as a tidal wave.

The purpose of this is to expressly advance as many people as possible at this time on their spiritual pathway to help prevent the destruction of the universe as it stands. This is why this energy is being brought down as a unique gift. For it has not been done before.

CHAPTER 3

THE GOD-SELF, THE EGO-SELF AND WALKING THE LIGHT PATH

So we come to seek, to discover that we are all part of the whole, that we are not in fact separate entities. We have all chosen a particular path which has given us a set of issues which we have developed in such a way as to protect ourselves from that which we experienced during our formative years. We either decided that the world was a safe and loving place, or we decided that it was not. Most of us in the human experience decide that we need to protect ourselves from that which we experience. For our feelings are so raw and sensitive that if we cannot cope with feeling what we feel, we simply choose to close that feeling off. In doing this we stifle our spirits and learn ways to cover what we originally felt. This allows us to develop patterns of behaviour which allows us to protect ourselves from the original pain. In so doing, do we shut off our spirit and gradually we close ourselves off from the intensity of that which we feel. We gradually begin to conform to a set of behaviours and patterns which gets us what we want in life and that is to not feel pain and to somehow gain love and attention from those who care for us. We firstly try to gain attention by crying and if this works we continue with this behaviour. If this does not work we generally opt for the opposite. This can create a situation where a small child will decide very early on that in order to protect himself from the pain he feels, he will need to shut down his spirit. It is these children, who do not experience attention for their cries, who mostly experience the feeling of numbness to the world and all it can offer. The child who learns that his cries are met with attention will develop his cries into words and gesticulations in order to make himself understood. Each time he is met with positive attention his spirit grows. When he is met with a negative response, that is to say his cries for attention are ignored then he feels immense pain and so shuts a little of his spirit away. For in place of the first thought for attention gets replaced with a new pattern of behaviour to gain attention. This is what is meant by covering the spirit. For the spirit becomes closed little, by little. It gets replaced with patterns of behaviour which enable the child to get what he wants – attention. It maybe that he learns that if he is very good he gets attention. It maybe that he learns that if he is very bad that he gets attention. Either way for the child he gets attention and that is all that is important for the child. A child himself cannot determine if ‘loving’ attention is the norm, or ‘shouting and abuse’ are the norm. He has no way of knowing. What he will understand is that attention at all costs is what matters most.

So the way to let go of who you are right now is to let go of the patterned self. But what is the patterned self and what is the real self? This is indeed the paradox. For in the first instance we are just pure spirit. We are who we truly are. Then we set about covering our true self so that we can get what we want. This in turn crushes the spirit. So the way to find your true spirit is to let go of the patterns which you have set up to get what you really want. Think now; for what are all the ways that you have in place that get you attention. These are the patterns which we are asking you to drop. For the patterns which you have in place to gain you attention do not in fact get you the sort of attention

that you crave, and that is the attention for being who you truly are. Simply you – simply truth. This is the work in hand. To find your own inner truth. To find your own inner spirit. To get back in touch with your deeply held feelings. To allow yourself to feel that which you have learned to cover and protect. It is in this way that by allowing ourselves to be our ‘own truth’ we are able to re-discover our own spirits.

Channelled Conversation:

Who shall be dominant the ‘god-self’ or the ‘ego-self’

Your soul is always connected to the ‘god-self’. That is to say it is the part of you which retains the pure ‘god’ energy. Its role is to be god in action. It wants to be its ‘greater self’. It is only the ‘ego-self’ which keeps the ‘greater-self’ from coming forth. It is the fear of the ‘ego’ which keeps us separate from the ‘god-self’. For the ‘god-self’ is the greater part of our being. It is only through the mechanism of the eternal soul which keeps us living forever. For we come here many, many times. We go on many, many journeys. This is only a small part of our experience. The soul chooses what it wishes to do in any situation. If it is the ‘god-self’ to come forth then this is so. The ‘god-self’ must decide if it is to come forth.

Sometimes it is so that the ‘god-self’ is so covered by the personality, or ‘ego-self’, that it is impossible to penetrate through this barrier. But the ‘benediction of the divine light energy’ can penetrate through any personality defence system which you have in place.

Inside all of us is the ‘god-self’. It is a supreme being. It longs for existence. It is so few of us who come to walk the physical plane as the ‘god-self’. For the ‘god-self’ is the essence and the light. For the essence has existed through many life-times for the essence remains true and whole and holy for the essence cannot be touched by that which it finds itself, for it can only be. For it truly is the essence of the divine light. For we are all his children and we are all his light, for we are the particles in the sky that light up and illuminate the galaxies, for we are all of existence, for we are in existence and out of existence, for we are always whole and holy, for we are the divine light. We are not our illnesses, we are not our families, we are not our pains, we are not our traumas, we are not our lives, we are not our deaths, we are not our peaks, we are not our troughs, we are not all of that which we come to be in a physical sense, we are only ever the essence of the true light and love and resurrection of the divine energy. For we are his children, we are his light, we are he and he is thee and thee is thine and thine is they and they is thine for thine is the light and love. For we are the whole, for we are the holy, for we are the divine, for this is who we truly are.

Walking the Light Path

It is the benediction of light that we are sending you, and we wish you to know that it is the privileged few on this path who walk the light path. For the light path is there in illumination as you walk forward. It is with this in mind that you have special tasks here as you come forth it will unfold. So shall it be seen by you clearly what you are here to do on earth as it is in heaven. For this is the intention of the benediction of divine light. For as the benediction of light, as prescribed, comes forth and moves through your personality and blocks so do you become released from fear that which holds you back

from stepping forth fully into the light. For as each and every one steps forward into the light so do we bring forth the love and the benediction of the divine light .

We are all of a density which needs to be lifted and after receiving the Benediction of the Divine Light so will you notice miraculous changes in your life, for especially in connection to the path and the light. You will start to have an urgency to follow that which you hold dear in your heart. For there will be nothing in the way stopping you for as you connect with this aspect of your being so will the universe support you in your decisions. There will be nothing to hold you back for it will not be of the mind, it will be a decision of the heart. The heart knows no bounds it has no enemies. Its only enemy is that of the mind. When the mind is dominant the heart cannot do its work. The heart is the voice of the soul. For it is its communication out into the universe. It is the way you receive the light energy and give the light energy to others. If you are here for healing this is the way you give your light to others. In the nature of bringing down the light and passing it out through the heart. This is the way that the benediction light can be given to others. In time, my little ones you will have developed sufficiently in this way to be able to bring down sufficient light to be able to heal those you are around. It is a life-path for you in this lifetime. It is not something which will happen over-night, it will happen over-time. The energy of the light is of a vibration which can cut through anything. Anything can be cured, anything can be changed in the condition of the human being. It is only the fears which stop this manifesting. It acts as a barrier to the love vibration as it comes through. It is indeed the fear which is being broken through. Fear creates the density and the lower vibration conditions.

To only experience the physical life in one dimension is only to live one particle of what is possible for you to live your life as. The possibilities of that which will open up to you once you follow your light path is indescribable. For the possibilities that you draw to you from the universe is unimaginable. You will find that everything that you wish for or think of becomes drawn to you. This is difficult little ones for you to imagine but once you drop the struggle so will the struggle stop. It is as simple as that. For all is an illusion all is the 'maya', all is that which you decide you wish to manifest in your life. If you decide that you do not wish it to be this way, then so be it, for it shall not be so. I know it is easy for me to talk in this way, and I am sure that you are thinking 'it is OK for him!' for he is in another dimension and not bound by earthly duties. But you should be in no doubt that this is the only path to take, for this is the path to greatness.

Each of you who walk the light path, do not ever imagine for one moment that you walk these paths by accident. For when you follow your intuition, that is the 'tuition' that comes from within, then you follow the path of a light-worker. You follow the path of the light. It is that which is within, that forces you to take these paths. It is often that the outside world will feel that your decision is not 'sensible'. For they cannot know that which drives you forward to make your decisions as you walk forth on your light path. Take heed little ones and come to the source when you feel this to be too much to bare for it is only by coming to the source that you will find and know that the decisions you are taking are correct ones. For there is only one decision to take in life when you come into the physical and that is to decide to walk the light-path.

CHAPTER 4

THE NEW WAVE, THE NEW WAY

Channelled conversation:

You will be one of many. There will be many that will choose to walk the light path. They will form a new wave. They will form a new way of thinking. They will become the new order. They will become the new way. This will be the preservation of the earth plane. For there will be a new order, a new board, a new ruling. For the ruling will be the one and all, for the all will need to be considered as the earth plane moves forward. For the separation and drought and murder and hatred which is the present now, will be eradicated if the earth is to move forward and remain whole and holy. This is our intention, this is why we have sent the benediction light. For the benediction light has not been sent before. It is new to the earth plane. It will be so, it is so, it shall be so, it is written. I bless you all my children, one and all for you walk the path of benediction.

There will be an ending and a new beginning. For it would be easy to focus only on the negative aspects of this time. We wish to explain to you the reasons for this ending and the reasons for the new beginning. For the earth has been at this vibrational condition before it was known as the 'City of Atlantis'. This was a time of great prosperity and great technological developments. They were a nation of people who were able to communicate telepathically. They were sentient beings in that they were able to sense what others were feeling. There were gods and goddesses at this time who possessed great powers. They were able to create and make manifest that which they wished. It was also a time of growing resentment and growing hatred. Again the 'collective consciousness' (this is the collective thinking and beliefs of a group of people) of the overall nation turned from one of peace and love to one of avarice and greed. The change in the overall 'vibration' (each thought carries a vibration. If it is a positive thought it carries a loving vibration and if it is a negative thought it carries a fearful vibration) of these people created the changes which also brought to the end this civilisation.

Again at this time we can draw many similarities. For it is now that the technology which is available to man could be turned to great advantage. Instead we have seen it eat away at the human experience. For there is no longer time to simply be. Once there was a time when people were able to talk to exchange face-to-face their needs their longings. Now we have moved to a new generation who are unable to use their senses for the only method of communication which they are developing is one of talking on their phones or sending messages by text. The art of human contact is being lost and with it the de-humanising of man-kind. For we are able to communicate on a greater scale than ever before, but the growth of child porn and the exposure of our children in our 'chat rooms' and via the e-mail accounts of the exposure to that which they should not see, has grown exponentially. We are tolerant of this kind of exposure. Our children's minds are exposed to violence, and innocence is snatched away. It is in this

way that the spirit is weakened. All those children who have too much materially and so little maternally as their parents are no longer their full-time carers in their formative years are developing the understanding of avarice and greed. It is in this way little ones that we are destroying our nations and closing our hearts.

We no longer have the time to call on a neighbour, to speak with a loved one. We are robbed of our quiet time. We are my children simply robbed of our spirits. For our spirits need time, they need love and they need care. Not only when we are young and vulnerable but when we are grown and adults. It is time little ones to stop. To look around. To decide who you want to be in relation to the universe as it stands at this time. For it would be easy to be a part of this great wave and follow the way which has been shown. It takes a greater human being to decide not to be a part of that which has gone before. My children I beseech you to look within to find your own guidance and to find a 'New Way'. For those who do go within and are able to listen to their inner guidance will turn against that which has gone before and will wish to create a 'New Way' a 'New Wave' a 'New Beginning'.

Without those who will stand aside from that which has gone before and who seek the guidance within there would be further war and further hatred. There would be further destruction of your planet which is being destroyed by pollution. It is so that it would be the end before so long. We do not come here to predict the end or to be the bearer of this bad news. Only we come as a prevention to prevent this from happening.

It is not the intention of spirit to allow this to happen once more. For indeed, the repeat of this destruction would bear no fruits. It would be without purpose. So at this time we have chosen to intervene to prevent this from happening. You will be part of this wave, the tidal wave that will be sent. For as each one receives the benediction of the divine light so shall their path unfold. As they see the light before them and their path that they are here to walk. So will they want to walk it.

CHAPTER 5

OVERCOMING THE FEAR

The fear that we talk of in this chapter is simply the separation that we feel from our own inner spirit, the 'god-self' within.

Channelled conversation:

Coming into the physical life for a spirit is the choice to overcome that which it has pre-chosen so that it can find the inner-self or 'god-self'. It is always so. It is indeed what we come here to experience. For we come to experience that which we choose, and often times we choose difficult paths to tread. For our parents give us that which is required for us to have the experience for us to develop the patterns and the behaviours that then go forth to create the experience that we hath pre-chosen. I put it this way to you my children for it is indeed a path that we have all taken. I include myself in this. For I took

many years of coming into the physical lifetimes. The lifetimes are such that we gain experience . We come to gain experience on certain paths . We come for many lifetimes in the lower vibrational fear frequencies as we move forth into the higher vibrational and love frequencies so do we start to co-create, that is to say that we become the 'god-self'. For in the lower vibrational frequency life-times it is not possible for us to reach the 'god-self being'. For it is when we are walking the path in the lower vibrational frequencies that we come to take others lives. We come to murder, we come to walk the life of the lower vibrational lifetimes. These lifetimes do not serve us on a path to enlightenment, although indeed they are all on the path to enlightenment. It is that all these aspects of our being need to be experienced before we can become the 'god-self'. For the 'god-self' needs to know itself in all of its entirety. It cannot become the 'god-self' until it has experienced all aspects of that which it has chosen to come to experience.

It is those who experience much fear in their life-times, who you will find acting-out the lower vibration frequency actions. These become the murderers and those that do the deeds that you are quite horrified by. These people also need the benediction light. For we are not asking you to make a judgement on another, nor are we making a judgement on those who are acting out the lower vibrational deeds and acts. It is only that we wish to point out that these beings are in great fear and are also in need of exposure to the light path. We do not want you to make a judgement from the mind. For we wish to remind you that we can never know the soul of another. We only ask that you be willing to share the light path with all others who come within your path. We will ask you to work with these people for you will be required to walk into darkness indeed to bring forth the light into many places where it is required.

It is not the time to play small for there are many on this planet who wish to do so for many life-times before they discover the light path. Once you have discovered the light path you will find that everything will wish and force you to take that path. It is as though it is no longer an option, for indeed little ones in a way it is not. For the 'intuition' becomes so loud that you cannot ignore it. Do not ignore it for we need you to work for us. It is always your will and your choice and we always respect this for we cannot work with you when you are not in the space to do so.

We are ready to do the work as soon as possible. We will wait for each of you to finish your density condition, for once this is completed, we will be able to work with you to lift your vibration sufficiently that you will not, any longer be affected by those who have a lower vibration frequency. You will be completely in the light, surrounded by the light, and in the light. When this state has been reached, it is a state of enlightenment, which those of a lower vibration cannot penetrate. It will be something for all of you here to work towards. For it is possible in this life-time for you to attain that. It may not be something that you wish to attain, for it requires much discipline and hard work.

CHAPTER 6

OPENING YOUR HEART

Channelled conversation:

It is in the nature of this work that you will be opening your heart. As you open your heart so will the love vibration come forth. As this comes forth so will you draw to you those that have a love vibration in their hearts. In this nature you will be drawn to those who wish to be loved and give love as you would do. It is only fear which keeps our hearts closed. It is the fear of being hurt for it reminds us of the injuries of past life-times, or indeed the life-time that you are experiencing at present. The heart will only open when it is ready to do so. It is the most delicate of the 'chakras' or energy centres. For the others have a different quality of vibration. The heart will only open when it is ready to be trusting. When it is ready to be trusting in the universe so then will the heart come forth. If the heart is full of fear it is difficult to channel the love vibration through it. For the love vibration hits a density in this area where it then cannot get transformed and pushed through for another. It is so important to do the work on one-self, and ones own past, so that one is fully available to bring in this energy, in order to be in service of others.

This is always the outcome to following the soul-path, it is to be in service of others. It is in this way that we fall into the full light, for as we stand in the light, so do we give the light, so do we receive the light. It is a complete circle.

The benediction of the divine light will take you on a speedy journey towards your vibration condition which opens up your heart, which links you with your soul, which explains to you your soul-pathway and indeed the work that you have come here to do. The work is always in service of your fellow spirits. It is in this way that we get the benediction returned. For as we give out to others so does it become returned, and then we are in the light. For as we give the light, so do we receive the light. This is how the love vibration is turned around in the universe. It is by cause and affect. It is that I wish it for you that you receive the love that you would like in your lives. For it is only when we have removed the pain fully within our hearts that we are able to draw someone to us who is of an open heart. So that we may experience the physical love and support in our life that we would so wish to have.

It is important to know that this pain is what we come here to experience. It is something which is held within each of us even if we do not know that it is there and we are unable to touch this place within us. For some of us we develop an ability to cover this with great ease. It is almost, as if for some of us, we do not have this feeling at all. May I assure you that even if you cannot feel that which is held down it is there.

The fear which we hold in our energy centres may have been there from old. That is to say that some of the fears which you may hold within your energy systems may have been brought with you from another life-time. Although most will have been manifested by you from your experience thus far. These fears over-time develop into thought patterns which unto themselves create energy blocks within your energy bodies. This is the inner work of which we speak, for when we talk of raising our vibrations we refer to these lower

density thoughts which have become actions and beliefs held within your energy bodies. We ask little ones that you work to let go of all that you hold within your energy bodies for these are the energies which create blockages within your mental, physical and emotional bodies. This is the work which we require you to do. For on your path to god you will be required to cleanse that which you hold to be true. For this unto itself creates your own realities of lack and wanting. For when you finally surrender to the divine energies you will not know these qualities. For you will seek only abundance and love for these are the qualities of the divine energies. These little ones are the energies that are there for you if you seek.

It requires much hard work and discipline to allow these trapped energies to be released and so create the natural flow within and without. It requires us to become aware of who we are, what we think, what we believe. It is known as the 'wakeful state of being'. This enables you to see that the universe is but a mirror of your own 'inner' state of being. That is to say that all you see on the outside world is but a reflection of your own inner world made up of your beliefs and fears of who you think you are. It is so, it is always so that this Universal Law is such. It cannot be disputed for it is only truly moving into the enlighten state that can manifest that which is to come beyond that which is experienced when you are living your life from the small ego-self.

Now as the energies become unblocked, it is as though life will become like magic. For it will be only the thought, or the intention as it is reached out into the universe, for the moment the thought hits the energy of the brain and the energy waves come out into the universe, it will be responded to immediately. It is only and can be only through the work on the 'self' that can manifest the life of 'heaven on earth'. For it can only be manifested with the work on the 'self'. It is through no other means that we are able to manifest in our lives that which we want to experience. It is as simple as that!

CHAPTER 7

THE 'GOD-SELF'

Channelled conversation:

It is not that there is a 'god' which is outside the 'self'. For when we are fully in the light so do we become the 'god-self', the 'true-self', the 'true essence'. Which is the essence that we tried to cover when we were a small child for we were in fear of the experience of life. When one has released the pains and the reasons for keeping the protection. So do we do a full circle and return to the innocence of a child-like quality of trust. It is without fear. For we do not need to fear for we are always protected and supported by the universal light and love energy which surrounds us always. If we can only open our hearts to be in this light. It is indeed the 'god-flow', for when we are in the flow there is nothing which can harm us. For as it flows from us, does it flow to us. It is as if there is nothing within us which can either absorb or stop the natural flow of energy. For we are always surrounded by the light. For it is only in our lower density 'ego-self' that we cannot experience the universe in this way. When we have removed our pain and opened our heart to the love vibration, then the vibration is felt all around us. It is as if we are

lifted above, for indeed this is what is meant by 'transcending the duality'. For the duality is the duality of the 'ego-self' which is not the 'true-self'. It is only the 'self' that we have grown to protect the 'true essence'. When we are ready we can drop the 'ego-self', as we drop the 'ego-self' so do we become the 'true-self'. The 'true-self' is just pure light, for the 'true-self' is pure-trust, it puts its life in the hands of the god energy. For the god energy is in fact the flow-of-life. It is only when we move to this place of enlightenment that we are able to experience the god-flow energy as it flows in and around, and through us. There is nothing to stop it coming through. It is attracted to us like a magnet and indeed as a magnet attracts, it also repels. (The magnet analogy explains the universal law of what we give out we draw to us. That is to say that when we have moved into a place of love so do we draw love to us. When we are in this state we cannot draw fear to us for we simply repel this vibration. When we are in a place of fear so do we draw fear to us. When we are in this state we cannot draw love to us for we simply repel this vibration). This is the universal law as I explain it to you now. It is as it is. There are so few of you that get to this point of understanding and when you do you become 'a god'.

When we step over the threshold into the divine light it is at this 'point' that which we believed that we had become will totally fall away and a total remembering will take place it will be the last passing from one state of being to another and in this passing there will be no return to that which we had become. For as we step fully into the light so will the vision of that which is to be done will be there without struggle, without effort, without movement. For the answers can come only from within for it is only from within that we can touch all of eternity and that which we truly are, which is our light and essence, for all else is but an illusion all else is that which is to be dropped, all else is not required to step forth into the vision of the holy light. For within the holy light there is only knowing, there is only truth, there is only peace, there is only love, there is only existence, for all else is that which we choose. All else is that which we choose to be to take us out of existence for when we are out of existence this is what we term the choosing of the being for it is only when we return to existence of that which we truly are, are we who we truly came to be. For the answers can come only from within, for it is only from within that we can touch all of eternity and that which we truly are, which is our light and essence for all else is but an illusion.

CHAPTER 8

ENLIGHTENMENT

Channelled conversation:

When you hear the description of humankind as being in the 'enlightened state' it simply means that you have become the 'god within'. When you have become the 'god within' so then are you able to 'co-create'. This is what you come to do, you come to co-create as the 'god-self'. For we are children of god, but we are also the gods. As we link with the god-energy, so are we the god-energy for indeed we have always been the god-energy. It is only because we protect this essence with fear, the 'ego-self' that we are

unable to experience ourselves in this purest form. For this innocent form when it comes forth, is a vibration which is greater than anyone can imagine. It is only when you experience this state of enlightenment that you are able to truly speak of it, but even then it is difficult to explain and it is difficult to explain to others how to attain this position for there will be many that will come to you and wish to know how. It will be in your realm to try to teach and explain this, but indeed it is not easy to explain. Indeed when one is in the state of 'forgetting', which is when one is in the state of the 'ego-self'. One cannot 'remember who one is'. As we shed the layers of the ego, we move in and out of the state of 'remembering and forgetting' who we are. When we 'forget' we cannot 'remember' and when we 'remember' it is as if we could not possibly ever 'forget'. But this is the nature of the duality that we need to transcend for when we have fully dropped the 'ego-self' so can we transcend this. This cycle of 'remembering and forgetting'. For when we have truly transcended this so do we move into the 'remembering'. As we stay in this state so do we know who we are, because we have always known who we are. For when we are connected to the 'god-source energy' this is the 'true essence', this is 'who we truly are' and there is no going back and no way of 'forgetting' when this point has been reached.

As you move into this state so will you 'forget' what it is like to 'forget' and so it is important to make a journal of all of your experiences and journey for as you move fully into the 'enlightened state' so it is difficult to 'remember' what it is like not to be this way. I explain it in this way like a tennis player, if you can imagine when you first start to play you cannot hit the ball it is a very difficult task of many hours and hours of training. When one becomes a super player then one is not able to remember what it is like not to be able to hit the ball. And so it is very difficult to become a teacher to teach others how to do this. It is important therefore to make notes on the way so that you are able, at least in your mind to connect with the experience that you had in becoming a super tennis player. For when you become an 'enlightened one' it will be important little ones to be able to explain how you attained this.

We God Bless you my children for you are sacred children, for you are to walk, you are walking the light path. You are children of god. You are children of the light. We god bless you one and all, for we shall be calling upon you my children one by one to follow the light path. It will only be when you are ready to accept the calling, for one by one you will become ready. When you are ready, you need only ask, for there is much to be given. I god bless you my children for you are illuminous, for you are light, for you are love, for your true essence is truly untarnished. It is that I put it to you this way for indeed before you came to incarnate you were of an essence which was of a high, pure, luminous state. It is that you agreed to come into the physical to do this work. Whether you are in a state of having 'remembered' this or not, I shall tell you now little ones that before much further path unfolds, you will 'remember' one by one, who you truly are. The 'mandela' will be complete, for it will be in 'relationship' that this objective will be met. It will be through 'relationship' that this objective will be met. It will be through 'love' that this objective will be met, for we stand with you as brothers and sisters as all the American Indian Nations we stand behind you as a force of energy for which you cannot imagine. We are a power beyond imagination. The combination of matter and

that which passes to you as the heavenly state, once this has met, it will be a power beyond illumination.

PART TWO

CHAPTER 9

INTRODUCING THE SPIRIT GUIDES

Channelled conversation|:

As we develop on our path so do we start to be able to reach out to other realms. Within these realms are the guides who always walk by your side. For they are always there it is just that for many life-times we are not able to make contact with them directly. These guides who come to walk by your side are here to work with you and act as a reminder as your link to your 'higher self'. That is to say that they will always encourage you to take the simple way, the easier way, the way which will offer to you the best set of options. For indeed the 'higher self' or greater self will always take you on an easier path. For our 'lower self' or 'patterned self' will always take us on a path of struggle. It is as simple as that. If we can train ourselves to listen to our 'inner' voices then this will always be the best possible course of action to take.

Spirit Guides are indeed a greater part of us for they are a part of us which stays within the spirit realms so in this way they are indeed connected to the whole. Where as we have become an individuated part of the whole. This therefore is our connection not only with our 'inner self' but also the 'greater self' which is still part of the whole or holy or god energy.

The Divine part of us which we have referred to as your 'higher self' is indeed the part of you who is true to your divine nature. That is to say that the actions which come from our divine nature are always good. They are always pure for they cannot be anything other than this.

So how do we connect with our spirit guides?

Well here my little ones we will need to become a little technical with some language so we shall do our best to keep this process as simple as possible. We shall set this out in a series of steps so that you are able to follow this for yourselves.

1. **Sit Quietly** - Firstly we would ask that you set aside time to sit quietly. Allow your thoughts to drift and become aware of your thoughts. As you do this you will start to notice that many of your thoughts are of a negative nature. Do not try to push these thoughts away, simply let them be there and acknowledge that you have them.
2. **Discipline of the Mind** - Gradually increase the time that you sit from approximately 5 minutes to 20 minutes each day at approximately the same time. Gradually your mind will become accustomed to this routine and gradually over time you will notice that your mind will start to quieten of its own accord.

3. **Switching off the Mind** - Once you have mastered this technique you will be able to use it at any time and in any place. For it is simply the art of switching off your own mind to allow spirit to make contact and to speak to you.
4. **Working with Spirit** - The process of quietening the mind is an art little ones that we would encourage you to do. It is only the discipline of that which we have stated above. But in order to really make contact with spirit of the higher realms that is to say with our own inner guides we also need to do work on ourselves to raise our own vibrations. For in order for spirit to come into our realms firstly they must lower their own vibrations to make contact with you. This obviously takes a little time to perfect on both parts.
5. **Raising our Vibrations** - We will cover in later chapters ways to raise your own vibrations but essentially it is through prayer and through walking in nature. The inner work which we have spoken of which is also an important part of this process is indeed essential for those who wish to work with those in the higher realms. Or the 'light workers' as we like to be called. For there are many in spirit who are of the lower vibrational frequencies who shall be drawn to you in the lower frequencies. For like attracts like. For many believe that those who exist in the spirit realms are all of an angelic nature. Let me tell you little ones that this is not so. For those who pass to spirit do not automatically become of an enlightened state for they may take many life-times to reach this state of being. No, what happens my little ones, is that we remain at the same vibrational frequency and do so until we do the work on ourselves to change this situation. It is in this way that we undertake many life-times to raise our vibrational conditions. So when you are linking with spirit be aware little ones that there are those of the lower vibrational frequencies who would gladly work with you. The way to avoid this little ones is to raise your own vibrations and to drop the lower self actions which act to lower your vibrations yourself.

So little ones this is the way of working with spirit. It is a matter of practice to use the other senses that we have all been given. Some call this the 'third-eye'. Although we prefer to call it your sixth sense for indeed the use of the 'in-tuition' and the 'sensing' abilities are all a part of our abilities to 'sense' each other and this includes those who exist in other dimensions. We recommend little ones that you simply find a good teacher who works with you in a 'spiritual' sense and not a 'psychic' sense for indeed they are very different ways to approach the method of 'sensing'. For the psychic method is to develop the skills of sensing by using our abilities to link with 'earth-bound' energies. These unto themselves are not 'bad' or 'incorrect' but this is not what we mean by listening to your 'inner-voice' for indeed the ability to link with your guides is a very different process. It is the process which we have described above and this is the one that we would like you to develop. For the psychic abilities are simply a way to 'read' the energy field around another human bound energy being. This unto itself can be put to good affect. That is to say that we recommend the use of this method when you are reading the energy field of another in preparation for a 'healing' session for it does give you information about the energy blocks and the energy system. However we would still prefer you to work with the aid of spirit for even if you are to embark on a healing process for another we would like you to link with your own 'inner-guidance' for indeed this information will always be correct whereas the psychic reading may well be

incorrect. We bless you my children with this work, for this work is the work of the gods and goddesses who shall walk this earth. We god bless you my children.

It will be important little ones to protect yourselves to other lower vibrational frequencies. I urge you if you have not already done so, to ask for protection before you go outside into your work environments. For these are of a low vibrational frequency. I ask that you ask your guides for protection and they will readily give it, this I promise. The next step to take will be of course, to raise your own vibration. This can be done in many ways which we explain in a chapter 10 and chapter 11.

CHAPTER 10

THE WAY OF NATURE AND THE USE OF OUR ENERGY CENTRES

The main way to raise the vibration is to release the fear and the pain which has been built up over many years. These fears and pains form the basis for the type of behaviour patterns which we play out on a day-to-day basis. These patterns of behaviour are to gain attention. They are the patterns that we learnt at a very young age to gain this attention. Some of the patterns are healthy and some are not. By the word healthy here we mean that they are nourishing to the soul and some are clearly not. The work on the soul is to let go of the behaviours which do not feed the soul. The patterns which we play out therefore also are our way to gain power and it is in this way that we learn to suck energy from others and the universe around us. As we progress through our life-times we learn very quickly that the main power centres are the lower three centres. The 'root or base energy centre' positioned at the base of our spines. The 'sacral energy centre' based below our belly buttons and the 'power centre' which is based just above our belly buttons. These energy centres draw energy from the outside universe and are kept healthy by the natural flow of energy passing both in and out of these energy centres. When we are working out our lives from our 'patterned self' or 'ego-self' we are working through our lower three energy centres. These are known as the 'lower self' actions. As we become more aware and start to understand that we are part of the whole or holy self then we are able to start working from the 'higher self' and these also equate to the upper three energy centres. These are known as the 'heart centre' based at our heart. Our 'throat centre' based at our throats and the 'upper spiritual' centres based between our eyes and on the crown of our heads. This is why the use of the 'spiritual senses' are often referred to as the 'third eye', because of our developed ability to 'see' into other dimensions of reality. We prefer however, to refer to these last two centres as the 'spiritual centres' because these are the centres which are activated when working on the soul work.

Before we have understood the nature of the work of the soul we may work out many life-times in the lower density vibrational actions. That is to say that we act out our emotions and actions from the behaviours of the 'lower-self' and therefore the denser behaviours. We feel our power from our connection with another through sexual union and the power of the orgasm released from the 'root centre'. We also feel power from a strongly formed ego from the energy centre known as the 'power centre'. This unto itself together with a

strong physical body gives us the feeling of a strong 'power'. That is to say that we are able to exert power 'over' others. This gives us the illusion of power.

However, when we start to open up to the idea that there must be something else. Not just this physical life, we start to open up to other energies and other sources of power. This makes us understand that we are not all powerful. For as we embark on the work of the soul we start to see that the ego defense is just that. It is the defense mechanism that we keep in place to protect ourselves from the outside world. It is at this point that we start to realise that the ego is simply there to cover that which we really feel. Often at this point it is an 'earth shattering experience'. For the work on the soul can start to remove the protection that we have held in place for many years and as we do so do we start to feel the pain and the emotions that we have been protecting ourselves from feeling. It is little ones that we have not been protecting ourselves but merely stopping ourselves from feeling that which we have come here to feel. It is in this way that we block the universal energies from naturally flowing from us and to us from the seven energy centres which we have for that very purpose. This little ones is the 'story of the soul'. For within each individual there are a set of 'core issues' which play out in your daily lives. These are the core from which you experience the world. They are your 'victim' personalities. That is to say that this is the way you experience that which is 'done' to you. It is as we say that you are 'at affect' from that which you experience. It is in this way little ones that you believe that you are your personality. The whole purpose of the soul pathway is for you to realise that you are not your 'personality' or 'ego-self' you are in fact so much more.

For the 'ego-self' can only be small it is designed to be so, for it is full of fear. As you stand forth and leave this behind you, so you are able to walk forth, you are able to walk tall, you are able to do that which you came here to do. This is the 'greatness', this is the 'god-self', this is the 'god within all of us'. For we are all gods and goddesses, we are all kings and queens, we are all messiahs if we can only do the work and move forth with that which we came to do. I plead with you my children to do this work for it is the work that you come here to do.

CHAPTER 11

RAISING YOUR VIBRATION

Your energy field will increase as you learn to take in the energy from the natural world. This will be something you will need to learn as you stop taking in power from the universe in other ways which have been part of your destructive patterns.

The energy is all around you, indeed, it is all around you all of the time. The energy from trees which are very old. These have a superior vibration and these are the ones that I urge you to seek out. You can of course draw energy from any natural vegetation, but if it is surrounded by a lower vibration, for example where there is a lot of houses and

pollution and overhead aircraft, it affects the vibration of the plant life. It is important to get out into natural open spaces where you can feel the vibration in the oxygen and all of the plants which are around you including the wind, the sea, the air and the plants and the trees. It will be in time that you will understand as a nation that these are to be preserved and not to be built on and polluted as you are doing at present.

The vibration that you are able to obtain from these natural sources will illuminate your light and your energy field. It fills us with a higher vibrational force.

There is much to speak of on the subject of vibration. It is important to understand that the higher vibrational light can cut through anything. Any disease, and anything which is held within the physical body for it is purely energy or matter and it can be destroyed or removed. Nothing cannot be destroyed or removed by the high vibrational light energy. For it is difficult to imagine, but the light energy is the all and everything. So it is when the light energy comes down and through and hits the lower dimensional frequencies that it is able to dissipate and smash through them. For of course they are of a lower vibrational quality it is the higher vibration which wins over the lower vibration. This is the way the universal law of vibration works. It is important to understand the light vibration can cut through anything.

On your paths little ones you will feel the effect of this light energy frequency. It can indeed be disturbing, for it does indeed cut through the frequencies that you have been working from up until now. It will and can feel like 'a confusion'. As if one knows 'remembers who one truly is', but does not know 'forgets who one truly is'. It is in one instant that you 'know', and it is in the second instant that you 'do not know'. It is the deviousness of the mind and the play-out of the patterns. It is important to know that the first instinct is always correct. It is the 'god thought', it is the 'true essence'. Anything after that is not the truth, it is the 'illusion from which we live'. It is by nature little ones that it is your role in life, in all of your lives to remove the 'maya', to remove the 'veil', to remove that which you cannot see. For it is only as we start to see the 'veil' that we are truly able to lift it free. It is only as we become conscious that we are able to decide if we wish to remove it. This is indeed the path of evolution. For evolution is endless as we choose our parents so too have they evolved to this point. You take on the benefit of that evolution as you take both of their energies to form the person that becomes you. *You choose them so that you may choose what you are here to learn. As you choose both of these vibrations so do they come forth to join your vibration, and as you move forth, so does evolution and the evolution of man move forth.*

It is in this nature that we constantly raise our vibration as a nation. *It is unfortunate at this time as you will see me mention often, that the vibration overall of the universe is falling. It is in direct response to the destruction to your universe for it has not been understood the delicate balance that the natural world plays in feeding the raising of the vibration. So that we may move forward in an evolutionary sense. For it is not as the scientists would have you believe that we are distinct and separate from nature. For indeed we are nature, for we are all one; and when one is being destroyed so does it destroy the other. In this nature, hand-in-hand, we are destroying each other.*

It is in this way a 'power-play', or a 'play for power', or a 'play for the energy'. As the energy diminishes in the universe, which it is at present, so also does the vibration lower. The vibration is low and it will become much lower still.

CHAPTER 12

WHY WE ARE COMING NOW

It is difficult to sit by and watch the destruction of the universe as it is. It pains us greatly. For it is only by working through you 'little ones' that we are able to make manifest the stop of destruction here on earth.

It is only through you and with you that we will be able to do this work. For as we sit in council we can talk for many hours on what could be done and who and how it shall be done. But without the participation of you little ones it is impossible for us to make manifest these discussions which happen at the council level. For it is always your freewill choice which we must work with. It is not for us to push or to foretell of a future which has not already been agreed as per the pre-birth agreement. It is only that which we can agree with you, as we take a step forward each day, that we are able to bring forth, that which we talk of, at the council meetings.

It is at these council meetings that we talk of the destiny of the universes. For it is not only your universe that we speak of but of many others that are working in unison. We discuss other universes, we discuss that which is beyond comprehension. That we are the council that sit at a very high level. If one can imagine a hierarchy, indeed we are just below the arch-angels. These are of a vibration who do not do the work that we are here to do. But there are many that sit at our level who we take council with and who give advice and knowledge and who come to work with individuals on their path to bring forth the enlightened state.

There will be much which will be given through and forth. For it will be at this time that there will start to be seen evidence of those that wish to come forth. It will be a time of amazement for as the evidence is given forth so shall you be consumed by that which is shown. As it is shown this will have a profound affect on your path and your view of your selves in this physical dimension.

For indeed you will have your own evidence of spirit. Such that it will be without doubt that we walk here beside you. It will be for some of you a frightening experience. It will be done, for this is our path to practice. For indeed it will be part of the 'little ones' work to bring in evidence of the spiritual realm. I ask you little ones not to be frightened of this thought, for there is nothing to be frightened of. For we walk by your side anyway, it is only that you are not able to see us. For even those that walk the earth plane that can see us through that which they call their 'third eye', it shall not be as this experience. For we intend to manifest as matter. It will not be like looking at a smoky image, it will be like

looking at a solid image. For that which appears before you will indeed be the solid image of that which wishes to be shown.

We come only in this way at this time so that there will be scientific evidence of those that exist from a different realm. It will be measurable in terms of energy presence. It will be scientifically proven. It will be given in evidence in this way so that the 'little one' is heard. For without this methodology she will be just another who walks the enlightened path. This is not our intention for the 'little one', for we wish her to become known internationally, we wish her to be known universally. We wish her to be known as that which brings forth those from other dimensions. This will create a storm. This will create an intervention if you like. This will create a war. For that which has not been proven before, when it is proven, shall create a question mark over much of what you in this dimension believe to be true. With the evidence of physical matter of that which comes from other dimensions it will be possible to make contact with those on this earth plane who have not listened before. It will create mayhem, it will create confusion, it will create fighting. For it will be to question all that has gone before. Indeed for those that work in a biblical sense it will be a blasphemy for there are those that would wish not to acknowledge those that walk in the spirit realm. Although if you cast your mind to the Roman Catholic priest he does indeed perform rituals which cast out evil spirits. It has been done. It has been done many, many times. Indeed this religion does not acknowledge spirit other than this specific act which it performs. It will therefore, once it has irrefutable evidence of spirit it will have to question its whole belief. For once one has proven that there is the 'here-after' then it is that one must question all that has formed 'a belief' or 'a faith'. For it will challenge religions the world over. It will be in this way that those from other dimensions will come forth. For it will not only be those from the spirit realm that will come. There are many who wish to make manifest in this way and the 'little one' will be able to bring these forth.

It will be such that they will be able to be photographed, it will be such that they will be able to be questioned, it will be such that their energy will be able to be measured, it will be such that they will be able to make manifest as matter. I speak of this, for it is foretold. It is written. It is indeed made manifest for indeed time does not exist in our dimension and therefore if one can imagine that which you call the future has indeed already happened. I do not wish to explain this in great depth at present only to say that all that is and has and is happening is in fact always happening in the present moment. This is for us in spirit a difficult concept to convey. For when we come through and we speak of time it is often not a correct time-line for we have forgotten, if you like as we move into the spirit realm how the time dimension actually works. It is easy for us to forget this. I walk here with the angelic realms and the archangels and indeed all those that sit in this realm are of such beauty and light that one cannot imagine.

When spirit are made manifest there will be illumination. There will be a need for a lot of love to be given. For it is not easy to manifest in this dimension of fear for when one is of such a high light a pure light it is quite frightening to make manifest in a physical way in this dimension. It will be a magnificence that will come through. It will be of a blessing. It will need to come forth and make manifest in a 'protected light'. For at first

we shall be fragile. For it will be something new that we have not done. As time moves forward then we will gain strength and confidence and the 'little one' will gain her ability in bringing us forth in this way. It will be difficult for us to come forth into a dimension of such fear but as time moves forward we know little ones that this must be done and we are ready to do this.

It will be as time moves forward when it is proven clinically by scientists that we do exist that the lower vibrational occurrences will start. It will be at this time that we will seek protection in other ways. For we will need to protect our light from that which comes forth from our manifestations. For it will indeed create war, it will indeed create violence. For it will indeed challenge all that has been believed and thought previously. For it is now time my little ones to come forth and to show this universe what it hath done. It hath and is destroying itself. It is as if it turns in on itself. For it self is the whole self. There is only the self. So as it destroys itself so shall it become destroyed. We wish to prevent this.

How we will Manifest into the Physical Dimension

It is little ones much work where you develop your upper senses, for indeed you can 'tune in' when you work through your upper senses of that which you call the 'third eye'. This is not the work I am talking of. To move from the physical body into the etheric body allows you to travel as though you were spirit. You are then not constrained by the reality which you are programmed in a physical sense to see. You will be freed from this illusion from the 'maya' from the 'veil' you will be able to see all that which exists beyond in the other dimensions. For all the other dimensions exist all together as one. It is not as you imagine that we are in fact above or below for we simply are. It is only little ones that you are not able to 'tune in' and observe us as indeed you can with that which you deem to be in the physical dimension.

The dream-state is one where we drop our physical body and our other energetic bodies and transcend into the dream-state in our etheric body. It will be what you will call an 'out-of-body-experience' for this is what is required to move into the 'dream-state'. This is the dimension between what you call reality and we call pure energy. It is no more and no less. For if you were able to see all the dimensions and vibrations of energy that are around you, you would in fact be able to see us right now. It is not so for your whole DNA and programming is such that you can only see certain vibrations. These are the only vibrations that register on your senses.

Indeed there is scientific proof of that which I talk of. It is not that it is outside the realm of understanding of your scientists at present. The only thing, or difference if you like between that which has been understood at present, and that which has not, is that which I have described. For to leave the physical body, is to leave in fact the 'DNA imprint' behind. To leave the DNA imprint is in fact freeing yourself up to be pure energy. When you are pure energy you are not constrained, you are not restricted by that which restricts you, in the physical domain. The DNA is the imprint, the blueprint that keeps you locked in this reality. It is only when you are able to transcend your duality that you are able to

see those which live in all the other dimensions for they are with you always. This is what we mean by there is no time which exists in the other dimensions for everything is always happening now for the now is the ever present moment. For there is only this moment there is only the now. It is all happening now in and around you it is only the vibrations that you are not able to see.

Transcending the duality and the DNA dimension

I wish that you would be able to walk this path and to see into these other dimensions. For once the 'little one' is able to do this she will be able to be monitored by scientists and it will be that we will be able to prove that which exists in the other dimensions by '**merely transcending the duality and the DNA dimension**'. Once we have done this of course we will be able to be free to see that which exists elsewhere. It will be this that will make the proven state the scientific evidence that the 'little one' will be involved in bringing forth to this universe.

For it will not be until those that are bound by DNA and that which they have chosen to be in the physical life, will they be able to transcend their duality and to see into the other dimensions. Which at present can only be attained through 'deep meditation' or the 'dream-state'.

The process of transcendence

This process of 'transcendence' will be able to be attained by another 'means'. It will be this 'means' that will be proven scientifically and this unto itself will change the scientific nature of that which many believe. ***For once it is proven in science it is beyond discussion, it is beyond argument it is as simple as that. This is what we wish to attain, this is our objective.***

Break that which is believed at present by the scientific world

For she will, with the help of us 'break the mould', 'break the paradigm', 'break that which is believed at present'. For it will be irrefutable once this is so, it will be like a big bang going off. For when that information is clearly understood and absorbed into the scientific realm then it will impact the all and everything.

The 'unknown intelligence'

It will be like the very nucleus of life, for it will be the nucleus of life. It is an area at present which is called the 'unknown'. It is also called the 'intelligence'. It is called many things for it is not yet describable. Can you imagine little ones when that is describable? For within at present what is not describable, it is the essence of life, it is the essence of all being. It is the one and only answer of what life is truly about. For once scientists are able to discover the very essence of that which life comes from. Once this is proven in a scientific sense, it will impact every layer and every moment, and every being and every atom and every essence.

For there will be nothing and no-one that will not be touched by this. It will be earth shattering. For indeed at present if you are able to understand physics, then you would understand that many have tried to 'crack this nut'. ***Einstein saw it as something he***

could not crack. For there was not a mathematical formula that could describe that which he sensed within his gut. [Einstein “unified field theory”]. However, because he was not able to transcend his DNA programming it was not possible for him to transcend into that which could have shown him the way.

CHAPTER 13 POISONING OUR PLANET

We are aware little ones of that which you call the ‘affects of nature’. That is to say that you are aware of much that the scientists do not tell you. But we must warn you little ones that nature unto itself cannot withstand that which you pour into her in the way of chemicals and fertilisers and pesticides. These combinations of chemicals do not exist in the ‘earthly sense’. That is to say that they would not occur in a natural state. For in a natural way, in a balanced way they cannot exist. For they take nature from her ‘natural’ state into her ‘unnatural’ state. This we cannot show you in words alone for they are but a communication to you to say that you are destroying your planet and without her you cannot sustain life here on earth.

It will be only when human life is sacrificed through the poisons both in our air and food and water that we shall pay heed and listen to those that have something to say. It will not be an easy task to get you to listen for this will be from a dimension which is not known to you and will create much fear. It will be in this nature that we will need to prove our existence and this we are ready to do. For we know that it will only be through a scientific means that we will get heard. This we are ready to do.

It is while the scientists fight over who is correct and who is not, that we shall see the destruction of the universe before our very eyes. For they will not find the answers where they are looking, this we know and understand.

It is not enough that we talk in spirit for we want to come here one and all to you. We wish for a direct experience. It is something in our blood, in our hearts for we wish it. We are ready to walk on the waters, we are ready to part the waters. We are ready to make proof. For in this land there is not truth. It is not in your hearts, it is not in your souls. It has been taken from you. You are but hollow beings as you walk this path if you are not able to intervene in that which you see. For as I cast my eyes across the plains of this universe it makes me angry. I am angry, we are angry in spirit. It is that we are angry with this situation. It must be stopped. We are here to walk by your sides little ones for we wish you to make an intervention. It shall be so we are guiding you little ones whether you feel it or not we are by your sides. We are walking with you one and all. You all have your individual guides but you are linked to the ‘little one’ you are linked to her like blood, like blood brothers and sisters, you are joined little ones as if you are joined directly from the heart. We are like blood brothers and sisters. We must come here and speak our truths we must fight together to change this situation. It must be so. It was like the battle when we were on the plains for we talked and we talked in the

council of that which we could not change. It was the despair and the hunger and the trauma that we suffered as we saw each and every one of us destroyed. It was a terrible thing to go through. This is the same. I can remember it like it was yesterday. It is as if we walk the plains my children we ride with you and as we look across the plains and we see the destruction. It is that you poison the streams. It is that you destroy the very nature that brings you alive, that keeps you alive. It is this essence little ones that feeds your very being. It is the essence of every plant of every atom that feeds the energy and the system which is your being for it is you and you are it.

CHAPTER 14

WHAT MUST BE DONE

If you study all of the ‘scientific truths’ you will realise that all of the ‘universal truths’ are also the same. It is just another way of speaking to this and interpreting that which has been proven in a scientific sense. Science will only understand what it can prove and have evidence of. This we are aware of and this we intend to move forward so that those that work in this field **have scientific evidence of the after-life and of the other universes. It will be shown in scientific terms.**

The spirit dimension will bring forth the knowledge that has been held of that which we call the ‘finite’ essence. That is to say the ‘essence of life’. For it will be understood by many that these are in-fact the life-source in more ways than one. At present it is merely seen from a scientific view. In time it will be seen and understood from an energy dimension. It will require the scientists of this universe to listen to those who are here to teach from other dimensions. It is part of the ‘little ones’ work to make contact with those from a different dimension to bring down the understanding of the scientific nature to those who think in this way. **So it can be recorded and tested. It will be proven under conditions which are clinical.** It will be proven beyond doubt that what I teach and speak of is indeed the truth. For the scientists will need evidence. They will not listen to the ‘little one’ until evidence will be given. It will be part of her task to do this.

We wish for your scientists to be stood in a line. We wish for your scientists to hear that which they must hear from the spirit realm for there are many in the spirit realm that can talk in a language which will speak to these people. **For these people are confused, they are lost, they are aligned to corporations that are committed to poisoning the planet.** These corporations they advertise on your televisions, on your internet, on your mechanical devices. They speak to you in forked tongues my children for it is these companies that are destroying you. It is as if you believe these words of these scientists but these scientists are paid by these corporations it is not in their interests little ones to stand up to these corporations. It is not possible for them to do that for that which they are paid serves them on a pleasant life at the expense of all of us, you, one and all, and myself, and all of those in spirit that witness this. We wish to stop it. We want to intervene we want to change this. This is what we are here to do. **With your help.**

Making the intervention

You may wonder what you can do to help this situation, you may feel powerless.

You may feel small. We ask you to stand forward and to be big. We ask you to stand forward and to speak your truth. We ask you to stand forward and to work with the 'little one'. For she will stand forward and she will speak her truth. For there will come a time when there will be those in the establishments who will listen to the 'little one'. **We will ask you to step forward and to work with her in this matter for it will be by the nature of this support that you give her that you will be able to help her make this intervention.** For there are many in spirit who will stand behind her.

As time goes forward you will see me. You will see me walk the earth again. You will see me make this intervention for it will happen. It is not a hollow promise. I do not speak to you with forked tongue I speak to you as a red brave. It is my word on my heart you may take it as that my little ones. I ask you, that you are my brothers and sisters, I cannot lie to you, I cannot stand by and see you poisoned day-by-day. It is not in my nature, it is not in my blood. It is not that which I come here to do for I have been sent on this mission by choice to work with the 'little one' in this way. It has taken her much courage to stand forth but stand forth she will, stand forth she shall, stand forth she can. She is here to be great, she is here not to be the small counterpart that she grew from. For she has broken forth from this shell. This is the work I ask you to do my children. For it is the work that you come here to do. For it is not until you are able to break from your shells, that which you believe yourselves to be, that you are able to be great. It is so it is written, it is the life, it is the work that you come here to do my children. **The 'little one' will lead many on this path as she asks you to walk away and leave your 'ego-self' behind.**

There is no other work to do, only the work of the soul, of the spirit, to free the spirit. It is a brave spirit that chooses to come to be encased in the physicality for when we are in spirit we have no restriction we can go wherever we wish we can make manifest whichever we see. It is only when we try to come forth back into the physical from a spirit dimension, this is difficult my children, this is very difficult. But we are committed to doing this, we are committed to making this happen. We shall make it happen.

There are many of us that are coming here to do this work with various people around the world, you will be linked little ones. It will be through the energy system in the universe that will draw you together for your vibration will be similar as you do the work. It is indeed as the 'little one' has said 'that birds of a feather flock together'. For this saying is not of no consequence. For it will be so that those who have the same vibrational frequency will be drawn together like a magnet. For like attracts like.

CHAPTER 15

ARMAGEDDON THE FINAL CHAPTER

We come on behalf of many who sit at council of those that are of the highest energies for they sit and they observe for they have observed the destruction of planet earth and all

of its beings. It is something that we do not wish for it is apparent that the anti-matter which is gathering around the earth-plane is creating a chemical reaction which is beginning to break down your atmosphere. It is the atmosphere which creates life on this planet for it is the anti-matter which is gathering around the outer parts of the universe which is becoming the negative attraction from the pollution and that which is spilling out into the greater atmosphere it is starting to attract that which is negative in and around from the other universes. It is creating dust particles, it is creating anti-matter. This is not an easy state to be in for a universe. For it is that like attracts like not only within the individuals who create the group consciousness of the planet but they also create the consciousness that gets attracted to them in the particles that are beyond atoms for within the atoms if you split the atom there is but space but space indeed has an energy and that which is being attracted to the planet earth is the energy of negativity for like attracts like. The universal consciousness has dropped below that which there is a balance between what you may call 'good' and 'evil' or 'good' and 'bad' or 'hot' and 'cold'. It is that the balance has become such that the negativity is seeping into society like a disease which is also manifesting and penetrating your earth planes, your animals, your food chains and your waters. It is a state which feeds further imbalance and this speeds the imbalance towards that which could be described as the negative force. It is so for one can feel the energy of this planet as its life energy is being drained. It is felt within the cosmos it is felt beyond that which I can describe.

It will move into such a state of unrest that there will be further riots and further destruction planetary wise with regard to the weather systems and it shall be so that the picture of gloom will start to happen. It will not be without a great intervention by great world leaders, which will stop this destruction from becoming the final chapter.

There will be many who will form a new movement, they will form a new way, who will form a new wave. It shall be so for without this new wave there will be no planet earth. For the earth's crust is starting to disintegrate as we speak. The off-spring of the four legged animals are dying in our arms, the fish that swim in the sea are dying in our seas it is a planet in destruction.

The scientists who are working for world leaders and who pay their salaries are not free to research that which they feel to be true. For it is not in their interests to prove that the earth crust is truly breaking away into the atmosphere. It will be a little while yet before this news will hit your universe via your television satellites. For in time, it will be visible to see the disintegration of the planet and that which surrounds it. This is what is forming the anti-matter, the atmosphere which gets held around the planet earth. These are the gases which surround the planet and create its bio-stratisphere.

The action will arrive from the heart the movement will come from the heart the listening will come from the heart

It will not be without a great intervention, it will not be without a great leader who is able to speak to those that are creating 'armageddon' for 'armageddon' is simply the breakdown of your planet and is happening now. For without the intervention of those

great leaders who do not see fit to continue to pollute the atmosphere, it is the end of life as we know it.

It will require a great man, it will require a great passion. It will require science which is not sponsored by large companies, a completely independent source. This source has already been found and this independent source will work with you. For if we cannot prove that the destruction is happening because of the pollutants then the atmosphere will break down and you will not be able to breathe my children. For once this delicate system is broken it cannot be fixed.

It is this destruction of the bio-stratisphere which needs to be proven. For this is what will unite your world leaders. It is this that will create a common enemy. For once the world leaders are aware that the very universe that surrounds them is breaking down and that the oxygen is no longer of a quality that we can breathe as a human race then this will cut across all politics, it will cut across all policies, it will cut across all countries, it will unite the world as one.

It will be the beginning of the one world, of the one nation, of the one people. For it is meant, it will happen, it is our destiny to walk together hand in hand, brother and sister, black and white, creed and creole, dark and light. It is to become one, whole, holy, it is our mission.

CHAPTER 16

CALL FOR ACTION FROM THE HEART

The events which have been taking place within the world are of tragic magnitude. There has been war, there has been terrorist attacks. There has been world weather changing patterns which have manifested great floods, great mud slides, great fires and great tornado's and storms. We have yet to see my children what is yet to unfold. But what we can say is that the events will be triple in magnitude of what you can yet imagine to be the worst of what is to come. For the earth will unleash her discontent.

The events that have taken place are indeed an outcome to that which has gone before. For there can never be an 'action' which does not create a 'consequence' and so it is so with what is yet to come. For the collective 'actions' unto themselves create a 'collective' set of 'outcomes' or 'consequences'. This is what is meant by the overall 'world mentality of man'. For the collective 'thought patterns' 'behaviours' and 'actions' of man has created that which we describe as the 'collective consciousness' not only of the human world but all of those who inhabit planet earth.

It is as if the world has waited for this moment for indeed it has taken many millions and millions of years for this moment to be manifested. It is important to understand this my children for nothing happens by accident nor indeed in your own lives nothing happens by accident everything is through cause and affect and of your own manifestation through

your own vibrational condition. That is to say that your own 'vibrational condition' is created by your own 'thoughts' 'patterns' and 'actions'. This unto itself is the 'collective set of vibrations' manifested by you. This is what we call your 'level of consciousness'.

It is the individual level of consciousness which is important here. For the 'world consciousness' is the 'collective consciousness' of all those beings that inhabit planet earth. It is at this present time in a state of imbalance it is that we wish to send healing light and rays to all those who walk the earth planes for indeed the mother earth is depleted, she is in need of healing, she is in need of love, for indeed we all are. It will be important my children through this next phase to feel in your hearts what you feel to do. It is for some who will be compelled to help. It will be for some who will be compelled to hide. It will be for some to send their prayers and love. **It will be important my children for you to act.** It will not be enough for you to sit and think. It will be important for you to feel that you are moved to action for this is the most powerful force. It has a much stronger vibration than the power of thought. Indeed the power of thought is the first vibration. The power of action is thought in action and this is the most powerful vibration. Of course the first is the intention, the thought, the second is the spoken word, the third is the action. **I urge you little ones to move to action.**

It will be whatever you feel moved to do. Please remember my children that all actions that come from the heart will help the overall vibrational situation of the planet as it stands now.

This is a time of great change and flux. It is hard to accept that those that come in this way who speak with you through the 'little one' are indeed speaking the truth. It shall not be an easy time for the planet earth and there shall be much unrest for there will be those who will be moved to fight, there will be those who will be moved to pray, there will be those who will be moved to heal. Your action now little ones will be very important in the overall balance of the universe. For if there are sufficient numbers who are moved to action from their heart this could have a very important impact on world events. If there are sufficient numbers who are moved to action from hatred and revenge, this will also have an important affect on that which is to come. It is not little ones that you should feel that your single thoughts or intentions or actions do not count for this is not true. It is as I have explained that each and every single thought and action will have an affect on the outcome of this coming conflict. It is an opportunity for us to become whole and holy. It can only happen through those that have the intention to act from their heart.

It is with great sadness that we see before us unfold for we know that the 'little one' has been moved to tears of sadness for the universe as it stands. It is that we ask that you shed no more tears and you think carefully of that which you can do unto another. We ask this of all of you and I extend this invitation to those of you who are reading this book. For it is not the time to turn a blind-eye to turn the other cheek to say that this is not my conflict for it is all of our conflicts for we are all one. For in this moment in time if all in the universe decided that it was not their problem then we would have nobody who would be held to account.

It is important at this time to establish world values of that which we will tolerate and that which we will not. It is not that the anti-christ has been sent but it is enough to say that the lower vibrational forces can either create more evil deed or they can create good. It is our hope and intention that the 'little ones' that have been sent at this time will want to do good. It is our hope at this time that the world will unite as one and will decide it will not tolerate that which has gone before and that it will not tolerate the atrocities on human life. If it can come together and form an agreement as the whole it will have stepped forward enormously in its consciousness. It will not be without struggle for nothing is won without struggle. This we would regret but it is the means by which your consciousness is able to overcome conflict at this time. This will be first of many situations which will arise over a long period whereby the world will have an opportunity to react as one. If this is so then we can start to see the beginnings of the whole. For it was a sorry time to see the world unite and agree against terrorism but it was not without intent for without this event this atrocity then the world would not have been moved to action. Its action now will spell the future as we move forward.

It will be made up of individual's actions and therefore my children we ask that you are moved to act to that which you believe in, to that which you believe will move towards the whole.

It is much that I ask of you at this time but my 'little ones' without those who are of the 'knowing', without those who can already 'see', without those who are in this 'higher vibration', then we can only leave it to those of the lower consciousness and this vibration seeks revenge. It will lead to blood-shed and tragedy. It is 'little ones' that we must find a balance to bring the perpetrators of these crimes to trial and spare the many innocent lives of those who are trapped in its midst it will be a humanitarian tragedy if those who are innocent are not given help and respite from that which they are oppressed by. I ask little ones that you do what you feel is right. I god bless you

END OF BOOK

This section to be later placed at the back cover of the completed book

ABOUT THE AUTHOR

We represent Damius, Running Deer, Running Water, Running Horse, SunDown, White Cloud, Walks Tall. We are one and all, we come here to be with you, our presence is strong. We know where the 'little ones' heart lies, it is with you my children it is with her work of the soul. It has been made clear, she has lain down her sword, she has lain down her cloth, she is committed 100 per cent, we feel that in her heart, we do not need to question this. We are with her on this last part, for we wish for her to know the strength and the mightiness of that which stands behind her, ready to do her work. The path to find his heart to find his spirit, to walk as a true brave, to walk with a true heart, to stand out amongst a crowd. For when you find your true light, when you find your true gift, when you find your true spirit, you 'walk tall'.

As the weeks go by and come forth my children she will start to teach to you, one and each of the lessons that she has learnt for it will start to crystallise for her into a story, as clear as the vision that she is bringing forth. When she brings it forth she will start to teach. It will be in a very clear fashion for she will start to see the clarity. It is like being in the trees and then being able to see each individual tree. She will start to be able to see each individual tree and as she does she will be able to describe it to you. As she is able to describe it to you so will you be able to understand which each tree means. I am using this symbolically of course for it will not be in the nature of trees that she teaches of, but some of what she teaches will be about trees. I god bless you my children, I kiss you one and all for I love you dearly and I am working with you always. For I am with you through the link the 'little one' has with you. We are here to do great work children and I want you to know that each one of you has a special purpose in being here. There is much work for us to do and as the little one becomes clear on her vision so will she call upon you. I will call upon you. It will come from within little ones. It will only be there if the calling has to be answered and it will happen at a different time for one and each of you as you move forward on this path.

I wish to bless you all as you come to this earth dimension for you all have particular skills which we will be calling upon. It is with this request that I put to you. For it is not by chance that you come to read this book. For this is never so. I will be calling upon you, each and one of you to come and work for us. It will be your free-will choice whether you choose to do this. But I will be asking you to support the 'little one' in her work for this work will be of a pure light and it will only be those that wish to work with this vibration that will come and follow her. I wish it to be known to all of you that you are all of the light. That you are all working on a spiritual path this is enough to say. I shall be working closely with all of you on this path and in this work through the 'little one'. This has already begun I bless you all.

We wish to teach about it in a way that can be taught simply and easily. It is the work of the 'little one' to talk about the simplicity, for it is not until she has understood the complexity that she will be able to apply her skill and intellect to developing the

simplicity from which she can teach. It is over time that she will develop this for first she must understand all that there is. It is a period of teaching and understanding and absorbing for as she absorbs this and she works with the nature that we are sending her to walk in each day. So will her vibration raise and her energy will raise and she will feel the full force of what she is here to do. For it will be like an arrow shot with power. For the power that she will feel and the intensity that she will feel and the clearness that she will see will be beyond comprehension at this time. For when she is ready to fly like an arrow so will she fly in clear path directly in front and nothing will stand in her way. Nothing will move her from her path for she will know exactly where she goes. You little ones will be in service of this if you so wish. For you will also fly like a dart if you are to do the work on yourselves as the little one has done. But she will describe this and help you on your way if this is what you so wish. You already understand so much way and over and beyond what the normal human being understands of this world. We will teach week by week and as the little ones knowledge expands so will yours. ***The main work for you to do however, is not of the intellect. It is work of the heart, it is work of the emotions, it is removing the blocks, it is removing the fear. It is removing that which holds you separate from that you are truly here to do.***

I god bless you my children.

PART TWO

THE SPIRIT GUIDES WHO HAVE HELPED TO BRING FORTH THE INFORMATION CONTAINED WITHIN THIS BOOK.

I introduce all your guides to you personally for some have names and some do not it depends on their quality. If they bring a quality rather than a presence then this is the quality that they come forth with and these qualities cannot be given names. Some guides have names because they have a personage.

I wish it to be known on the behalf of all those that stand behind **the eight** who have chosen to come, that there are so many of the vibration of love and light to work with you, you cannot imagine. We are here to make manifest as Moses did, he parted the waters for those to walk through. This was his manifestation of the physical matter. It will be like this. It shall be so.

Esmerelda I am. I am from Atlantis, I am a goddess. I hath great beauty. I am of a precious stone. I possess great powers of an unearthly nature. I am the magician. I have the ability to cast a spell. I have the ability to float with the dreamers. I have the ability to move mountains. I have the ability to move people. I can transport from one time to another, for I am not cast in stone. I am of a nature which can move easily from one dimension to another. For I have learnt to do this over many, many millions of years. I am here to work with you for we are as one. You are of a beauty for indeed we all are. It is that in this dimension that we are not able to experience ourselves in that beauty although that beauty is always there. It is a beauty beyond description. For it is not the beauty of the skin. It is the beauty of the nature, of the essence of the being. *For we are all goddesses, for we are all gods. Alas we do not know this. I wish to teach of this and this is my capacity in which I come.* For I shall speak of the gods and the goddesses from of old, from Atlantis. I will explain the story I will talk of this. For in here contains the story of this life-time. For indeed it is to be repeated if it is not to be changed. I have come here to change the story of this life-time in this universe. For I wish to teach of what we did. For it was through greed and avarice that we destroyed our great nation. It shall be so here, indeed it is written for it shall happen again if there are not the intervention of those who have been sent to do the holy work. It is of the nature of the 'little one' and her task before her that she has chosen to do this work. We have chosen to come and work with her for there are many who are wishing to stand by her in this work. I bless you all from Atlantis for the city was great, the people were wondrous. It was that the city became over-whelmed by greed it was a destruction of greatness. For it was a great nation. Indeed it is with sadness that I see the same happening here on the earth dimension and I wish to prevent it. I have come here to do this work and I look forward to working with you.

I am here with you in this sea of life, for the life is of a universe of a beauty of such the Atlantians knew in their time of godliness. As they walked the earth-plane. It was then an earth of such beauty and magnificence I cannot describe it to you. It was beautiful

beyond conception it is beauty beyond what is in your mind and that you are able to see. It is beauty of such innocence and allure I cannot describe it. It was like magic. It was the world of delight of pleasure of sun and sea. It was full of animals of life of vibrancy and energy. It was like no other that you can imagine. I cannot convey the beauty for it was exceptional. I wish only to convey that I am here to preserve that which you have now, in this beauty that you see before you called the earth-plane. For we are here to preserve it, we are here to keep it. For we wish it to remain as the beautiful spectacle that it will be. For when we all move towards the light which is our work children, that we are here to do. *We will move with you as a tidal wave as we move forward and move the seas forth. For as we move forth the energy and you see the beauty. You will feel the vibrancy, you will know that the energy is alive. It is not as dead as you are trying to make it now. It will be alive like a beauty of magnificence as you see the energy in the seas and the skies. You will see the energy in everything, the particles as they move forth. It will be a beauty and a magnificence you cannot imagine. I am here to make you see that children. For as you see it you will wish to preserve it.*

It is felt by many elders that this is so and it is written for we have come at this time to save the earth dimension. For it is a place of avarice and greed, there is so little love in your universe. It has been seen it has been felt. It is why we have come. There will be many that will come and be formed in this way, for they are to be known as the ‘World Transformers’. They are here, they are sent, they have yet to be linked. ***For the work she has come to do, in those that she brings, will prove beyond doubt that there is a spirit dimension of enormity and great power. Of such power that you cannot imagine in this dimension. It is time now to bring this power forth.***

It has been decided by those elders that this shall be so. For it can be without doubt that this must be proved in this dimension that there is the spirit. If this is not so, and this is not achieved, then this dimension will destroy itself from its own destruction. This we do not wish at this time. For it has taken many million and million of years for the earth to come to this point. The city of Atlantis went through the same thing, and spirit were not sent. They were left to do their own work. It was a great sadness of the destruction of a great city, of a great universe of a great place. We do not wish it to be this time.

We are the High Council. We have the energy of judgement, for we oversee all that takes place in the spirit dimension. ***We come here at this time to start the proceedings.*** We watch all that takes place in all denominations. For we are great leaders in our own right. We make judgement over all denominations. That is to say, all universes, all spectrums. I cannot find words to describe our role, for we sit as the High Council. ***We watch over all proceedings and we do give judgement.*** It is not of the kind in the earthly dimension. For the judgement of the High Council is the last word. It is the highest word. It is that which is spoken by us, is of the last word. For we are here to give counsel. We make judgement on those who seek our counsel. For they seek advice on work that they do in all dimensions. We wish you to know children that we are watching over you, ***for all who are sent through the ‘little one’ are here to do work of the great leader and the christ energy.*** They are here to manifest this energy on earth. It is in this way that we wish to keep watch over the proceedings of this on earth. For it is a great

game which is being played. We do not make judgement on you on the earth-plane. For it is only those of the great spirit dimension which seek our counsel, and we wish it to be known that our counsel has been sought. *We therefore wish it to be known that the work of the high-light beings that work through the 'little one', are of the purest intention. There is no contamination in this work from the lower vibrational forces.* For there are also many of those that work on the earth dimension. There is nothing to fear, for there is to be a great wave to be created. It will be so massive that it will be a torrent across the earth-plane. We wish it to be known that you will be a part of this, if you wish. But we wish to make it clear today that the Council have spoken and this is the last word in the spirit dimensions. For we are the highest Council that there is in these domains.

'The Chief of the Sioux Indians' How. I come, for I wish to make myself known. I **am a spirit elder of all the American Indian Nations.** I am 'Chief', I was Chief of the Sioux Indians. I was very old when I passed to spirit. Some score twenty and nine. I send you my nations, my indian warriors to work with you. It is they that wish to come to do the work. For my energy and my powers are not strong in the way that my sons '**Damius**', '**White Cloud**', '**Running Horse**', '**Running Water**' and '**Sundown**' are. I send you these my children, to work with you to bring about the changes that are required. They all have great powers of spirit. For they are part of the 'Indian Nations' who were great who walked the plains of the earth bound cities. For they come to bring peace to the white-man who invaded their towns, their villages, their settlements. We come to work with all colours of skin. For it is true to say that the colour of skin matters much in this dimension. It is something you still fight over. It is still something that you look down upon. For those that are not of the purest skin are considered lower. It has always been so in your society. It has been that peoples have been murdered for their colour and creed. I send my children to prevent this. We wish it no more. It is time for us to be Brothers and Sisters for we are all Brothers and Sisters in the spirit dimension. I wish to call upon my son '**Damius**' to speak with you for he is powerful medicine man and I know he will wish to come forth to bring the power of his medicine. For those that are sick can be cured. I send my son '**White Cloud**' to work with you to climb the dimensions that is to say, to transcend from the earth-bound dimensions into the dream-state. For 'White Cloud' can walk both states. He will work with you to lead those into the dream-state. So that they are able to have visions of that which they come to do. This is the work of 'White Cloud'. I send you my son '**Sundown**' who is here to bring the power of the miracle cures through the manifestation of the benediction light. He is to do this work.

I bless you for your audience for it in indeed to be a privilege to work with you, and to be a part of that which is to come. For we know that we have entrusted much with the 'little one' and she is ready to bear fruit as sure as the trees come into bud and then into leaf for she is surely a tree in bud. For she has yet to come into full leaf. It will be a time during the summer months that she will do this. She will come into her full being of that who she came to be. It will be that she will carry the weight of 'All the American Indian Nations' behind her for we are those that have pledged to be by her side. I wish to leave you my children but I wished to be made known to you for there is much dancing in spirit. Great wolves walk the plain, great buffalo walked the plain, great animals of all

the kingdom celebrate and unite with us. For they are all with us in spirit. That which we spoke of 'the great white buffalo', he is the buffalo of the spirit realm who represents the collective soul of all those buffalo that were slaughtered in the name of conquering the plains. It was the starvation and the destruction of our peoples at the hand of the white-hunter. For he had no pride, he had no understanding of spirit. It has been the dominance of this way of thinking on earth from this day forward that this way of greed and lust and taking from the land that which has belonged to the indigenous peoples of the world for they came to be there naturally and lived in harmony with the environment. It has been the reign of the white-man's greed for too long. That has raped and pillaged the land the world over in the name of living in harmony. The white man has no idea what it is to be in balance and harmony with his nature and the nature of that which exists around him. It will be time little ones to connect with this knowing and this the 'little one' will do through her connection with the last elders that walk on the earth plain. For they will be gathered together as a 'Council' and we shall speak with this 'Council' to bring about the spiritual return to our kingdoms. It is our dearest wish that we make this happen for it will not be until we return the spirit and soul to the human lives that walk this plain that we will be able to save the spirit of the plant kingdom, of the mineral kingdom, of the kingdom that you call your beloved universe. For without this intervention there will be nothing left.

I leave you with peace, I leave you with love, I leave you with that which we came to speak of. For my words are of wisdom they are based on knowing.

Running Water Brave – to lead you on meditations for cleansing work

For this is my role, 'Running Water' this is who I am. I stand forth by your side. I come here I represent the power and the energy of that which falls through and over you. For to stand in the clear spring waters as they rush down from the mountains to stand in that cool clear water is to cleanse the soul, is to cleanse the being. For this is the work of the spirit, this is the work of the Brave as he comes here to the earth plane. Those that walked the earth plane as Red Skins we knew and understood this work. We were here to cleanse our soul and to find our spirit, to be brave, to find that which is in our soul. It was our work we understood this. This is my work now as I come here with you, for it is my work to cleanse those that come to the little one as she works forward on those groups that she is here to work with. I stand by her side. I stand as the Brave 'Running Water'.

I am 'Walk Tall' for I walk tall - I am the knowledgeable one

Welcome my friends for I am of the blood, I am a brave, I stand by my brothers and sisters. We are proud to be a part of you, for you each one, and each of you is with us standing strong and brave ready for the fight of your lives. For we are here to fight with you my friends. For we are blood brothers, we are of the rivers, we are of the mountains, we are of the sunshine, for we are of all of the elements.

For this is my name 'Walk Tall'. It is the translation for I walk tall on this plane, for I understand much. For I have much to impart to the little one to have the knowledge of the universes as they span the many millions of years forward and backwards. It is the galaxies, it is the universes, it is the universes beyond universes, it is the galaxies beyond the galaxies. For it may appear to you that you walk only on the earth dimension. May I tell you little ones that as you sit in meditation the spirit is able to travel. It is my role as

'Walk Tall' to teach the little one of all the dimensions and universes, and we shall do this as our spirit leaves our bodies and walks forward into the many universes. For it will be in this way that I teach the little one in these states of trance and visioning. For it will be in this way, experientially, that the little one can have what we call 'first hand experience' as she walks in these many tribes and these many planes. For there are many, many peoples that would wish to meet the 'little one' so that she may impart the knowledge of spirit realms to those on the earth plane. 'Walk Tall' wishes to thank you for indeed I speak as a brotherhood. For we are a brotherhood we are all as one. We are one. I God Bless you and peace be with you for I know that you are walking your path and I wish to extend my thanks to you one and each of you, for it is in this way that we will work together children to save that which has been created in the earth dimension. For without each and one of you the universe will be destroyed as sure as I come to you and speak for if time moves forward and we have not been successful in our quest then there will be none of you to talk to. This is as written, it is why we come, it is why we must act children, for there is little time.

I am 'Running Horse' - transcend the matter of the physical into pure energy

I run with the wind, I run with the rain, I am like the wind when I am on my horse, my trusty steed. For it is when we are running along-side the animals on the great planes of the universe that we feel at-one with the spirit realm and that which is material. For we are able to transcend one and the other. It becomes so that there is no separation between myself when I am in a material sense and when I am becoming just pure spirit as I move from one type of matter to the other. I am able to completely transcend the matter of the physical into that which is pure energy. It is difficult to imagine but if you can imagine the feeling when you are on a galloping horse and you have the wind in your hair and you have the rain on your skin and you feel the elements touch you, all at once you become one with the elements. As you become one, you become pure spirit, as you become pure spirit, so you are able to fly into the spirit dimension. It is the way of 'Running Horse', I wish to bring you this as a gift, for we shall do this together my children. It is in time that we learn to do this. For it will be through our work in the natural environment together, that we shall feel our spirits lift completely from the shell which is our physical body. We shall move into a complete astral body as we fly into the astral fields and so in this way children we shall be able to leave our physicality and fly into the spirit realm. It is part of my role. I walk along-side 'Walks Tall' for we work together. This is our role we bring it to you my children. I look forward to working with you. I am a Brave. I am your Brother. You are my Brothers and Sisters. I God Bless you.

PART THREE

THE SEVEN STAGES OF DEVELOPMENT

There are several stages of development in the 'human earth-bound' experience. They are roughly as outlined below:

First Level	Simple Consciousness
Second Level	Realisation
Third Level	Understanding
Fourth Level	Choice
Fifth Level	Command
Sixth Level	Surrender
Seventh Level	Grace – 'God Flow'

1. **Simple Consciousness** – This is the state of connection with your 'inner knowing'. That is to say the part of you which is 'divine'. Some call it your 'higher self' some call it your 'soul' some call it your 'candle flame'. The spark of life itself. This is the realisation that there is something greater than just 'you'.
2. **Realisation** – This is the state of knowing that there is something other than you 'plus' what exists in other dimensions. This is the development of the 'spiritual abilities'. That is to say the psychic abilities, the medium-ship, the sensing and 'third-eye' opening. Often coupled with healing and energy sensitivity.
3. **Understanding** – This is the state of integration of the first two stages. That is to say the full connection with the 'inner' spiritual self and the full connection with the 'outer' spiritual dimensions. This is the state of releasing all fear and coming into balance with the natural energy flows of both the outward and the inward flows.
4. **Choice** – This is the state whereby we have understood our connection with all there is, all there was and all there ever will be. For we have understood our pre-birth agreements, we have understood our choice of parents and life-path to guide us to where we need to go. We have understood all our choices which have taken us on the journey which in this life-time we have taken. We also realise that even with the backdrop of all this we still have 'divine will'. We still have the choice to change our own destiny. To either keep on experiencing 'more of the same' or that we have the power to make a choice. That we are at 'cause' within our lives and not at 'effect'. We start to make choices for love and abundance. This unto itself brings forth this experience.
5. **Command** – This is the state of 'co-creation'. That is to say that we are able to connect with our own inner divine nature while also calling on the outer divine forces. We discover that what we think, speak and act can and will be made manifest. This is the ability to 'command' the forces which exist to 'serve' you rather than you being at 'effect' of these forces. You have gained an understanding of 'cosmic' force. You have gained an understanding of 'inner cosmos'. For that which you hold within will and must be released for the true nature to come forth. Once this is so then the power within coupled with the understanding of how to make a command will and can make manifest that which you hold within your hearts.

6. **Surrender** – This is the stage of work which can only be described as an overwhelming desire from the heart. The mind will do its utmost to convince you that the material world which sustains you is the path you must continue on. It is not! The only way to god is through the process of surrender. This process will naturally lead you on a ‘healing path’ to wholeness. To hael, healed, holy, whole. It is the process of following what you feel in your heart to be the way. For this my children is what ‘you’, that is to say the ‘divine’ you came to do. It often means that you step-out of ‘material’ life to follow a period of catharsis. Clearing and healing of the mental, physical and emotional bodies. It is the process of finding your particular healing path so that you may become whole, integrated, balanced and most importantly without fear. For it will be during this period that we will move into the next phase.
7. **State of Grace** – This state naturally flows from the state of surrender. It can only be so. Once the ‘clearing’ of all the other ‘bodies’ has taken place we naturally and easily step into the full force of the ‘god-flow energy’. This unto itself can make manifest that which you came to do and to be. It is the state of grace for you have become a ‘god’. It is the state of light. It is the ‘Christ Star energy’. It is the Buddha mind. It is the mother, the father. For your energies can and will be from a place of total love, from a place of total peace. It is the state which was intended. It is the state of ‘heaven on earth’, for it is from this state which flows forth the journey of the divine flow. All which is made manifest from this place can and will be of ‘divinity’. That is to say that it can only be pure light. It can only be of the light and in the light it can only be God. For nothing can exist which is not pure – whole, holy, hael and healed, for from the state of grace all have been healed.

There is not a set order that you follow these stages through. For you may find following a short workshop which ‘awakens’ your spirit that you feel in that moment compelled to give up your present occupation and go and be in service to others in some capacity. It would not mean that at that point in your life that you had completed and experienced stages one through to four. However, if at that point you did decide to give up your present occupation and carry forth the action given forth from your heart you would indeed find yourself being plunged not only into service but into exploring stages one through to four. There are also those who follow a spiritual path along-side their ‘old life’ and develop through the first four stages before feeling compelled to be in service to others. This of course creates an opening for them to take the plunge in to a full service role.

There are those who spend many years in exploration of the psychic abilities and never move on to explore a deeper connection with spirit through the development of their abilities. This is often the source of much confusion between those who have developed psychic abilities which is the ability to use, read and manipulate ‘earth-bound’ energies and those who develop the abilities of medium-ship. These people develop their abilities to link, or open up to the ‘other realms, or other dimensions’ which exist all around us. These people are often referred to as ‘channels’ and are able at different variance to work with those who exist in other dimensional realities.

This then is both level one and level two of development.

Level three is the full integration of both the 'earth-bound' energy understanding and the 'medium-ship' or 'opening to channel' abilities. This stage of development is about the understanding of how the 'earth-bound' energies work including the understanding of how the human body functions through the energy system of chakras. Also including the understanding of 'spirit consciousness' which is a huge topic and one which is too large to mention here. If you are interested to learn more about this subject alone then seek out a teacher who has been through, or is going through this stage of learning. The most important part of this stage of development however is the realisation that the 'spirit-realm' are as real as you are.

Level four is the realm of 'choice'. This topic is one where you could again devote a whole section of learning. For although in essence this appears to be a simple concept it is in fact the basis for shifting from simple consciousness through to a more advanced state of living in the 'human-experience'. That is to say that it is an advanced state of consciousness which realises that every single thought and every single action which has been taken in life is in fact through the choice of that human soul. This is the biggest step that any human soul takes to a higher level of consciousness. For it is in taking this responsibility that changes the nature of the experience of their life so far. For the first time they are able to see that by making certain choices they have indeed created the life they are enjoying in that present moment. For many of course it will mean that for the first time in this life-time that they will need to take 'responsibility' for how they are experiencing their lives. For if it is a life of receiving what they 'want', then they are indeed satisfied. Those who are not experiencing life the way they want it will need to examine closely the choices they have made and start to decide how they are going to make different choices to get a different end result. This is the biggest shift in human consciousness.

Level five is a level of consciousness which requires master-ship of many levels of understanding in the human experience. It is at this level that you will certainly have understood and mastered levels one through to four. For the penultimate outcome of achieving master-ship is the ability to master the outer forces which exist within your own cosmos. For each and every thought carries with it a vibration which is acted upon within your energy system. Not only out-with your physical body, but also within your physical body. So each and every thought carries with it an impulse of energy which is acted upon. By now you will have understood the power of thought and the concentrated use of sending not only positive thoughts but accompanying this will be the energy which is required for it to make an impact within the energy vibrations of the universe. It is the use of thought accompanied by energy generated by you within your own energy system which will create that which you desire to see be made manifest as matter. This ability will enable you to manifest what-ever you desire to be made manifest as matter within your own experience. It is a powerful place to be and many do not progress from this point. For although this understanding requires much meditation and dedication to the spiritual path there are many who become so engrossed with this aspect of being that they stay in this state. There are those who realise that this aspect of power is not simply

gained to create your own abundance and joy and ultimately it is only a step to the next stage of master-ship which is attained by moving to level six.

Level six requires the understanding that we are in fact all one. Each one of us is but a part of the whole. When we reach this understanding we feel an overwhelming desire to surrender to our own inner path. This is the 'pre-programmed' or 'pre-birth contract' which we will have signed up for before our entry into our physical body and what we refer to as the third dimension. It will require us to get in touch with our own divine nature. To ignore the warning calls from the outside material world. For the calls that we shall wish to listen to will be the callings which we feel from our own inner divine nature. They may call us to act and do things which are not 'acceptable' to the outside world which we have inhabited. It will require us to go against the grain of what others do believe is a sensible course of action. It will ask us to act with the courage of our hard won beliefs. For these will be beliefs which are 'true' for us and no other. For no other will have our path to tread. This level is known as the surrender of the free-will for the divine-will. For it is a process where we disengage from the 'head' and engage from the 'heart'. It is a process which demands belief in total of all the other levels of understanding. For there is no place for waiver once we have reached this point. The point at which we surrender is indeed the place of discomfort. For all that you have known and understood within the physical world will be turned up-side-down. For you will be asked to look at everything from what we call a 5th dimensional view point whilst still inhabiting the 3rd dimension. For all that you have been learning is indeed a 5th dimension experience of being. This will challenge everything which you are led to believe is the truth of the 3rd dimension. The fact that you will be experiencing the 3rd dimension in an every-day-sense will surely test your abilities to stay within your 5th dimension set of beliefs. For it will only be by staying within the 5th dimension level of understanding will you be able to move to the last level.

When we reach an understanding of not only what we need to put into practice in a 5th dimensional way of being, but also a third dimensional way of being, then we are able to live the life that we truly came here to live. For it is while holding the beliefs that all is created from thought, that all is manifested on our path for our own growth and development, that the life you are leading right now can be changed at will by you, then you have moved to a 5th dimensional way of being. For what you will be experiencing in the 3rd dimension is a world which appears as if it 'just happens at random'. It does not. Every thought and every action you take impacts your experience in the 3rd dimensional world that you are living in. If on the other hand you experience your life from the 5th dimensional set of beliefs then life in the 3rd dimensional world can be changed by you, and is changed by you in every breath that you take. The point of power is always with you, right now in the moment of now.

Level seven the state of grace is achieved when we are able to maintain staying in a 3rd dimensional existence whilst living out your beliefs of the 5th dimensional existence. This unto itself creates 'heaven on earth'. It is at this point that we see the 3rd dimensional existence for the illusion which it is. For it simply exists this way so that we are able to progress and grow. When we no longer need to progress and grow in this way

then we start the journey which I have outlined in the seven stages of development. There is no right or wrong, or up or down. There simply is the universal truths which I have outlined here before you. While they remain simple they are also complex for within each truth there is a paradox. For the paradox is often the simplicity which the complexity is there to teach you. For the complexity is that which exists in the 3rd dimensional existence. The simplicity is that which exists in the 5th dimensional existence. It is only those who follow their own inner callings who simply find the truth. For this is the only place that truth exists – all other writing and doctrines are a lie. For even as I write this it may appear to you as a lie. For to explain the ‘spiritual journey’ of an individual soul I would need to write as many books as there are souls. For each journey is an individual journey to find their own inner truth. This is the journey back home. This is the journey back to yourself. It is the journey to the divine part of your nature that always was. For you are a divine spark, for you are part of the whole. The whole is always you, and you are always part of the whole. This is the journey of existence. For it is the journey when we are in existence and it is the journey when we are out of existence. For the journey is eternal and with that we are eternal, for we live forever.

There are many of us who work in the light realms who try to help you during this last part of your journey here on earth. We help you to touch the darkness of your inner most being. For this energy which is trapped here must be released before you are able to finally ‘lift’ and stay within the light realms. For the denseness of the 3rd dimension becomes such that you are not able to survive within this realm without reaching up to the light realms. It has been created so that on this last part of your journey you are able to survive your deepest pain. That is the true journey to touch that which is your greatest fear and to survive beyond it. For it may take you many, many journeys to touch this place without the over-whelming urge to return to being pure spirit. For the pain of that which you hold within must be embraced. It must be acknowledged. It must be integrated into your being before you come into full power within the human experience. It is the fusion between what you would term the ‘dark-side’ of your nature and the ‘light-side’. For these two parts represent the split in man they are the reason why we develop the ego to protect ‘us’ from experiencing the pain we feel within our own journey within the human experience. It is the strength that we gain from facing this part of ourselves which makes us realise that at core we simply are ‘OK’. We do have the strength to face this part of ourselves without falling into all the patterns which we had in place to get away from this part of ourselves. We are able to see that by touching this place we can survive beyond it. We start to see the possibility of survival beyond this place of pain and darkness. For beyond it is only light. It is not the abyss which we had believed it to be. It is not a never ending tunnel of darkness. It is in fact a tunnel but with only light at the end of the tunnel. For we are in fact light we are not our darkness. We are divine in nature and this is our god given right to experience life on earth from this place. It is not that we are destined to struggle. It is our destiny to be divine, for we are divine. It is a strong soul who decides to walk this path to discover his own ‘truth’. For this is the truth of eternity. There is no other knowledge to gain in a human experience. There is only your own truth of your own existence. That there is survival beyond that which you feel to be your greatest enemy. For in facing the enemy and acknowledging it

is there, it will dissolve. It will disappear and in its place will be light. For this is the journey to discover that we are all divine in nature and with divinity go the talents of divinity. For this is the path to freedom and 'inner light'. For 'inner light' can only be gained by replacing your own 'inner-world' of fear with light. The final surrender of the soul to the divine light offers up and opens us up to the 'state of grace' known also as the 'god-flow'. For from this place all flows to us and from us. For light attracts light it can only be so. This is the place of 'co-creation' for what we call forth from this place can only be of a 'higher-nature' it can only come from the highest source for it called forth from a place of love and trust. Love and trust can only call forth our highest good, our highest goodness, our highest experience here on earth. We God Bless you for you have finally become a god.

Part three of this book is the 'self-help' part of the book for those who truly wish to find their path back to the divine part of your nature that always was. It is the journey back to where you had truly started out from. It is the place that some call 'god'. For it is the divine energy which we all come from and it is the divine energy which we all go back to. It is only to be in some life-times that we truly begin to search. The search will take us through the seven stages of development which I have outlined above. If you wish to get started on your own journey then contained within this section of the book are some 'self-help' sections to get you started. We do recommend however that you seek out those who have walked this path before you, so that they are able to impart their own understanding of the journey to be undertaken. We god bless you on your journey.

We will divide this part of the book into several self-help sections and they are as follows:

1. How to get started
2. Where you have come from and eternal life
3. Where to search
4. How to link with those in spirit
5. What you can expect
6. How you can cleanse your soul
7. Finding your life purpose
8. Being in service
9. Finding true peace of mind
10. Loving your life
11. Loving those you have around you
12. Finding your inner core
13. Finding love, light and happiness
14. Transcending the earth-bound patterns and behaviours
15. Being the way and light of christ our lord and master

1. HOW TO GET STARTED

This unto itself is an emotive question. For in our mind there is no place to come from and no place to go. For in reality you are on an eternal journey of life growth and understanding. However, for the purposes of this chapter we must give some guidance to those of you who are seeking our help.

Firstly therefore, I must state that in the first place you simply are who you are and you are perfect in that embodiment. You may wonder what I mean and here in lies the question of all time. For indeed little ones who-ever and what-ever you may feel yourself to be you are in fact 'perfect exactly the way you are'. For you have so chosen your path which has taken you to this point in time. This is your first important 'understanding of who you are' for indeed you have co-created that which you presently are. So any loathing, any guilt, any hatred, and misgivings at all about your-self are to be embraced for this is the way of god. The way of those who are bound by earth-bound energies are to believe that which they feel about them-selves. But it is important little children to know that you are who you are from your own choosing and your own making.

It is so important at this stage of our teaching for you to accept this as fact. For there is no-one to blame, there is no-one to hate, there is no-one who could not have helped you to become who you are today were it not of your own choosing.

For those of you at this point who have a vague memory of a reasonable childhood this fact may not be too difficult to take on. For those of you who have suffered at the hands of those who have 'cared' for you this is a very difficult concept to accept.

What-ever has gone before was in your 'Pre-Birth Plan' that is to say it was pre-ordained. It was pre-chosen. It was, simply put, a choice which 'you' or the 'you' which we might refer to as the 'inner world' or 'soul' aspect of your being had pre-chosen. It was if you like, that which this part of you wanted to come to the earth-bound energies to experience.

This unto itself is a key teaching for without this acceptance of this way of seeing that which you experience it will be difficult to take on board that which we further teach. For all other teachings rest on this as the core of understanding which we in a human form must take on before we can move forward on our journey to enlightenment. For we may have many, many life-times when we blame others for who we have become. It is my little ones a brave soul who stops this sort of thinking and takes on this new way for it is those who take on this new way who shall find peace and salvation. For those who stop within the bounds of that which they have been told they can be, or told they can become. Well then they are stuck in this set of beliefs. These beliefs are that which dictate to them that which they experience as the truth. This is then the step which is required to stop seeing the world as something which is 'done to you' and seeing the world as simply a 'mirror' of that which you have chosen to experience.

It may puzzle you at this stage as to why you would have chosen the life you have experienced thus far. All we can say at this point is that all had been required for your 'soul growth'. All had been needed for your own understanding, development and growth. This is a difficult lesson to take on board if you have experienced much which has been difficult in your life so far. Trust us little ones when we say that what-ever has gone before can be changed. What ever has been experienced before can be transformed. All that you know at present can be de-manifested as easily as a new experience can be re-manifested. This is the nature of understanding 'how we manifest in our lives that which we experience as our own realities'. This my children is lesson two.

Exercise 1

1. Simply sit and relax and think about an expanded version of your life right now. See yourself right now simply enjoying more of what you have right now in this moment. Be aware that this is another limited view of what is possible for you. Now see your life right now in a slightly grander scale. See yourself having slightly more of what you have right now. Be aware right now that this is again a limited view of what is possible for you. Again see yourself now with a slightly more expanded view of what you have right now. Again be aware that this is a limited view and then let this thought go. Continue this exercise until you can no longer expand your present vision of yourself right now.
2. Now sit and be aware of all the limitations which came up during that exercise. I want you to write them all down and to read through them. You will see many reasons why you cannot have what you 'think' you want.
3. I want you to sit and read through this list of limitations and to realise deeply within yourself that all the limitations which you have written down are in fact put in place by you.
4. All limitations to having what we really want in life are put in place by us. It is the role of the mind and what it tells you about lack which you are listening to.

Exercise 2

1. Now we wish you to sit quietly and close your eyes. This time we want you to imagine a world without boundaries. A world without judgement. I want you to imagine that there is a divine presence who will grant you what-ever you start to visualize.
2. Now we want you to start to see yourself having what you really, really want. There are no boundaries, there are no limitations. Have as much as you really, really want. See yourself doing and having everything your heart desires for you.
3. Once this is completed we want you to repeat step 2 of Exercise 2 each evening before you go to sleep. See yourself having exactly what you want in life. See yourself living the dream and see yourself doing and having all that you want.

Exercise 3

Each day and at several intervals during the day see yourself having all that you want to have. See yourself being happy and contented with all the new abundance which is flooding towards you. Imagine yourself surrounded by everyone giving you what you really want.

Exercise 4

At least a hundred times a day say the affirmation which best describes what you want in your life. Starting the affirmation with ..
'I now have xxxxxxxx'.

Exercise 5

At least a thousand million hundred times a day say to yourself 'I am perfect exactly the way I am'.

2. WHERE YOU HAVE COME FROM AND ETERNAL LIFE

There is much spoken about on this subject my children, but I shall endeavour to keep this simple. We simply put, come from the divine. We also return to the divine when each life in an earthly body is complete. I could say much more on this subject but suffice to say it is not important in the greater scheme of this work. We do not want you to puzzle over all creation. It is not required for the journey in front of you. Concentrate only little ones on that which lies before you. Do not get concerned about what might have gone before in other lives and other times. For the most important lesson here is to know that all that you need in this life-time is with you. All that you need to experience will be experienced. All that you need to receive will be received. All that you need to give out will be given out. It is as simple as that. Many other publications puzzle over 'life after death', 'regression therapy', 'past lives', etc etc. We must stress little ones that all that you bring with you into a life-time to experience is all as a result of all your other lives. So if you want to change your future, if you want to change your 'tomorrows', then the place to work from is the moment of 'now'. This is the place to look at. There is no point in years of regression therapy to understand your past. For simply put 'you are your past'. You are a walking, talking testament to all which has gone before. So if you want to experience something different from your past then the place to start is right now. This moment!

With regard to eternal life. You are on a never ending journey. Simply put there is no beginning and no end. There is no where to go and no where to be. There is nothing to achieve. Simply put there is only the task of simply being you. This my children you will discover is the hardest task. For we have taken many life-times to re-discover and become who we truly are. For the inner essence is always covered by the development of the 'personality' or 'ego-self'. This we shall cover in more depth later on. Suffice to say at this point little ones that you simply are perfect exactly the way you are. It is also true to say that you are not aware of your perfection, your beauty, your illumination and your beautiful diamond essence. It is only those in spirit who are aware of who you truly are. This is why my children that we come to work with you to show you the way back. To

show you the path to that which we call the 'true essence'. For this is who we all are, we simply cannot see it.

3. WHERE TO SEARCH

It is true my children that there are those who embark on great spiritual journeys. There are those who like to tell stories of 'great masters' that they have worked with. There are those who will try to impress upon you how 'spiritual' they are. What we say to this little ones is that this is all 'ego'. Simply put we can all attain spiritual enlightenment it is simply a matter of being with our 'inner world' and 'inner guides' it is simply a matter of working on 'our-selves'. It is not a process of endless searching. This unto itself is a myth long been held by those who proclaim to have seen the light. What we are saying little ones is that there is no need to go anywhere. You simply need to become able to be with yourself and to start to 'see' or become 'aware' of that which you play-out in your own life. For if your life is full of abundance of all that you could imagine then you have reached nirvana. If however, you find yourself feeling 'lonely', if you feel yourself needing to be with others to fill that empty feeling that you have inside then my friend you are indeed in need of going within. For simply put, those who do not 'go within' 'go without'.

Exercise 1

The act of going within is known as meditation. This is the simple discipline of learning to quieten the mind. We must stress at this point that this technique is not intended to shut the mind down. For this simply happens naturally as you develop the discipline to meditate regularly. You may have also heard that meditation is a way of gaining peace and tranquillity into your life. This is also true, but again it takes much discipline for mediation to become of these qualities. The simple answer with meditation is that you simply sit and listen to your inner world. You do not try to push anything away you simply let it be there and let it pass when it is ready to do so. There is no 'correct' method of meditation and there are many techniques which are taught. For meditation is the simple art of sitting and being with yourself. It requires great discipline to do this for we may not always like what we see or connect with during these quiet moment with ourselves. It is a way little ones for our sub-conscious being, our conscious being and our super conscious being of connecting and becoming one. It allows the 'market-place' which is our normal state of being to quieten a little so that our past experiences and memories and our present 'mind' and our higher guidance can connect to allow consciousness to raise. That is to say that you will have thoughts or insights come into your 'mind' either during meditation or following meditation. These insights will help you to get to know yourself. They will start to build a picture of 'your-self'. Information will come to the foreground of your mind which you will have forgotten long ago. It was indeed always stored waiting for you to access the memory bank. This memory bank together with your present day thought and the guidance you will receive from your higher self will help to serve you on your path of spiritual unfoldment.

Exercise 2

The actual process of meditation which we wish to teach is indeed a simple form. For the act of sitting quietly will reap you rich rewards.

Step 1 Simply sit in a position which you find comfortable. We would normally recommend that you keep both feet firmly on the floor to help ground your energies. The next stage is to find a position which you will be able to keep for up to a period of half an hour. Normally a comfortable armchair would suffice.

Step 2 Take a couple of large breaths in and out. Allow yourself to yawn or to let out any feelings of tiredness. Now gently start to place your attention on your breath. Simply start to notice the 'act' of breathing. Watch the 'in-ward breath' as you breath in through the nostrils. Now watch the 'out-ward breath' from your mouth. Simply allow your mind to focus on the in-breath and the out-breath. You will find that the mind will want to keep wandering onto its usual 'thoughts'. Allow the thoughts to be there while at the same time returning your attention to your in-breath and your out-breath. This is the simple art of meditation!

Over time you will find that you are able to 'quieten' the thoughts and you will wander off into a state of 'no-thing-ness'. This is the place of expansive thought and the place of peace and tranquility. It will not happen over night and often you may sit for many hours before this state is achieved. Simply try to sit each day at around the same time to be quiet. The discipline of meditation will grow within you. For the body, mind and soul will come to know this period of time as the 'food' of the divine energy. For those who go within do not go without.

Exercise 3

Here we would like to talk of the diamond essence. For this description is a very crude description of that which you hold within. For covering the diamond essence is a multi-faceted personality which has many disguises and many mechanisms for hiding what is truly felt within. For within all of us is the fear that we feel in various degrees and quantities of simply being here on earth in an earthly incarnation. We are frightened of so many things, far too many to list here. I could fill one book alone with the human experience of fear. Suffice to say that whether we are ready to acknowledge it or not we are simply fearful. To overcome the natural fear that we feel we need to 'toughen-up' this creates a much harder shell around an otherwise delicate being. So to the outside world we appear tougher than we really are. The process of meditation and the process of connecting with the higher or light realms is the process of 'melting' the outer shell or ego-personality. The 'persona'. The next process which we would like to teach is the process of connecting with the 'persona'.

So what therefore is the 'persona'. The persona or personality, or ego-self is the part of us which reacts in 'pre-programmed' ways of behaviour. That is to say that it is something which has been learnt previously and a set of behaviour was adopted to cope or deal with the situation. This then becomes the pattern of behaviour that we play-out in our daily lives. Some of our experiences have been positive and therefore we play-out positive patterns of behaviour. Some of our experiences have been negative and

therefore we play-out negative patterns of behaviour. It is at this point that we would like you to list your negative patterns of behaviour.

It is a simple process of drawing a flow-chart of :

1. What triggers the negative pattern
2. What is the first behaviour that you play-out
3. What is the second behaviour that you play-out
4. What is the third behaviour that you play-out
5. Until you finally 'come-out' of your negative pattern of behaviour.

Once you have drawn-out your most often played-out patterns. We would ask you to start becoming aware of when you play them out. We call this 'witnessing' that is to say becoming 'watch-full' of your own patterns of behaviour. Once you have become skilled at 'watching yourself' starting to play-out the patterns, the next stage is becoming aware when you are about to 'go into' the pattern of behaviour. That is to say that there is a moment before you naturally follow your pattern of behaviour. It is this moment 'before' you follow this well worn path that we ask you to look out for. For it is in this moment that we would ask you to 'notice' that you are about to follow your natural path. STOP! THINK!

Where does this course of action take you? What does it get you? Does it really get you what you want? Probably not. Therefore make a different choice. Choose a higher path at this point. What are you feeling? anger, pain, distress? Simply choose a path of a higher action if it is anger you are feeling. Connect with the anger and find a safe way to release it (beat the cushions on the floor, bed, etc). If it is pain, connect with it and find a safe way to release it (crying whilst asking to be held). If it is distress, connect with it and find a safe way to release it (crying, beating, screaming, dancing, drawing, painting etc etc).

The key here is to find an 'outlet' for your feelings and strongly held emotions. Find a way to let them out. Stop them circulating within your system to experience them over and over again.

This process will be the most valuable process you will learn for emotional release work. For this is the process to set you free from the past and to create a new future. A future which is more loving and more nurturing. A future which will be different from your past. A future which will release you from your negative patterns of behaviour which only result in more of the same. This is your opportunity to start to set yourself free.

4. HOW TO LINK WITH THOSE IN SPIRIT

There are many who will tell you stories of those in spirit who are out to get you. There are many in spirit who have the very purpose of doing just that. But hey, what about life here on the earth-plane. Is it not any different? Would you throw your head out of your front door and invite any passing stranger to come sit at your table? Probably not. Why then when you wish to seek to 'link' with spirit do you say 'anyone out there you are

welcome to make contact with me'. Simply put, it is no different to throwing your head out of your front door, as per the example above.

It would be pertinent at this time to talk of those of us who reside in the other realms. Again we do not wish to get into a long debate on how many levels. How many ups and downs, ins and outs. We simply want to say that we are like you. When you leave a particular life-time you do not, contrary to some beliefs, turn into a beautiful angel. You do in fact retain your 'consciousness' and all that that vibration holds for you. So if you mainly acted out 'lower-self' actions. That is to say you were not a very nice person. Then when you reach spirit you will retain these qualities. If you were a loving and helpful person when you passed to spirit, then these qualities would be retained and so forth. So what we are trying to get you to imagine is a spirit world exactly like your own earthly dimension. For this is roughly how it is.

So to return to the subject matter in hand – how to make contact with spirit. Simply put always ask to work with the highest energies. Always call forth the angelic realms. Always call forth the christ energy, the mother energy. Always my little ones call forth those who will be loving, generous and kind. For these are what are required to help you on your path.

Now we must also cover here what happens to those who call forth the other vibrations who exist, for want of a better description, below those we have mentioned. For there will be many variations of goodness, depending on the progression of that particular soul, or consciousness as we prefer to call those who are in spirit.

If you have been calling forth spirit by shouting out of your front door then be prepared for what comes in. There are many books which have been written on this subject alone. For our purposes what we wish to say is that if you work in this way then the laws of the universe prevail. That is to say that 'like attracts like'. For if you carry out the lower actions in this life-time then you will draw to you those in spirit who also acted out the same in the last life time here on the earth plane. For if you carry much fear then there are many in spirit who will enjoy feeding on this aspect within you.

What we would say is that if you have manifested a situation around you where you are working with lower entities then this unto itself is part of your path. If you wish for them to leave you then we recommend that you follow that which is written in this book. For there is no need to continue working in this way. For we would only recommend working in the way which we have stated above.

For those who work with spirit and ask for protection we would point out that this can only work in a limited way. For if there are those within your group who need to experience the attachment of lower entities than so shall it be. What we would seek little ones is that you simply work on raising your own vibration which will eliminate the opportunity for lower entities to feed on your negativity. Remember like attracts like in all dimensions.

Exercise 1

Please see Chapter 11 for more information on how to raise your vibration.

Exercise 2

We have talked a little on the subject of calling forth the 'higher' energies for you to work and connect with. Imagine it this way, those of a greater light are able to make contact with you, only if you call them forth. So it is important for you to each morning to connect with the higher energies simply by asking them to do so, so shall it be. If at any time during the day you feel yourself slip into some of your negative patterns of behaviour you can ask the light realms to guide you and to help lift you out of your particular situation. Last thing at night connect with the light realms and ask for guidance, ask for forgiveness of all those actions which have taken place during the day which are of a lower nature and give thanks for all the good things which have taken place that day. If you feel enabled to do so ask for the light realms to work with who ever you would like to send light to for healing purposes and for upliftment and guidance. This is indeed the mechanism for calling forth the light-realms. It is as simple as sending out your thoughts. For your thoughts carry a vibration that can be read within the light realms and in this way every 'prayer' is acted upon. Every call for attention is sent the light vibration. All energies which are sent up are indeed acted upon.

5. WHAT YOU CAN EXPECT

What we would like to cover here my little ones is what to expect from us on your path to enlightenment. For simply put we shall be in your service. That is to say that we shall serve you in what ever capacity we can to help you on your earth-bound journey. We must say at this point that we cannot come forth if we are not called forward. So we must ask you to call us forward if you so wish our help. We ask you to be specific in the help that you are seeking to call forth. For we can only act on that which you 'think' and that which you 'speak' for our action comes from our ability to feel these vibrations as they come into our realms. It is little ones that I must remind you that all thoughts, spoken words and actions create movement and vibration which can be experienced in other dimensions. Much the same as what is perceived by you as a brush or a light touch is also the outcome of a thought or an intention on our part to make contact with you. So you see my children we have and can use the same tools which are available to us. For although you cannot see us, we can surely see you and we are separated by such a thin veil. It is gossamer-like in appearance, for it is almost transparent, for indeed to those who have developed the skills to see through it it appears like a haze. The universal law is such that we cannot draw close to you unless you give us permission to do so. For those who work in the lower dimensions as mentioned in the previous chapter we would like to say that they need no other invitation other than negativity and the lower self actions which will draw them to you like a magnet. For this is indeed the energy that they feed on and which keeps them earth-bound.

All journeys are troublesome. That is to say that each individual soul will have chosen a set of 'issues' to work through while here on earth. The set of issues are always centred around what we would call a 'core issue'. This could be one of many sets of behaviours. The sets of issues which are set-up are indeed experienced over and over again in our lives until we are able to 'know' that we are indeed experiencing a pattern in our lives. This makes us realise that we must look at ourselves and our own set of behaviours so that we can learn to break this pattern and get a different outcome in our lives. This then begins the search for a deeper understanding of ourselves and our own lives that we have experienced. We start to ask questions about why we behave in certain ways in certain situations. What we realise is that we play out the same set of behaviours over and over again. Always giving us the same outcome! How strange, why should this be? Are others the same as me? Do they have the same problems, issues as I do? We start on our search for these answers. Our quest for understanding shall not be satiated until we find a remedy for our own problems in our own lives. This is the human experience as we explain it here.

The next stage of understanding will only come when we have understood that there is more to these sets of behaviours than we have first understood. For first we will explain it to ourselves in terms of external factors. That is to say that we just seem unlucky in that we keep experiencing the same 'external set of circumstances' which triggers our own 'internal set of behaviours'. It is a big leap in terms of our own human consciousness when we realise that it is not the external factors which need to be changed. Although we may spend many years (if not life-times) trying to change the external factors in our lives. It is only when we realise that we are indeed playing an important part in the creation of our own lives do we start to see how we can change our own lives. For we start to understand little by little that we are indeed 'creating' the same sets of circumstances for us to experience over and over again. The same set of 'painful' circumstances so that we can play-out our well-worn set of behaviours. Which as we further understand are negative sets of behaviours. But still we ask why?

We delve deeper still and eventually we realise that some-how these negative behaviours are connected to our childhood. It may take us many more years (life-times) to connect our own behaviour in our adulthood to the experiences and sets of behaviours we developed to survive what we experienced in our childhood. Still we search and further we analyse. We later discover that there are indeed endless sets of behaviours which we play-out in our adulthood which we had learnt in our childhood. We often re-create the exact circumstances that we experienced in our childhood family units, in our adult lives. Our husbands/wives/partners are often a very good copy of our own parents. This in turn enables us to keep experiencing the same set of experiences so that we can keep playing out our own same patterns. How mad is that? We start to think we have gone a little bit crazy. Why would we choose someone who is exactly like our father/mother?

This indeed can be one experience. Then there are those who think they have been a little more intelligent in their choice of partners. For they have chosen partners who are the exact opposite of their own fathers/mothers. This enables them to play-out the opposite set of patterns of behaviour. This however, is not an escape it is un-yet another trap set

up by ourselves. For even if we are playing out the opposite of that which we experienced in our child-hoods it is still keeping us trapped in a set of behaviours which repeat themselves over and over in our lives. We are still therefore trapped in our own patters of behaviour. Experienced over and over again in our adult lives.

What therefore is the point of this 'process' for want of a better word. It is my little ones a process for your own growth. It is a process for your own expansion. It is a process which will help you ultimately understand the grander picture that at this point we may just call 'life'. For life itself is simply a 'process' designed for your own growth and expansion. So what then is the growth and expansion? Clearly this would not be so if we simply came on our journey and experienced our own patterns of behaviour over and over again which gave us more of the same of what we experienced in our childhoods. What would be the point of this? The point is simply put that this is the journey which is put in place by you. It is put in place by you so that 'you' and 'you' alone can work out what the journey is about.

Here in lies the paradox of our journey on earth. It is set up by you, to be experienced by you, to be understood by you. That is the purpose of the journey, with the outcome which is your own growth and expansion. For the growth and expansion comes from the understanding that you gain from trying to understand why you behave in certain ways so that you can start to choose a different set of behaviours which results in more loving and more abundant experiences in your life right now. This is the nature of replacing some of what we call the 'lower-self' actions with the 'higher-self' actions this literally 'expands' your experience here on earth.

Eventually, once you have understood this journey you will travel this way no more. For simply put you would not gain the 'expansion' that your soul desires and therefore your soul would seek another journey. This will be taken in another dimension not dissimilar to this one.

The journey which has been undertaken is one of 'self-development'. For it is the mechanism which is naturally in place for us all to develop spiritually as and when we are ready to do so. It is not for us to question or to judge another on their soul journey. It is simply so that we all come to this understanding and when we do we start to search. It has been in-built into our earthly existence. When we do begin to search we are given much help from the spirit realms in order that we are steered in the right direction. It is the direction back to the light. It is the direction which we have been pre-programmed to search for.

Exercise 1

Each morning and each evening we ask that you sit quietly and ask yourself "What am I feeling?" For some this exercise is easy as they are well aware of what they feel for it bubbles round and round their whole systems. For some who have successfully suppressed their feelings it can take many many hours of work to connect with even the smallest glimmer of a feeling. It is as different for one as it is for another. Once you

have successfully connected with a feeling. Ask yourself “is this feeling coming from a place of love or is this feeling coming from a place of fear?”. If the feeling is coming from love then simply let it be there or try to magnify the feeling until it fills your whole being. For the feeling will represent light and love and these are of the highest vibrations. If on the other hand the feeling comes from a place of fear, then it is a feeling that carries with it not only lower vibrational energy, but it has the power to do you harm. It can harm you in many ways. For we have many vibrational bodies which surround our physical bodies and these are all interconnected with our energy centres which are core to our health. These energy centres when functioning at optimum vibration will ensure that we operate at optimum health. So what should we do if we discover we are experiencing feelings which vibrate at a lower frequency and therefore will ultimately make us unwell in any one of our energy centres and energy bodies?

Simply put we need to expel them.

But how?

There are many processes for expelling lower vibrational feelings/thoughts. The most effective and the most speedy is to simply take a piece of paper and write the feeling on it. Place it on a well padded area (for example your bed, settee etc) and clench your two hands together and with a hammer action shout “no” (or what-ever feels powerful to you) and thump the cushions until you can thump the cushions no more. This action shifts the energy from your feelings centre up into your throat centre to be expressed. The physical action also helps to shift the stuck energy out of your body and out onto the cushions where it simply disappears. This process will work for any situation which you find yourself in. The most difficult thing to do is to remember to do it. For many of our ‘moods’ are so familiar to us that we think that this is who we naturally are. It may be so long ago that you experienced feelings of ‘peace’ and ‘happiness’ that you are simply not aware that much of what you feel is based in ‘fear’. For example if you find yourself worrying much of the time then understand that all ‘worry’ is based in fear. If you find yourself feeling down or even depressed much of the time then this is based in fear. If you find yourself feeling sadness then this is also based in fear. All expansive thought is based in love and all retracted thought is based in fear.

This is a simple yet complex ideology to put across to you. For at this point in reading this section it may occur to you that most of your ‘thoughts’ come from a place of fear. Do not be surprised by this conclusion for it will be the conclusion of all who read this section within this book. For it is the human experience to overcome fear. It is the human experience to learn to be expansive in their ideas in their thoughts, in their beliefs. For it is only those who understand this concept who go on to achieve great things in their lives. For those who are only left with their thoughts based in fear live in a world of lack. They manifest the very feeling that they are most afraid of. For this is in fact the human ‘game-of-life’. It is the merry-go-round of experience here on earth. For every person who gives way to their fears and stays stuck, there is a person who learns to face their fears, and in so doing so do they realise that their fears are just that. They are ‘their’ fears and no one else’s. They are there so that they can be overcome. They are there to help you to grow. They are there to help you to expand. They are there to help you to realise that at the other side of fear is simply light, is simply love, is simply abundance. For these are the opposite experiences of fear. They are the expansiveness that we have

talked of. They are the expansiveness of the soul. They are what we come here to experience in our true light. For at the base of all darkness there is simply light. For in truth there is only light. It is only the human experience which believes in the darkness. This then is the human pathway. This then is the human experience to overcome that which is darkness to create only light. God bless you on your journey back home.

Once this stage has been understood then the human soul finds that it has a strength within itself which it previously did not have. For in overcoming the fear which we feel inside so do we start to know a power inside which is like a feeling of excitement and strength. It is a feeling which makes us feel 'powerful'. Not in the sense that we feel 'powerful' over others but we feel 'powerful' within our bodies, we feel 'powerful' within the universe within which we exist. It is a feeling that the universe is there to serve us on our pathway.

The feeling therefore when we are in fear is one of 'powerlessness', that the universe is there to make things difficult for us. We feel dull and a weakness within our physical bodies. This then is the making of disease and the malfunction of the energy centres which exist within our bodies.

The journey for all of us therefore is to take back our power which is rightfully ours. This is not the power that we get from forming a strong protection or ego-personality. It is the power within and the power without. For this power is the all and everything. It is where we come from and where we go back to. It is the very essence of all things which exist on earth. This power can only be connected with from a place of trust and love. It cannot be connected with from a place of fear. It simply is so.

All exercises contained within this book are designed for you to pull back to you the power which you have lost through fear. The process on a spiritual pathway therefore is to pull back to you the power of the divine energies which exist all around you. It is the process of learning how to let go of your fear and pull back to you the divine energy which surrounds you. This in turn pulls back to you the 'power' which is always there. It simply is a choice whether to live your life in fear or to live your life in love. For without embarking on the journey to find the truth, then the truth cannot be found in any other way. For simply put we are the truth, the way, the light, the divine, but we have 'forgotten who we truly are' and in this way we fall into fear. When we fall into fear we fall into the state of 'unconscious living'. This leads to experiencing life as being 'done to you'. It feels as if you have no real power within the universe. It is the place of 'powerlessness'. Once we have realised that we need to embark on a journey to discover our own truth, then this is the journey which unfolds before us. It is the journey to discover our own truth. For the truth to be found is the truth that you see written within these pages. It is the hard won work which is required to discover within ourselves that we are indeed all powerful. That we are indeed the co-creators of our own lives. That we do choose everything which happens to us. That we are at cause and can create what we what to see happening within our own lives. We have the abilities already. For they have always been there. The journey therefore is to simply find what already exists. For

it never goes away. It simply gets covered by the state of 'forgetting who we truly are'. We god bless you.

Exercise 2

This exercise differs greatly to the first exercise in as much as the first exercise focuses on the release of negative energies and this exercise focuses on the retention of negative energies. That is to say the negative energies which you attract from the outer realms. Firstly may we say on this subject that all human beings have energies which work with them whether they are aware of it or not. What we simply want you to be aware of are those in spirit who enjoy working with those individuals who are working through their lower energy experiences. For there are many who enjoy 'feeding' on the negativity which we give off as much as there are those who enjoy 'feeding' on the positive energies which we give off. We ask you simply to be aware of this and to ask you to seek help from a 'spiritual' counsellor if you feel that you are being 'attacked' by lower entity beings. For there are those of you who are here to open up to 'channel' spirit and can often experience many difficulties in learning how to work with and attract the higher energies. Suffice to say that working to release your denser thoughts and memories will help you to raise your own vibration and this unto itself is the work which is required to release the lower energies who feed on the withheld anger and grief. For those who are here to develop their abilities in this way will often be required to face their fears about the reality of a spirit dimension and in so doing will they be required to walk a difficult path. For it will not be until they are able to call in the light realms and do the release work will they be able to consistently attract the higher realms who will be here to work with them to develop their special gifts.

6. HOW YOU CAN CLEANSE YOUR SOUL

This my children is where I must stress that by using these terms I am not suggesting that you have committed any sins. For indeed in the eyes of our lord and father we do not commit a sin in his eyes. For to explain this would take many chapters. Suffice to say children we do not refer to this type of cleansing. Indeed, the cleansing that we refer to is the type of the 'inner- work' that we have spoken of earlier in this book. We ask you little ones to honour your spirits and to give her wings. By this we simply mean that we ask you to do the work of the soul. For this work is what we come here to do. It is the work of letting go of all that pains you. It is forgiveness. It is learning to love and to be loved. It is opening your heart to the wondrous possibilities in life. We will ask you to drop your fear and follow your hearts. To let go of all the hurts and the pains that others have inflicted on you. We will ask you to bare your souls before god. For the work of looking closely at oneself takes a brave soul. For it is easier to go through life blaming others for what you have in fact manifested yourself. For until you can come to terms with a world which is simply there to reflect back to you the aspects of you which require to be healed then you are simply missing the point of being in the physical life. For all who you come into contact with, are in fact, simply there to mirror an aspect of you. It is a master plan so great so wonderful that it is beyond the comprehension of most of you. For every cause has an effect. So if you imagine just for one moment one single action

that you have taken and all the effects which this has had in the whole universe. Imagine trying to orchestrate this for every human life for the whole of their lives. It is an endless set of 'cause and effect' actions. Then if we were to add on to the top of this picture your past 'karmic' pay-outs and pay-offs. Then you are beginning to take a tiny nibble at the big picture. It is just simply amazing, isn't it?

This then, my children, is the work of cleansing the soul. For it is simply letting go of all that ails you. It is to stop blaming others for the way your life is. It is taking responsibility for you, how you have turned out, how you behave, what you think and what you do. For all that you are and have become is simply perfect.

7. FINDING YOUR LIFE PURPOSE

Finding your life purpose is indeed your life purpose. This may seem a crass thing to say but it is the underlying mission which all your actions are correlated to. For the purpose of many is not to create some huge difference in others lives but simply to understand their part in the lives of those who are around them in a particular life-time. There are those who share with you some grand plan which they hold dear and indeed in some life-times there are those who are sent with grand missions to carry forth into the physical world. For most of us however we are more focussed on our own contribution to industry, to family life, to friends and to simple ways of being which go to make-up our simple existence.

If on the other hand you are reading this section to find out what your life-purpose is then you would do well to heed the other chapters within this book. For your inner world will not come forth until you are ready to drop some of the outer protection. It seems a paradox no less but the protection which you wear which keeps you in the 'fighting' mode. That is to say the aggressive action of fighting to stay above the rest then your inner soul cannot speak to you loud enough to get through the outer mayhem. It is only in seeking our own inner silence which will bring forth our own inner nature which is more simple, submissive and feminine. It is from this place that the purpose of our lives can come forth.

True creative force comes from the divine in all of us. This is the place that great adventures get borne. This is the place which great ideas get given oxygen. It is the simple place of creativity which gives birth to all which is divine in all of us.

I hear those reading this paragraph exclaim 'oh goodness so I must leave my job in order to find out my spiritual pathway'. The answer to this is no you do not. But you do need to make time for yourself to be with yourself. If you are filling your life with people, places and things to do then there is no room for your higher self to speak to you through all of that. It will be as if you are 'in the struggle' of daily grind. It is not until we stop and see how we live can we start to choose something different for ourselves. This of course generally means that we take a different direction. This new direction often allows for ourselves to be able to link with our higher self and higher knowing. This in-turn guides us to our higher good. It encourages us to make choices from the place of love instead of choices from the place of lack, lack of money, lack of love, lack of

appreciation, lack of just being who we truly are. You see my children it will not be until you are awoken from your deep sleep will you be able to hear your higher guidance. It is this guidance, and only this guidance which will urge you to take a path which will make no sense to anyone else. But then everyone else will not be able to hear your inner guidance.

So simply put your pathway opens up to you when you get quiet enough to hear it and silent enough to accomplish it. For the silence in you will mean that the outer world will no longer be your guru. It will simply be a witness to the steps you take in your life to realise your own uniqueness. Your own divinity can only shine forth when guidance is taken from the inner world and carried forth into the physical world.

Exercise 1

Take some time to sit and be silent. I am not suggesting that you meditate, I am simply suggesting that you try to sit in silence for a short period. I want you to 'notice' what your mind does during this period of 'silence'. What you will find is that although you may have silenced your 'mouth' you have not been able to silence your 'mind'. For the mind is our worst enemy when we embark on our pathway to go within. For the mind will do its worst to keep you 'stuck' in the pathways of the 'mind'. This unto itself keeps you away from going within. The place that we speak of here which is within is the only place which you will find your inner treasures. That you will find the answers which you are now seeking. Therefore the art of quieting the mind is the only way to go within. We suggest therefore that you learn the art of meditation which will help you to go within and find the treasures that you seek. See 3. Where to Search Exercise 1 on learning how to meditate

8. BEING IN SERVICE

This is truly what we come to earth to do and be. That is to say we come to be in service of others. This is ultimately what our life work and soul pathway will lead us to. This outcome ensures that mankind has always those who walk on earth who are 'the way and the life of Jesus Christ our lord and master'. For we become the light that others follow. We become the example that others may feel a calling to emulate. We become the guiding light to others who have lost their way in life and who are seeking to be found. We become the shepherds who tend the sheep. For there will always be those who follow and those who wish to lead. From the stand-point of being in service we become the leaders who are humble enough to serve. We become the guiding light to those who are seeking. Trust and all shall be given. For the act of being in service to another is the most loving state that we can be in on the earthly planes.

Being in service is again a paradox. For not only are 'we' in service, that is to say that we have surrendered to 'divine will' but also do we serve. For the term 'being in service' suggests that we are in service of others. While this is true that at some point within our journey we choose to serve. It is important to point out that the first step of being in service is the service that we provide for ourselves. It is the intention that we hold to follow the divine light. It is the intention to follow the light path. It is the intention to be

a light unto ourselves which is the important task at hand. Thereafter do we become automatically in service of others. For it is in serving ourselves on our own journey to the inner light do we then become a light to others. This then becomes our automatic choice to be 'in service of others'. For it simply means that we are ready to be a light unto others. This then is what is meant by the term 'light-worker' for you have become 'in-service' to the light. You have become a 'being' 'in-service' of 'the light'. We god bless you on your journey.

The journey which takes us to 'being in service' is one of the inner journey. It is accomplished by those who seek a higher pathway. It is accomplished by those who seek to find a truth which they feel does not exist in the world which they experience in an every day sense. They are the fellows who you meet you have a yearning to find something deeper, something better than they see in the physical world which they inhabit. They are those fellows who attain not only greatness through their achievements, they are fellows who are also humble about that which they have attained. For there is no 'ego' in their world only that which they came to achieve. They are those rare beings who we look up to and 'wish' we could also be like. They are those people who make you feel good to be in their presence. They are those who we seek out to share their story of their own experience. For these people are the essence of all that is good about being human. They are the very goodness of life itself. They have come to be their greatest part. They have come to do their greatest good. They are here to be an example to all man-kind that what can be achieved is indeed of the highest order. They are simply put the highest form that we can take when we are in a human form, for there after we do not return to earth for we have simply come as far as we can in a human form. Thereafter we do not return for a physical incarnation for we would not be able to expand and grow in this form. We choose to go to other dimensions for our growth and experience. For the human form can no longer provide the growth that each soul seeks. So this then is our highest form and our last incarnation here on earth. This then is what we are all able to achieve. It is not beyond every human soul to achieve this truth. For truth it is. For there is no other truth to find and there is no other truth to seek. For truth simply exists in all of us. For it resides in all of us, it is inbuilt. It is programmed into our very being. We simply have to overcome our fear and then we are simply light. We god bless you on your journey.

Exercise 1

This a 'light' meditation which will bring you to knowing yourself as a divine light. Simply sit and start to see yourself right now, imagine the colours which represent you. Are you a predominant yellow, or are you a predominant red? Ask yourself what colour you are? Sit quietly until you get a colour. Once you are aware of what colour you are simply put your attention on that colour and focus on the essence of that colour. By the term 'essence' we mean what qualities does that colour have. It may be strength, it may be weakness, it may be anger, it may be love, it may be knowledge etc. Wait until you are aware of the quality or essence of the colour which you had been given. Once you have a feeling or a word associated with the colour go deeply into a meditative state and take the colour and quality inwards to your core. Wait to see what you are given within

the meditation. For you shall be given information about yourself which will reveal to you your diamond essence.

Exercise 2

Firstly we would suggest that you sit quietly and go quietly within. Call forth the light realms to guide you and to fill your whole aura with white and gold light. Imagine now that you are holding within your hand a key. Ask spirit to guide you to your doorway where you see yourself unlocking the door with the key. Wait to see what you are given on the other-side of the doorway. It will reveal to you inner guidance on your pathway.

Exercise 3

Sit quietly and see yourself through your 'minds eye' or your 'imagination' walking through a doorway, see yourself meeting your guide and see yourself embracing your guide. Try not to look directly at your guide but allow the guide to reveal him/herself to you. Ask your guide what he/she would like to say to you. Enjoy what comes forth for it may be revealed to you in pictures, feelings, sounds, sensations or the spoken word.

9. FINDING TRUE PEACE OF MIND

This can only be made manifest by clearing the denser energies which we play out and act out in our daily lives. That is to say that the mind will do its evil work by reminding you constantly of all the negative memories and painful thoughts which went with them. This is the role of the mind to manifest that which you believe to be true about you and your life here on earth. If you constantly play out loving, nurturing and supportive thoughts then your life will be loving, nurturing and supportive. If on the other hand your mind is full of negative beliefs and doom and gloom then do not be surprised to find your life is full of negativity and doom and gloom. Your mind is like a magnet to that which you think. Now to the question in hand 'how do we find true peace of mind'. This my little ones is a deep and long question which simply put cannot be answered here in one paragraph for it is the path of those who seek to find a better way of being. It is if you like an eventual outcome to lots of hard work and deep understanding of how you came to be as you are right now. It requires a period of inward searching and inward looking so that you can understand how you became to be as you are. Once this is understood you can start to understand why you get what you do manifesting in your life today. It may be at this point that you will start to choose to release yourself from some of the self-destructive patterns which have been keeping you stuck. Much work is required in releasing one-self from self destructive behaviour which keeps you stuck in fear and lack. You start to emerge from this stage by realising that much catharsis and healing now needs to take place. This unto itself releases you from the energies which have blocked up your energy system. The last stage seems to be one of seeing the bigger picture at which point you are able to see that all those people in your life who you have been so aggrieved with were simply playing out their own learned patterns of negative behaviour. You may start to feel a compassion for the whole of humanity for indeed we all become stuck in our own struggles in order that we grow and gain understanding so that we can take this knowledge and move to the next level. All these stages start to bring peace to

our hearts and as we steadily move forward feeling what we need to feel, releasing it and healing the wounds which have been left we start to feel a power, a power of pulling back to us the energy which has been lost to us by our 'stuckness'. This in turn brings peace to our soul which in turn brings peace to our minds. God Bless you on your journey back to god.

10. LOVING YOUR LIFE

We move into this state when and only have we let go of the pains that we have felt during our re-connection with our past and our true-selves. We start to feel the abundance in the universe, we start to feel that we are not wounded for ever that we are feeling freed from our chains. We start to feel lighter and as if we are floating on a huge potential for life itself. We start to know and understand how the universe in its greater entirety is simply here to serve us in what-ever we wish to manifest here on earth. Simply put we start to feel the gentle flow and ebb of the subtle energies which exist here on earth to assist you in whatever you wish to be. It is the god-flow or being in the 'higher flow' which we start to experience which gives us the feeling of joy, happiness and abundance. For indeed our vibration has raised as we have let go of our denser energies and we have literally become lighter to the higher flows of energy which are here to manifest our greatest potential in life. It is the last part of the journey as we feel ourselves starting to connect with the god-flow energy which gives us the feeling of being closer to our home, our true-self, our god-self. For indeed as we start to vibrate at this higher resonance we find that what-ever we think we are able to make manifest in our own realities. We have truly become a god!

This section also refers to the people in our lives who have served us well on our pathway. That is to say that all those people who have been in our life have been there for a specific reason. They have all been helping us to see 'ourselves'. They have all been here to help us to connect with the feelings and experiences which we needed to create in order for us to expand and grow. For without both the negative and the positive experiences that we have lived through would we not be who we are today? It is not so much at this stage that we need to forgive all those who have wronged us. But we need to be ready to acknowledge that everyone who has been in our life thus far has indeed played a very important part in creating your life the way it is today. It is when we reach a certain understanding of the complexities unyet the simplicity of the parts and roles that we play for each other. In order that we can experience what we need to experience in order for us to grow. It is at this time that we are able to start thinking of forgiveness. For it comes from a place of realisation that any negative stuff which has happened to us has not been without reason. It has been drawn to us by us! It has been drawn to us so that we can look at us! The pain and trauma which has been experienced on the way was indeed intentional and therefore necessary for us to come to know and understand what was required for our own individual pathway. This then is the place of true forgiveness. Not that those who 'did us wrong' knew no better, for they surely did not. But that they were playing an important part in your life so that you could grow and expand. This then is the place of true forgiveness when this understanding has been realised.

Loving your life is about putting into practice all that you have learnt during this section of the book. It is putting into practice in your daily life the actions which are required to make you hael, whole and healthy. For all, spiritual practice is required as a way of life. It is not something which you go to do on a workshop or spiritual gathering. It is seeing your life as a pathway which in each moment reveals to you your pathway. For it is forever appearing before you that which you need to be paying attention to at any given moment. It is not something which is reserved for a certain period in the day. For it can be at any moment that a 'feeling' or 'issue' comes up for you and it is wise to deal with it as it appears to you. This requires us to be present in each moment to what we feel, think, experience. It is a huge task to stay awake to what we are creating in any given moment. It is the human experience to 'fall asleep' or to fall into 'unconscious living'. This is hard to explain until you have experienced what I am trying to convey to you at this point in the book. For the process of being awake is simply being 'present' or being 'aware' of what we are feeling in any given moment. For as soon as we feel ourselves slipping into 'unconscious' thought then we have simply 'fallen-asleep'. For we fall into our patterns of behaviour without our being aware that we have done so. So skilled do we become at deadening our feelings. For the process of learning to 'feel' is something which has us connect with feelings that we may previously have not been able to experience. For the experience of feeling this particular 'set' of feelings can be so 'strong' or 'overwhelming' that we choose at some point in our lives to close off to this set of feelings. We choose to do this because we find it difficult in the extreme to feel what we have set out to stop our selves from feeling. So is the journey to continue to repress our feelings or is our journey to learn to feel our feelings? The journey itself is which ever we choose it to be. For some they start to understand that by repressing what they feel it is damaging themselves in some way. For some they start to understand that they do no have feelings at all. Both are infact true for whatever we choose we experience. In this way there is no right way and there is no wrong way to live our lives. There is only the choices which we make in every moment to either be present to what we are experiencing and feeling or not.

Exercise 1

What we would like you to do for this exercise is list all those people in your life who you 'think' you love. It may only be one, or it may be hundreds it matters not how many are on your list.

Now we would like you to take the first person on your list and we would like you to visualise them standing in front of you. We would now like you to imagine that you are sending love from your heart centre to their heart centre and if you are able, to visualise yourself telling this person that you love them. See yourself reaching out to them and hugging them. Feel the feelings that this expression of love brings about in you. Savour this feeling with each person for as long as you are able to hold on to the feeling before you move on to the next person.

Exercise 2

See yourself with your list of loved ones in front of you. Imagine that now it is their turn to return the love that you have sent to them. See them sending love from their heart centres to your heart centre. See yourself hugging each other and then hear them telling you that they love you. Hold on to the feeling that each experience gives to you as long as possible before you move on to the next person.

Exercise 3

Again with your list of loved ones in front of you. Imagine now that you wish to make amends for any unspoken grievances that you may have. The grudges that you have held for what you did not receive. The unhappiness which you have felt for what you did not receive etc etc. It matters not what you feel only that you feel ready to share it with your list of loved ones. See yourself with the first person on your list and see yourself telling this person all the pain and unhappiness that they have caused you. Now see them saying 'I am sorry' 'I love you'. Experience how you feel and see yourself accepting their apology. See yourself hugging them and releasing your anger, fear, upsets etc.

Exercise 4

See yourself with your list of loved ones and now imagine them one by one stood in front of you. See yourself connecting with your anger and frustration and hatred and all your lower self thoughts and feelings and see yourself venting these feelings at your loved ones. See them saying that they understand how you feel. See yourself saying you are sorry for sending them this negative energy and that you forgive them for all that they have done to you. See yourself embracing each other and saying to each other 'I love you'.

Exercise 5

Repeat steps 1 – 5 until you feel only feelings of love for your list of loved ones.

Once these exercises are completed I would challenge you to go forth and to ask everyone you know what they would like to say to you. It may surprise you what others may like to say. But what will surprise you most is how much you are liked for the qualities that you have. Never under-estimate your own value. For you are important in the greater web of life. For as important is everyone who is in your life helping you to come to know yourself. So then are you important in everyone's life that you meet. Remember that nothing and no-one happens by accident we are all part of life's greater web. Each part just as important as the other part. No part is more important, and no part is greater. It is so that we simply cannot exist without each other and so also the web cannot exist without all the parts. We god bless you.

Exercise 6

This exercise is for those who discover they have an over-whelming amount of anger to deal with. For at a certain point within our process we discover that we are simply angry.

Often we do not know what we are angry about and it is not important to 'know'. For by simply acknowledging that we are angry do we allow ourselves to connect with that energy. For there are many who feel that anger should not be part of a spiritual pathway. Let me say to those who have that thought that the key to any pathway is not to judge whether something is good or bad, but to simply acknowledge its existence within your being. That is all that is required. Once you have overcome your own prejudice to having feelings of anger then anger it is.

Allow the anger to be there and imagine it collecting like a red hot ball inside you. Stand with your feet well grounded so that you are strong in your stance and well balanced. Imagine that you have grown roots down into the ground. Now see yourself connecting with the red hot ball of anger that you feel deep within your feelings energy centre (below your belly buttons). Place your hands on your abdomen and feel the ball of fire which needs to be expelled. Now feel the anger rising up your body and feel it rising into your head. Now lean forward and scream 'NO', or whatever word feels powerful to expel this red hot energy. Scream as loudly as you can and feel that you are literally blowing this energy out of your body. Scream until you can scream no more. Repeat the process from the first part of this paragraph until you feel no red hot energy stuck inside your belly.

11. LOVING THOSE YOU HAVE AROUND YOU

This is the state of having entered your heart. It is the energy centre of love. It is by no accident that so much credence is given to this subject. For indeed the pain that we feel, the elation that we feel, is often felt to be experienced in the heart. In reality it is experienced in the feeling centre which is a lower energy centre just below our belly buttons. This is in fact where we 'feel' our feelings. However, the association of pain in the heart and it being felt in the heart is also not entirely untrue. For the cords of love naturally flow from our heart centre. This is the centre where our connection to those we love is expressed. So when you hear songs with reference to 'cords of the heart' or 'heart strings' then you will understand when I say that they are simply referring to the energetic cords of energy which exist between ourselves and our loved ones.

Now the subject in hand of how to open our heart to others who do not naturally fall into our inner circle of loved ones now this unto itself is the next step to take. For as we are able to extend our love to others we are also opening the door for that love to come flowing back to us. This unto itself is a Universal Law for 'what you give out you get back'. Could there be no better reason to love one another? For it was intended to be so. For when in the bible there is reference to 'love thy neighbour' this was what was hoped for. A nation of loving and caring people who not only care for themselves and their immediate circle of loved ones but who care for each other as simple humanity. It is my children a chilling thought if we care to look around at our own fellow man. Can we not simply extend a hand to a soul in need? The answer today is so often a simple 'no'. How then can we start to feel this love not only for ourselves but for our fellow man?

Simply put we often cannot. For we have not received the love in our lives to open our hearts to be able to receive a natural flow of love. In this way not only do we find it difficult to receive 'love' but we also find it difficult to give love out. So what can be done to change this situation. The simple answer lies in the natural law of 'what we give out we get back'. The Universal Law of 'cause and effect'. If you want more love in your life then give it out. For all that you give out will come back to you multiplied. This in-turn will open your heart.

Exercise 1

For this exercise we would like you to sit quietly and go gently within. Start to see yourself sitting in the room where you are sitting. Now start to see that room as a vibrant red, followed by a vibrant orange, followed by a vibrant yellow, followed by a vibrant green, followed by a vibrant blue, followed by a vibrant violet, followed by a golden white light. Now see yourself choosing whichever colour you are most drawn to. Once you have chosen the colour of your choice visualise yourself bathed in this beautiful colour and as you soak up the colour see yourself vibrating this colour both inwardly and outwardly. Once you have come out of the meditation understand that the colour that you have chosen is the colour which is required by the energy centre which it corresponds to. So red corresponds to the root or sex chakra. Orange corresponds to the emotional chakra. Yellow corresponds to the power centre. Green corresponds to the heart chakra. Blue corresponds to the throat or voice chakra. Violet corresponds to the third eye or psychic chakra and white/gold corresponds to the crown or spiritual chakra. Each of these energy centres also corresponds to certain organs within the body and each helps to keep these organs within the body in perfect health. If any of these energy centres is not working at optimum vibration then the health of this centre becomes decreased and with it the disease and illhealth which corresponds to these organs. This then is the way that we are able to see the areas where we require most healing. By noticing during this meditation which colour we most require, or are most attracted/drawn to we are discovering which chakra or energy centre requires the most healing. If you want to study this subject further there are many excellent books which are written on this subject but we would urge you to see this subject as part of a much bigger picture of healing and this body of work along with others which have been sent at this time will lead you to the way to finding full health. Not only within your physical bodies but within your emotional, mental, and metaphysical bodies. We god bless you on your studies.

12. FINDING YOUR INNER CORE

This unto itself sounds as if we are searching inwardly for a quintessential essence. This is simply put the truth of life itself. For when we first arrive on planet earth we are simply clean sheets waiting for all our experiences to be written on the clean sheet. The sheet and all its experiences starts to mould how we see the earth. It creates what we expect to happen on a daily basis. It forms the basis of our inner most fears and our expectations of how others will treat us in life. This then becomes the pattern of our life, for our thoughts and beliefs create our reality and if we have suffered at the hands of others then our expectation is that we will suffer at the hands of others. If we have

experienced love and abundance then we will expect to experience love and abundance and so shall it be. Our true inner core never changes however and our quintessential essence never becomes tarnished with the way we see the world. So no matter how tarnished and worn we become on the outside our inner core is always pure and loving waiting for us to simply reach out to embrace us. It may seem strange to think of ourselves as these two entities. But for the sake of simplicity I do want you to imagine that you have a pure and all loving inner core and a tarnished and tired outer body. In this way I can simply say that to find the inner core you need only shed the tarnished and tired outer body.

To explain the process for letting go of that which does not serve you becomes your path within life itself. For it was important for you to develop the beliefs that you have held thus far. For this has taught you much about humanity and yourself and your ability to deal with these experiences. But when we decide to go on a spiritual pathway it is the process of giving up the struggle which has thus far been our life experience. It is only by giving up the beliefs that we have held dear about the universe which will enable us to find the peace, joy and harmony that has so eluded us thus far. For these qualities cannot be found in any other way than to reach into our inner core and embrace our true identity. For the identity that we have come to know as 'us' is in fact a manufactured 'personality'. This personality was manufactured to protect ourselves from the experiences which we encountered along our life path. All of this is known as the 'personality struggle'. Once we accept that this is simply one reality of how we can experience ourselves then we can start to embrace another which is that the universe is a safe, loving and caring place to be. This will enable us to start dropping our protection and to start believing a different 'story of the universe'. This belief will bring forth that which you desire, to be in a safe and loving and abundance universe. This my children is how you connect with your inner core. God Bless you on your journey home.

13. FINDING LOVE, LIGHT AND HAPPINESS

This simply put is the story I have told in the last section. I have however kept this section because I wanted to dispel the untruths which have grown up around this subject of 'happiness'. There are those who believe that they will be happy when they have wealth, there are those who believe they will be happy when they have love, there are those who believe they will be happy when they have health. May I stop you there for indeed all these are of the material existence. It is well known in spiritual realms that happiness cannot come from one thing alone, although having the above may well make you feel a little happier. What therefore is happiness. What therefore is love. We my children do not know or understand the true meaning of these words for most of us live with the tormented part of our minds which live in lack. We may look at the successful businessman who has abundance financially but not know what he is lacking elsewhere in his life. What keeps him working long hours endlessly in search of making more money. Why is he doing this? What keeps the workaholic addicted to work? What then is an addiction if it can produce such financial abundance in our lives; is it a good addiction or a bad addiction?

Be clear my children that this man is addicted to work for he is trying to fill the void which is his life. Does this sound like a happy man? Have you ever asked this man what are his worst fears? You may hear him answer that he suffered great lack in food or shelter or care and he was going to make sure that that did not happen again in his life. From this answer you start to see what motivates him it is his fear of experiencing what he has already experienced. This deep rooted fear will drive him all his life until he starts to change his perception of the universe as a kind, loving and abundant universe. For he will be so driven that he may never experience any pleasure from that which he has achieved financially. So fearful will he be that if he stops it may all come crashing down around his ears.

This is but one example of the financially abundant man. I could go on to quote you many more. All I want you to take from this example is that material happiness will not bring you inner peace. It will not bring you inner joy. For whatever others see that you have achieved from the outside looking in they can never know what inner fears have driven you to behave in a particular way. It may have created abundance in a particular area in your life but it does not equal happiness. For happiness is that elusive quality which sits along side peace and contentment. These qualities can only be gained by exploring our inner most fears and dark shadows and facing them to see that they are but creations of our own minds. It therefore is left for me to say that our own minds create our own realities. Fear can drive us to be abundant in one area of our lives but it cannot buy us peace of mind. This can only come from inner work. It can only come from releasing yourselves from your negative realities of what you can expect here on earth. When we finally understand this teaching we will have the tools to truly change our lives.

14. TRANSCENDING THE EARTH-BOUND PATTERNS AND BEHAVIOURS

This my children is the work of god. That is to say this is the work we come to earth to do. It is our primary purpose on choosing to come to earth to experience different aspects of our being. Dependant on what situation we are born into you can now see that we will develop very different expectations and beliefs about how the world will be for us. This in turn creates the experience we have. It may be that we have chosen a family which experiences a lot of violence and rage. This will be then our experience of the universe that it is a world full of people who are violent and angry. We will have coped with this situation in one or two ways. One will have been to respond to violence with violence and we will be an angry and violent person. Or we will have experienced this situation and become a 'victim' to the circumstances that is to say we will be frightened and submissive to anyone who displays this behaviour and often we will find ourselves in a violent relationship where we are taking on that violence. It is after all what we have come to expect from others. It is a mis-placed form of love for indeed the 'love' that we received was often accompanied by violence and anger. This then becomes our 'experience of love'. This experience is in fact a poisoned experience of love. For we have not known love in its pure state. This could be described as a 'brain mix-up'. For the brain has now been programmed to accept violence and anger as a form of love.

This is an extreme example of the programming which we all experience and different levels of being. For example what ever we experience in our families growing up is what we think everyone experiences. It is not until we are able to go out into the greater world that we start to see that others have not had the experience that we have had. Others have different belief systems and different views on the way life is. Some are described as those who see the world as 'their glass is half empty'. Some view it as 'their glass is half full'. Both have half a glass of liquid contained in a glass. So who is correct in these circumstances. Well no one is. For it is all in the perception of the way life occurs for them. For others it will occur in a completely different way. So you can see that we are complex creatures. But we are all also simple creatures for we all take on the patterns and behaviours which have been shown to us. We either take them on and emulate them or we take them on and become the opposite of them. Either way we have taken them on. We are in a sense trapped by that particular belief and pattern of behaviour. These patterns of behaviour become the ways in which we live our lives. We are constantly being reminded of our past in this way. For all of our behaviours are based on our past experiences of how the world will be. In this way we are constantly re-living our past experiences because everything which happens to us is filtered through our beliefs and set of behavioural patterns which make up our life. All of this keeps us trapped and stuck in the 'reality' which we have come to expect.

Now the work of the soul is to be awakened to this understanding so that we can start to examine and understand our beliefs and behavioural patterns in a somewhat detached way. That is to say we start to become our own 'witness' to the way we respond in any given situation. We start to see step by step that we are a massive mix of hot buttons just waiting to go off. For many of our past experiences have been accompanied by a deep and painful learning which went with it. In this way whenever a similar situation arises it triggers the past response which we had to the situation and we re-live the pain and feelings which went with it. This is what I meant earlier when I said 'we live all of our past in all of our present'.

Exercise 1

The first stage therefore in this process of change is to:

1. Recognise that you are no different to anyone else, only that you have your own set of beliefs and behavioural patterns based on your past experiences.
2. That you have the power to change and the moment is right now
3. To start becoming aware of the patterns that you play out. Start to make note of the ones which serve you. By that I mean the patterns which get you what you want in your life. Also start to make a note of the patterns which do not serve you. That is to say they do not get you what you want in life.
4. Start to become aware when you 'play' these patterns out. Notice how you feel in these moments and how others react to you.
5. Now you are becoming aware of these negative patterns playing out and you are 'witnessing' your responses in this situation.
6. The next stage is to recognise when you are about to 'play-out' one of your well worn negative patterns and in this moment make a choice not to behave as you usually do. At this point you might vision yourself deciding to take the left route down the well

worn track or to take the right path which leads towards the light. Your higher self will know what the positive behavioural pattern is to put in place of the negative one.

This all takes immense practice and concentration to stay 'awake' to what is actually going on in your day-to-day life. Then there is the dedication to 'stay awake' so that you can 'witness' your own behaviour and you can 'choose' in any given moment to act out your 'higher self choice' rather than play out the negative pattern, keeping you stuck in the past.

This simply put my children is the formula for change. It will be the most powerful formula you will use in your life to create a different future. A future which is more loving, more abundant and more joyful. God bless you on your journey.

Exercise 2

Here my children we ask you to pray. For prayer will be your connection with the high light beings who are sent to work with you. Ask for love, ask for light, ask for salvation. For the higher energies will work with you when you ask them to. Ask for their mercy and offer all that you cannot 'solve' up to the light realms. For often we try to solve our problems with our 'minds'. We ask you to offer all your issues, your problems, your challenges up to the divine light. Ask for light to be thrown on your problems and ask for light to guide your pathway. This will give you information and answers in a way that you had not previously thought about before. It will open up pathways to solving your issues which you would not have 'thought' of from your approach from the mind. This then is your 'one-to-one' connection with the divine. It simply is the process of speaking of that which you are troubled about and that which you are thankful about. For when you are thankful it confirms to the universe that is what you wish to have more of, and so shall it be.

15. BEING THE WAY AND LIGHT OF CHRIST OUR LORD AND MASTER

This section really is the summary of all that has gone before. For it stands to reason my little ones that if you follow what I have taught thus far you will become, 'the way and the life of Jesus Christ our Lord and Master'. For this I must now explain. When Jesus came to earth to show you the way. His simple intention was to show you what has been explained above. It was the simple intention that you should discover your own light. Your own inner guidance. Your own inner pathway. For it was not his intention that he be the 'master' for the intention was that you become your own master. That is to say that you become the master of yourself. Your inner world. This requires my little ones the inner work which we have described. It is the process of letting go of that which no longer serves you on your path to abundance. For God had intended that we should all be in abundance. It is our god given right to experience that at our own request. Embarking on our own inner journey will surely as I write these words to you right now will lead you to the light. For that is what we all are. We are all light. We have simply covered this aspect of our being so that we can experience something else. When we feel within our hearts a calling that there must be a better way. There must be more to life than this.

When we ask ourselves these questions it is because our inner light is communicating with us. Urging us to seek within.

For simply put little ones if we do not go within we simply will go without. I god bless you on your journey.

UNIVERSAL LAW AND THE KEY TEACHINGS

KEY TEACHING ONE

‘BEING IN SERVICE AND INCREASING OUR OWN INNER LIGHT’

Each time we feel ourselves offering ourselves in service we are in fact simply increasing our own inner light. It is the only way truly to come to the Divine Nature. By being that which you wish to be you simply become. It is not a matter of a struggle to attain. You simply start to be that which you wish to be and then miraculously you become it. It is only in helping others that we help ourselves. For it is the paradox of the ego which believes that we must struggle, that we must fight for what is to become ours. But in truth the paradox is that we cannot truly find our own light and riches until we simply are ready to give everything away. (*see teaching on surrender to divine will*) For this is the paradox, there is nothing to gain, there is nothing to keep, there is nothing to hold. We simply need to be our own inner Divine Nature, which is pure love. That we find ourselves surrounded by love and totally loved for simply being ourselves, the greatest gift that we can give to ourselves. It is the only time on earth in a physical body that we feel complete. For it is the only way for us to be truly in the light. For when we are of the light, we are in the light. That is the paradox of life.

It is a simple teaching but one that many simply cannot understand. For it is not until we are ready to be in service of humanity that we can truly start to see our own inner light illumine. For it is when we do this work without agenda, without ego, without hope of reward, that we simply get our rewards in Heaven. For Heaven simply exists on earth. It is the state of being that we can all move into if we simply give up the struggle of the ego. For the ego can only ever bring us separation and pain, it is the nature of its task to do so.

KEY TEACHING TWO

‘SURRENDER TO DIVINE WILL’

We ask that you decide if you are ready to be in service of the light for it is a marriage with the Divine. It is alignment of your will with thy will. It is a step not to be taken lightly for it is a decision within ones heart to say that one is in service of the Divine Light. For once this decision has been made then we can ask of you that which we wish to ask for if you were to be in service fully of the light then we would ask you little one to accept your work as ‘a light worker’.

KEY TEACHING THREE

‘THE VISION TO BE GIVEN FORTH’

The vision that we speak of is the vision which will be given to you when you are ready to ‘see’ your life- path. For when you are ready to ‘see’ that which you are here to do, so do you see it. It is the work to make yourself ready which is the key here. For once you are able to ‘see’ that which you are here to do, so will you wish to do it.

KEY TEACHING FOUR 'UNDERSTANDING THE PATH'

This then begins the journey to understanding ones path here on earth. Why am I here? Why have I experienced what I have? Why do I struggle with 'x' and 'y'. Why does my life have repeating patterns, which I do not seem able to remove myself from? All of these are questions from the soul. They are designed to be so, so that you seek. For without our inner 'urges' to seek we would simply stand still. We are borne with a yearning, and within that yearning is the understanding that there must be more than the material world that we see before our very eyes. This is the basic premise that we are all borne of. Now some decide very early on that the world is as it is physically experienced. Some however, toy with the idea that this cannot be so. Our struggles to understand our particular circumstances appear differently, but they are indeed the same. It is as if we are programmed to a particular set of beliefs, experiences, circumstances and then we believe that we are all very different. The paradox here is to know that in-fact we are all the same. We are all searching for the answer, which is held locked in our soul. For it carries the key and it carries the door. We simply need to start seeking and eventually we are given the means to unlock the door and to ultimately discover that we are indeed all the same. This is the secret.

KEY TEACHING FIVE 'THE WAY TO LET GO OF WHO YOU ARE RIGHT NOW'

So the secret which is held by all of us reveals to us that we are indeed all the same. We come to seek, to discover that we are all part of the whole, that we are not in fact separate entities. We have all chosen a particular path which has given us a set of issues which we have developed in such a way as to protect ourselves from that which we experienced during our formative years. We either decided that the world was a safe and loving place, or we decided that it was not. Most of us in the human experience decide that we need to protect ourselves from that which we experience. For our feelings are so raw and sensitive that if we cannot cope with feeling what we feel, we simply choose to close that feeling off. In doing this we stifle our spirits and learn ways to cover what we originally felt. This allows us to develop patterns of behaviour which allows us to protect ourselves from the original pain. In so doing, do we shut off our spirit and gradually we close ourselves off from the intensity of that which we feel. We gradually begin to conform to a set of behaviours and patterns which gets us what we want in life and that is to not feel pain and to somehow gain love and attention from those who care for us. We firstly try to gain attention by crying and if this works we continue with this behaviour. If this does not work we generally opt for the opposite. This can create a situation where a small child will decide very early on that in order to protect himself from the pain he feels, he will need to shut down his spirit. It is these children, who do not experience attention for their cries, who mostly experience the feeling of numbness to the world and all it can offer. The child who learns that his cries are met with attention will develop his cries into words and gesticulations in order to make himself understood. Each time he is met with positive attention his spirit grows. When he is met with a negative response, that is to say his cries for attention are ignored then he feels immense pain and so shuts a little of his

spirit away. For in place of the first thought for attention gets replaced with a new pattern of behaviour to gain attention. This is what is meant by covering the spirit. For the spirit becomes closed little, by little. It gets replaced with patterns of behaviour which enable the child to get what he wants – attention. It maybe that he learns that if he is very good he gets attention. It maybe that he learns that if he is very bad that he gets attention. Either way for the child he gets attention and that is all that is important for the child. A child himself cannot determine if ‘loving’ attention is the norm, or ‘shouting and abuse’ are the norm. He has no way of knowing. What he will understand is that attention at all costs is what matters most.

So the way to let go of who you are right now is to let go of the patterned self. But what is the patterned self and what is the real self? This is indeed the paradox. For in the first instance we are just pure spirit. We are who we truly are. Then we set about covering our true self so that we can get what we want. This in turn crushes the spirit. So the way to find your true spirit is to let go of the patterns which you have set up to get what you really want. Think now; for what are all the ways that you have in place that get you attention. These are the patterns which we are asking you to drop. For the patterns which you have in place to gain you attention do not in fact get you the sort of attention that you crave, and that is the attention for being who you truly are. Simply you – simply truth. This is the work in hand. To find your own inner truth. To find your own inner spirit. To get back in touch with your deeply held feelings. To allow yourself to feel that which you have learned to cover and protect. It is in this way that by allowing ourselves to be our ‘own truth’ we are able to re-discover our own spirits.

KEY TEACHING SIX

THE KEY TOOLS FOR LETTING GO OF THE PATTERNED SELF

There are many approaches available to you to do this work. We shall suggest but a few, for the paths are too many and varied for those who wish to seek a higher path. The way you come to some sort of realisation that ‘there is more to life’ than that which you experience on a day-to-day basis is of course your own story. The experience you have in this moment is one that stays with you always. It is some thing which you do not forget. For the first time that we allow something to touch our spirits directly, it is a direct experience of ‘truth in action’. That is to say it is a connection with something which we ‘know’ to be greater than our own ‘self’. We are therefore attracted to this experience to find out more. It is as if we are drawn like a magnet, un-yet we know not why.

For the energy of the soul vibrates at a much higher resonance than that which we experience ourselves to be in the ‘every-day-sense’. Therefore when we have a direct experience, as we have described in the previous paragraph, this ‘resonates’ with our soul, which triggers a soul memory. This gives us access to our ‘own truth’. This in turn makes us seek further to find our own deeper meaning and purpose in life here on earth.

The methods for ‘soul memory activation’ are too numerous to mention and can be triggered by a simple conversation with an enlightened soul. It can be triggered by a

deeply emotional experience. It can also of course be activated by the many and numerous 'spiritual' practices, workshops, gatherings etc which you may be drawn to. There is not a right path to take, there is only the need to follow your own inner urges and if something feels exciting to follow, then follow it. Whatever we need at any given time is always provided for us. This unto itself is a Universal Truth, for nothing and no one happens by accident.

KEY TEACHING SEVEN THE WAY OF THE WARRIOR

This may appear at first to be a strange title, but within it embodies our path back to our own spirit. For it takes a certain strength of character to follow the path back to the spirit. It is indeed a journey. It is a journey often without maps and guidance. It is as if once the 'soul memory' has been activated do we endlessly try to find another way to 'connect' with that memory. For it is a place that we long to return to.

Here we may make reference to the several stages of release which are often required to journey through, as a process to return to our own true nature, our own true spirit, our own truth. For what we are at core is simply put, a part of the divine spark, a glimpse of perfection.

- The initial awakening – the activation of the 'soul memory'. This as we have stated can come in as many ways as could possibly be mentioned.
- The search begins – this can often be through reading material, short seminars on spiritual matters. Alternative approaches to medicine : Acupuncture, massage, aromatherapy, hands on healing, etc etc.
- At some point there will be a requirement to attend a 'group seminar' a place where you can start to share your deeply held beliefs. A place where your energy will resonate with those who also seek. This unto itself confirms to you that you are not alone on your quest. That there are others who have come to this realisation about 'reality'.
- The next stage is normally one of 'opening up'. That is to say that you start to feel safe enough to start to explore your own inner path. This usually leads to a period of catharsis. That is to say getting in touch with that which you had originally felt and allowing yourself to safely express that which has been suppressed. This stage naturally flows to the next stage which is..
- Healing, for after the release of deeply held pain there naturally follows a period of healing. This unto itself can take many forms, but we start to understand that we ourselves have not been victimised. We have in fact chosen all that we have come to experience in order that we can grow and expand our own light.
- The next stage is usually one of forgiveness. This is based on the understanding that those who have inflicted upon us that which we needed to experience were and are also part of the greater web. That is to say that we are all providing for each other exactly what we need at any given time in order that we can each gain from the experience. It is only when we view this from a 'higher-self' perspective that we can start to see that it was necessary and helpful for us to have experienced what we have

experienced. This unto itself allows us to move into a place of forgiveness. For we have all both been the receivers and we have also been the deliverers of experiences which have been painful and also delightful.

- The last stage is the stage where we simply wish to let go of that which has gone before and move into a more purposeful and meaningful way of living so that we can benefit and honour our own spirits and so that we can benefit and honour the spirits of those who we come into contact with. We also generally at this stage feel the urge to step forth into some sort of 'service role' for human-kind. That is to say that we will look to align all of our being with being illumined by the light. For it is at this point that we can experience the natural abundance in all things. For abundance is our natural birth-right and we have a right to experience it, but only if we take the path of the 'warrior'. For the warrior will keep going forward until he finds that which he is seeking. For he shall know it beyond doubt. For the light he seeks is one of total abundance in all areas of ones life. It is the place that we all seek and so few reach. It is the place of having created your own 'heaven' on earth. For this is the only place that this state can be experienced, in the world of matter. And so shall it be.

PART FOUR

This then is the body of work which we wish to bring forth. You are at liberty to follow that which has been given. For this is the choice of which we speak of many times during the written text of this transmission. For we use this term to explain to you that what we have given forth cannot be simply read and absorbed from the 'intellect'. It must be a body of work which is 'undertaken'. For this work requires action. It is not enough to read a book to become more 'spiritual'. It is not enough to take one of the exercises and do it 'religiously'. For this is not the path that is required. What is required is that you read the first part of the book for your own greater understanding of that which is at 'affect' in the universe right now. Read section two for your understanding of that which is at 'affect' within your own lives right now. Read section three for the exercises which are required by you on a daily basis to change your own lives. Read section four for the final understanding of that which I wish to give forth right now!

For the final transmission is one of understanding the complete body of work which has been given forth it is the approach that we wish you to adopt in your work and with this in mind we wish to give an example of your daily work. For it will be in this way that you are able to pull together the teachings which we have given to you.

WORK FOR EACH DAY

Start your day when you first awaken by opening your eyes and affirm to yourself what type of day you are going to have use a **POSITIVE AFFIRMATION**

"I am going to have a wonderful day where everything I need flows to me"

"I am going to have a wonderful day where I receive love from everyone I meet"

"I am going to have a wonderful day where love comes to me from all directions"

"I am going to have a wonderful day where all abundance in the universe flows to me".

etc. etc.

RECEIVING WHAT YOU WANT

After repeating this statement several times over and over in your mind or out loud if you can. Start to see yourself receiving what you want. If your affirmation was about receiving love then see yourself receiving love. If your affirmation was about receiving abundance see yourself receiving abundance.

WHAT AM I FEELING TODAY?

Next stage is to ask yourself "what am I feeling today". Am I feeling sad? Am I feeling happy? Am I feeling guilty? Am I feeling angry? Am I feeling anxious? Am I feeling optimistic? Try to give what ever you are feeling a name.

Then ask yourself "Does this feeling come from a place of love and abundance within me or does this feeling come from a place of fear and lack?" Once you have established the source of your feelings, if they are coming from a place of love and abundance take a few moments to expand that feeling within you and enjoy the feelings of expansiveness for as long as you are able to do so. If you decide that the feelings you are experiencing come

from a place of fear and lack then take a look at the list below of actions which you are able to choose from to release this negative emotion.

PHYSICAL RELEASE TECHNIQUES

Firstly you need to think about these emotions as real 'entities' within your energy system. For they are being fed by you which are keeping them in the state of 'being'. Think about how you are going to cut off their life source. How are you going to destroy and therefore express these entities which are being fed by you? I am sure you can think of many ways to simply 'express' what you are feeling by using the energy centre of your voice. By simply saying "I am feeling xxxx" today allows you to express that which you feel. This however is not what I mean here by expressing. For I am talking about the need to actually remove the stuck energy from your energy system. To completely remove this energy requires some physical effort. So the way to 'express' in order to destroy is the requirement to use both a physical effort and the use of your voice. This combination will allow the energy system to 'let-go' of what it is holding onto.

There are two main ways to express which are simple to put into action. One is to use the method of beating a safe and soft area to allow you to beat and to shout out your 'stuck' emotions and one is to use the voice and bring the energy up from your 'feelings' centre just below your belly button. Both are very powerful release techniques and will allow you safely to release the energy which is no longer required.

So the second action which is required by you is to use **PHYSICAL RELEASE TECHNIQUES**.

EMOTIONAL WORK STAYING PRESENT TO WHAT YOU ARE FEELING

The third action which is required by you is to simply be with what-ever you are feeling and putting into action the act of staying 'present' to what we are feeling at any given moment. For all feelings of fear and all those feeling which come from this place within us requires our action. For all feelings of love and abundance do not require any action from us apart from our ability to simply enjoy this state of being. For when we are in this state we are infact 'all powerful'. That is to say it is our natural state of feeling powerful in our bodies for we feel that we could conquer the world if that was our wish to do so. However when we are feeling any of the feelings which stem from fear we are not in our natural state of power. We are more often in a state of needing to project an image of ourselves which creates the illusion that we are infact feeling powerful. This unto itself creates a huge drain on our energies and creates the feeling of 'being inadequate' and gently we slip into a place of isolation for indeed we feel deeply alone with these feeling of lack and fear. We can feel that we are the only ones who are hiding our 'true' feelings about ourselves and our abilities in the world.

So what therefore does it achieve by staying 'present' to these inner most feelings that we have? What it achieves is that we start to be 'in our truth' with who we truly are in any given moment. For when we are able to be 'truthful' to our feelings of fear then we are able to start doing something about it. This then is the journey of each day. To simply to stay alert to what we are feeling. It is the hardest thing for us to do for we become very

skilled at hiding behind this 'vener' of personality which we have put in place so that others cannot 'see' what we are feeling deep inside. The truth however is that it seeps out of us like a leaking bottle of water. For as we try harder to conceal what we really feel inside so do we start to leak with our body language, the words we use, the health we experience and the way we hold our bodies. For all of these 'leaks' tell a story of our own lives.

THE PATTERNS THAT WE PLAY-OUT ON A DAY-TO-DAY BASIS

What therefore is the next section to pay attention to. This then is perhaps the hardest journey for the human experience and that is the one of the patterns that we play-out on a day-to-day basis. These are the patterns that we have learnt at our earliest part of our lives. The patterns which we put in place to protect ourselves from feeling the pain of not getting what we really wanted. That was the attention to which we felt we should have had. None of us I might add receive the amount of attention which we crave for. For the attention which we seek is the love which we had previously experienced when we could remember the love of the divine energy from which we all came. Therefore no matter how much attention and love we receive it can never be enough. In this way we feel a deep pain when we do not feel loved in this way. The feelings of rejection can be overwhelming to a small child who has been left by his mother for only a short period. What then must be the pain of a small child who has been rejected by his mother or father when one parent leaves the responsibility of child rearing behind to seek another life for themselves? It cannot be described here for it is with each experience that we form our view of the world and create at the same time the inner world of our energy bodies which hold the pains of rejection and fear.

What therefore does a pattern consist of? It is a set of behaviours which we fall in to when a certain set of circumstances occur. This in turn triggers for us 'an old wound/fear/hurt' and we find ourselves reacting to this situation as if we were that small child who felt that original pain. For that is what it is. A reaction which we feel we have no control over for it was a pattern which we developed long ago to cope with the feeling which we had. It is a process which we put in place so that we can protect ourselves from our feelings. Our feelings always stem from the place of fear, the place of lack. The place where we are not getting what we want. That is always attention. The attention which we did not receive as a child. We continue as adults to try to gain this attention. Many of our patterns which we put in place are to gain this attention. Flirting, giggling, naughty behaviour, good behaviour, singing well, painting well, being beautiful, being intelligent, being funny etc. Obviously as you read this list you will see that many of these attributes of behaviour are in fact beneficial. These are not the patterns of behaviour which we wish for you to focus your attention on. For as many of these sets of behaviours which we have in place which are beneficial to us in some way. There are as many which we have in place which are not beneficial. These are the patterns which we wish to speak of. For these are the patterns which we play out in our 'closest' relationships. They are the protective layers which we put in place to 'keep' pain out. They act as a paradox. For while they keep pain out so do they keep humanity out. They lock us in and keep others out. This then is the separation and 'loneliness' which we feel in these moments of deep despair. They are the mechanisms by which we crave attention

but at the same time our patterns are keeping the attention which we crave out. We have locked ourselves into a paradox of trying to get what we want, whilst not being able to get what we want. It is the pattern of our human experience. For the only way to truly get what we want is to become present to the feelings which we have locked away. The feelings of lack and the feelings of rejection and fear. These are our true feelings which sit behind every pattern of behaviour which locks us into craving the attention which we did not receive as a child.

The action which is required therefore is to become 'conscious' to become 'aware' of what these patterns are. Once we have become aware of what these patterns are then we must start to 'witness' when we are triggered to fall into our well worn pattern of behaviour. The next step is for us to 'choose' not to fall into the pattern of behaviour but to connect with the feelings which lie underneath the pattern. Our feelings of lack, our feelings of fear, our feelings of rejection etc. Once we are able to connect with our feelings. We are then able to be 'in our truth' and speak about what we feel. This then is the 'point of power'. That is to say that this is the place where we start to connect with our 'authentic self'. We start to learn to connect with what we are feeling and express it so that those around us who love us are able to give us the love and reassurance that we so desperately all need. For we all crave to be loved, admired, adored, etc. As we are able to connect with our deeply held pain so are we able to release it and to comfort the child within who did not receive the love and attention that he/she so craved for. This then is the healing path to be taken. It is the ability to be 'in our own truth' about what we are feeling in any given moment.

This then is the daily task. The work of the emotions. The other daily work is the work of the spirit and the work of the mental and physical bodies. This we shall outline below for this is also your daily work. For all aspects of this work will take you on your path of release.

SPIRITUAL WORK

This then is the process of prayer and meditation. For the power of the universe is at your disposal when you are in action on these two aspects of 'being'. For the act of being in prayer and the act of being in meditation are acts of divine love not only for yourself, but for your fellow man. It is not that we are asking you to believe in a 'god' for if you already do then our concept of god may challenge what beliefs you already hold. No we are not asking you to worship a particular entity. No, we are asking you to connect with the 'all that there ever was and all that there ever will be'. For the divine energies which we speak of are the all and everything. They are not in a specific place for they are me they are you they are the very essence of all that you see, touch, smell, taste and experience in a material and a non-material sense. It is the consciousness in every man, woman and child. It is the consciousness that ever was and ever will be. For we all experience eternal life. There is no beginning and there is no end. There is no light and there is no dark. For all that we 'see' before us is indeed a manifestation of all that we believe to be true for us, and in this way 'so shall it be'. What therefore is god in this terminology that we are using. He/she is the divine energy which exists in every single atom of every single particle which ever existed. He is if you like at the very centre of

every single conceivable 'thing' which ever existed and ever will exist. He is the 'all and everything'. This then is the concept which we have in mind when we talk about 'god' the all and everything. We ask therefore that on a daily basis you connect with this energy and do three-fold. One you ask help for what-ever you require help for. This also included the process of offering up to the divine energies that which you cannot solve or resolve from your own tiny expansive mind. That you offer up thanks for all that you have received and all that you will receive. That you ask the divine to send healing light and support to those who you would wish to receive the divine light and love of the higher energies for healing, direction, inspiration etc.

This simply put is the act of prayer that we speak of.

The other area that we speak of here is meditation. This is the act of going within. It is where the saying comes from 'if we do not go within, then we go without'. But what do we go without if we do not go within? What is meant by this saying is that for those who understand the concept of 'god' that we have just described to you. Then you would understand that by going within. That is to say that by the process of meditation we are able to quieten off the noise of the mind and allow ourselves to sink into the depths of our sub-conscious mind and what we call our higher-mind or super-conscious mind. Often referred to as our higher self, or guide within. All these terms are trying to describe the process of shutting down the mind (which for many is the dominant part of their being) and being able to listen to the inner guidance which is always available to us from the 'god within'. For this is indeed the place of divine truth. It is the place where we are able to be in connection with all that there is and all that there ever will be. For it is the expansiveness of the place of pure truth. It is the expansiveness of pure love. It is the expansiveness of true peace. For it is in these moments of deep mediation where we are able to connect with our 'true being'. For this is who we truly are. Not the market-place that we find ourselves to be in our daily lives. This then is the guidance that we ask you to seek for it is finely tuned to you on your pathway and in this way it is your truth and only your truth.

MENTAL WORK

This then we have covered in the first section. For it is the power of re-programming the mind to think about what we do want and not what we do not want. It is the discipline to ask the mind to think positive thoughts and not negative thoughts. It is the process of training the mind to be our servant and not our enemy. This can be achieved in many ways, but the most direct route is to simply repeat positive statements about ourselves. These must be stated in the present tense. For example 'I am xxxxxx' or 'I have xxxxx'. These will bring forth to you that which you most desire. It is the process of re-programming your mind to think about that which you do want and to delete your thoughts about restriction and contraction which include all thoughts which come from a place of fear.

PHYSICAL WORK

This then is the most simple of all the areas to work on for it simply requires you to walk in nature. The process of walking in nature is the process by which we not only clarify

and purify our own energy fields but we also clarify and purify our minds. For the peace and tranquility which is the very 'being' of all plant life is infact the very 'being' that we would wish for you.

Trees and plants oxygenate our planet and in so doing do they enable us to breathe. They are the very source of our well being. For not only are they true aspects of the divine energies, but they vibrate at the highest level. This inturn increases our own vibrational state and encourages us to absorb these energies into our own energy bodies. This is the 'upliftment' that we experience following a long walk along the cliffs or a long walk within the woods. It is a combination of oxygenation of your blood from breathing in the pure oxygen and the interation of your energy field with the energy fields of the nature which you have walked in. The combination of exercise, oxygen and the upliftment from the higher energies will lift even a deeply depressed person from their isolation.

Eating Healthily

Now there could be much written in this section of the book. But I shall keep it short for there is only one way of eating healthily and that is to buy the freshest and if possible the food which has not been grown with chemicals. To ensure that your diet is 70% fruit and vegetables and the rest to be made up of grains (to include seeds and nuts) and a little meat and fish. To remove all stimulants from your diet including all cigarettes, alcohol, coffee, tea and artificial additives and preservatives. To ensure that your diet contains as much water as you can drink in a day and to cook as few of your foods as possible. This then is the healthiest diet you can follow.

For many they prefer to follow a vegetarian diet for this enables them to follow a regime which best suits their digestion and their ethical requirements. For others they find ways of combining foods which also best suits their digestion and spiritual requirements. Here the most important thing to say is to find a diet which best nourishes you and the physical body which houses your spirit. For it is in looking after our physical vehicle which enables us to best get our energies out to the universe. For without a strong and healthy physical body we may find ourselves in the place of having many talents but not the strength or vitality required to make them manifest in the physical world.