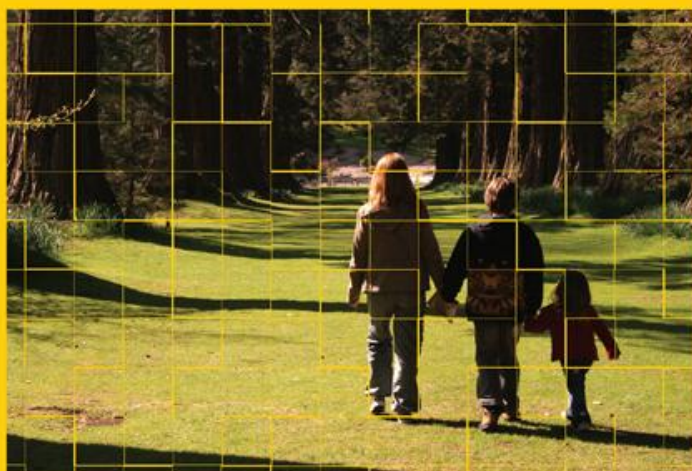


# Children, Rescues, Energy & Emotion



## The Spiritual Dictionary: Book 2



For those who are ready to learn

# Children, Rescues, Energy and Emotion

**Geoff and Verna Hindmarch**

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**Geoff and Verna Hindmarch**

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## **FOREWORD**

You have read Book 1 and have now ordered Book 2 – and your journey is about to get a lot more exciting. As you progress through each article, you will be amazed by the way more and more pieces of the puzzle fit together, and astounded by the simplicity of it all.

When God created EVERYTHING in the beginning, he created every possibility of EVERYTHING for us to experience. Along the way the World we live in has changed many times swinging from one extreme to the other so that all experiences could be accomplished. Where are you now? You are just experiencing what you chose to – so just enjoy the now and allow yourself to be guided through the next stage of learning.

**Geoff and Verna Hindmarch**

# CHAPTER 3

## RESCUES

### WHAT ARE THEY?

There are several types of rescue; the most common being helping someone who has died to complete the passing over.

First let me first explain what happens when you die.

You are living now on an Earth vibration, Spirit lives on a "Higher" (Sometimes called faster) vibration. So when you die you pass from one to the other.

Your physical body remains on Earth (For burial or whatever) and your Spiritual body moves towards the higher vibration. Normally you will see friends who have passed over, and there will be spirits there to help you across. You will feel a tremendous love from the higher vibration (Going towards the light) and the majority of people will go... BUT YOU DO NOT HAVE TO... YOU STILL HAVE TOTAL FREE WILL.

### HERE ARE SOME EXAMPLES OF WHOM WE HAVE ENCOUNTERED IN THE PAST

1. Someone who was killed in a motor accident. He did not believe he was dead, so would not cross over.
2. A stubborn Grandmother who wanted to remain and see her grandchildren grow up.
3. A Nazi artillery man who believed he was still defending his position, and would not let down his commander. He had "created" the same scene (illusion) as when he died (One of the many things you can do in spirit)
4. A miner who died underground in a rock fall (Could not believe he could cross over from that position)
5. A passenger who went down with a sinking ship.
6. The one I remember most is of the Abbot who would not leave his monastery, which is the example that follows.

Please do not try to attempt rescues without experienced people present.....If you are to experience a Rescue then there MUST be someone experienced to help you.

## **A TYPICAL RESCUE (The Abbot)**

Myself and Verna (my wife) and 2 others mediums sat in a circle, and protected ourselves with an opening prayer and white light.

We all went into a light meditation and made contact with the "Guides" who were to assist us.

I went into a deeper meditation and astral traveled to the position where the Abbot was.

He had died many years ago after spending his life in a Monastery. He had his visions of what God was, as he was taught. So when he died and saw something unexpected, he turned his back on the spirits there, and refused to look towards those calling him.

He faced the corner of his room in the monastery where he died and would not budge...total dedication to the view his Religion held.

I was on the same vibration as him, so he knew that I was there. After talking to him for a while I managed to link up with him so that I could feel and experience all his emotions and fears. (He could feel that I was genuine too)

As we were on the same "higher" vibration, and my physical was on an earth vibration, whatever he said could be heard coming from my physical body. He was channeling through me to the other circle members.

They could then talk to him physically, while I listened to him talking "through" me.

Verna took control, and assisted by her guides and the other mediums, talked to him gently, and persuaded him to at least listen to what we had to say. She projected so much love towards him, and persuaded him to take a quick look out of the window (Of the monastery) to see his friends, to confirm that we were telling the truth.

I will never forget his cry of anguish when he said, "How can I forsake my God?"...It was heartbreaking for him.....and against all he believed.

Eventually he agreed to try, and turned briefly (Both myself and Verna were seeing what he was seeing)

What he saw absolutely staggered him...His friends, students, teachers, and relations....They were all there. They also were sending him so much love and encouragement. Eventually he agreed to walk towards them, I held his hand all the way, and handed him over to his friends.

His Joy, elation and love for all was something that I will remember for the rest of my life. He had gone from absolute despair to absolute Joy, and I experienced every single emotion that he did.....I cannot put into words the feeling afterwards that we as a group had. To be able to complete the Rescue was the most fantastic reward for all of us.

Not all Rescues involve so much emotion and energy. We once persuaded a stubborn grandmother that she was frightening her grandchildren when she tidied up their toys every night.....They thought there was a Ghost in their room. And they were right. We persuaded Granny to cross over and come back and visit every now and again. She agreed, and moved across easily albeit a little miffed.

Lastly you can encounter "Bad guys" and Negative energies.

We had 2 bad guys to help a few months ago. They were good friends and one looked up to the other...A sort of "You are badder than me" relationship.

When they both died simultaneously they were unsure about crossing over. They were also against any form of authority...so when they realised that they did not HAVE TO cross over they decided to buck the system and stay behind.

They became a nuisance to those trying to learn meditation and Spiritualism.

They could only do this because as you connect to Spirit you raise your vibrations, Spirit lower theirs and you "Tune in" on the same level somewhere in the middle.

As these two were on the lower end of the vibration scale they could sometimes tune in to a beginner who could not recognise a bad vibration, or not protected well enough.

Although they could do no real harm, they could make a nuisance of themselves.

We connected with them, listened to their swearing, cursing, and abuse and then talked to them with as much love as possible. It turned out that they had had a very poor upbringing, so it was no wonder that they acted the way they did.

We convinced them that they would not get into trouble if they went across now, and that they would be helped.

They were a bit unsure at first, but after we called them "Chicken" in a nice way they decided to see what it was like. They went across without even a Thank you, but did come back a few months later, very sheepishly, just to say Thanks.

Lastly. Negative energies are very rare, and can be created in several ways. They are a specialised subject, and can only be handled by the well experienced.

## **ARMY RESCUE**

**In this meditation we have been trying to get a German soldier (Klaus) who needs rescuing to come and channel through me for many weeks, and tonight we have been in meditation for half an hour. He has been there all the time and we pick up the meditation where somebody is channeling through Verna direct to him and is trying to get him to come into my body, so he can channel through me so that the meditation group can talk to him. His friend Stefan also channels through Miriam.**

**Verna(Guide):** Why not take the chance and go towards the light or are you the coward we think you may be. It is up to you, friend, but the light is there and will take away the pain of the arrogance and the nastiness which comes from you.

So if you are not cowardly, and you are brave as you say you are with your tongue, and with your thoughts, why not show

how brave you are and take that step towards the light. For, if you are really as strong as you say, you can step back again if you so wish as you so enjoy the negativeness and arrogance which you bring to others. Even this peaceful circle is trying to help you but they do not need the arrogant vibrations you're passing on to them. And so, my friend, if you are not the coward that we think you are, why not take that step to love and light, to those who want to help you instead of shirking in the dark and hiding in your arrogance and your badness. And that is all that I will say to you tonight, my friend, for now it is up to you as these friends with their lovely light and their givingness do not want your bad vibrations, so you will sit alone unless you take a step in the right direction. God bless you, my friend. We wait for you as friends.

I only speak like this to get you to understand that you must make that move yourself and we will be waiting with love and light. Put yourself in the light – not in the dark. It will help. We send you blessings and we send you love even although we do not get it back. But when you feel these feelings and you open yourself up to them, maybe you will step forward and come to us. We leave you now, friend, to do your thinking.

**Miriam (Stefan):** Klaus. This is your friend, Stefan. We were alike you and I, but I have learnt that I was wrong. We were taught wrong. You must hold out your hand to the young man (Geoff) who is coming towards you now. Think about it strongly. He is of good faith and he reaches out towards you with love as we all do. We were brain washed, Klaus. We were brain washed. You must learn to listen to what is in your heart. Hold out your hand – reach out. You can see the young man. Cast down that arrogance of yours. We come as friends. You know I would never do anything to hurt you. We were very good friends. We fought together. We come from the same part – from the same stock. You know I speak the truth in your heart. Listen to it Klaus. Listen. I cannot stay long. If you will not come now you will come later, I know you will. I shall be back but for now hold out your hand if just a little way. Try Klaus, try.

I have not, as yet, the strength to stay too long for it is not so long that I realised myself the mistakes we made but they have let me come to see if I could help you. And help you I will, for you do not know the glories that there are here. You are dwelling in the darkness but it is the darkness of your own making now. Let go. I will be back. I will. I cannot stay.

**Verna (Guide):** My friend, we are with you. The harsh words were to help you on your way. Please come to us. Please come to us. We give you love - nothing but love and light. Come to your friends. It was difficult for him and it is difficult for you but he now glories in the love. Take that step, my friend. Reach out.

**Geoff (Klaus):** I try.

**Verna (Guide):** Try harder. Take that step. Come to us and come to your friends. He will help you. He is waiting for you.

**Geoff (Klaus):** I listen to Stefan. Stefan - he is a good friend.

**Miriam (Stefan):** I'm holding on, Klaus. I am holding on. Come.

**Geoff (Klaus):** For too many years I sit next to the gun hoping for an answer for what is happening. I see no answers.

**Miriam (Stefan):** Klaus you must listen. You must listen Klaus.

Please.

I speak the truth. I speak the truth. They are helping me. So many people helping me to talk to you. You must come. You must come now.

**Geoff (Klaus):** I listen to you Stefan, for I believe you, for you are my friend.

**Miriam (Stefan):** I am still your friend.

**Geoff (Klaus):** I have mixed, confused feelings and if you say step towards the light, I will step towards the light. For you I will believe it.

**Miriam (Stefan):** You must come Klaus. Come. Come. There are so many of your friends here who are helping me because I find it so difficult, but you must come, Klaus. Come. It takes just a little step.

**Geoff (Klaus):** Then I will come and I will help you. (Still very arrogant)

**Miriam (Stefan):** We need each other, we need each other. Come, Klaus. We have done many things together – we will atone together.

**Geoff (Klaus):** Yes.

**Miriam (Stefan):** Take the young man's hand.

**Geoff (Klaus):** I try.

**Geoff (Klaus):** Come.

**Miriam (Stefan):** Come Klaus. I need your strength as you need mine.

**Geoff (Klaus):** I am here.

**Miriam (Stefan):** It is not as bad as you thought. It is not so difficult. We have much to atone for but we will do it together, as we have done so much in the past together.

**Geoff (Klaus):** Yes. Take my hand and help me across.

**Miriam (Stefan):** The young man is helping you. He has such love. He has such courage. You must take his hand tightly. Cross over. Come.

**Miriam (Stefan):** Did I not say you could do it. Did I not say you could do it? Many a time we have been in battle. Many a time we have done things that we thought we could not do but we did them. We did them. Come.

**Geoff (Klaus):** And we do it once again.

**Miriam (Stefan):** We will do them together. Were we not one from the beginning. Were we not?

**Geoff (Klaus):** Oh. So many friends – so many. You have given me so much, and once again you give me the peace I look for, for so long. I will follow.

**Miriam (Stefan):** It is not without that young man's help - you could not have made it. He gave his all. He gave what strength he had, and the love he had, and the love from the lady and the love of all in this room. We have not experienced anything like that in this lifetime of ours that we have just passed. Our life was full of hatred and arrogance. We thought we were little Gods and we were as dust beneath their feet but we will atone- will we not, Klaus. We will atone.



**Geoff (Klaus):** We will do what must be done.

**Miriam (Stefan):** So be it.

**Geoff (Klaus):** So be it.

**Miriam (Stefan):** So be it.

## **RESCUE OF OLD LADY FROM THE DARK SIDE**

**In this rescue our regular guides bring us an old lady who has spent too much time on the dark side. 1991**

**Geoff** – I can see you, I can feel your presence, but I can't quite work out what's worrying you

**Miriam (Old Lady)** – I feel so lost, I am not sure which way to go, there are people who tell me I must go this way but it feels wrong, and yet part of me wants to go, something is telling me I must not listen to those voices.

**Geoff** – Yes

**Miriam (Old Lady)** – But please, I have struggled for so long

**Geoff** – And yet the answer is so easy, when you have to make a decision, many people will tell you different things, and each can affect your mind, each can change your emotions, but there is only one true emotion, that you can rely on, and that is yourself, what is in your heart, whatever decision you make, it is simple to make that decision by using your heart, it may not be simple to carry out, but it is simple to make the decision. Then you need the strength to carry it out regardless, but only when you know that the decision you made was the right one. Now at the moment you are with us, and you can feel a little bit of our emotion and the love that we have in this circle. Feel why you are at peace now, why you are safe, look into your heart and try and make that decision now.

**Miriam (Old Lady)** – But the heart is such a tiny voice compared to all their voices, and yet it feels right

**Geoff** – Yes, the heart is you, it is you and God and love, the heart is what counts, you must make that decision

**Miriam (Old Lady)** – But they say it is not me

**Geoff** – You must not listen to them, many people can give you many different kinds of advice, but who knows you better than you do? Even we cannot decide for you, we can only help you to make a decision, but that decision must come from deep within your heart

**Miriam (Old Lady)** – Then will I feel the happiness that I feel you have?

**Geoff** – It will take time to grow, but as soon as....

**Miriam (Old Lady)** – But you have so much and I have never, never felt like that!

**Geoff** – Yes that is true, but you can, that is because the decisions that we make here in this circle are to help others, decisions that we make from our hearts that we believe in. There are people that could influence us, there are people who have different faiths, beliefs, religions, but we know deep inside that we are right. Would you not like to help other people?

**Miriam (Old Lady)** – Oh I would, I would

**Geoff** – And doesn't it give you a beautiful feeling inside?

**Miriam (Old Lady)** – It feels so warm and cozy and protected

**Geoff** – Yes, and that feeling comes from inside you.....  
from inside you

**Miriam (Old Lady)** – But how can that be when I did not deserve this sort of feeling?

How can it be?

**Geoff** – It depends, you say you did not deserve it? Why?

**Miriam (Old Lady)** – They tell me I did not deserve it, they tell me I must follow them, but I do not get this nice feeling, this is so much better, so much better

**Geoff** – Here you can talk if you wish to, would you like to tell us who and what these people are that are telling you these things? Or maybe we can help you make other decisions, help to clear your mind?

**Miriam (Old Lady)** – I would like if they would keep away long enough, I would like...

**Geoff** – We can keep them away, here you are in God's light and totally safe

**Miriam (Old Lady)** – But they say there is no God, they say there is no God!

**Geoff** - And can you see or feel a God?

**Miriam (Old Lady)** – I can feel there is, oh I can feel such joy that I have not felt for many years, not that I have ever felt like this before! Not since I was a little baby, and I felt like this, oh it has been so bitter, so much torment within me that .....

**Geoff** – It is easy to stray into that torment, to move away from what you believe is good

**Miriam (Old Lady)** – But they say the power came from them only, not God's, nobody but ourselves, that we provided our own power, then why did not we provide a lovely feeling like you have within you that I can feel, it is so beautiful and protective, then surely there must be more than darkness.

**Geoff** – Yes there is more, and as you have stepped into this circle, you have started to feel but what you are feeling is just the beginning, if you look behind you at a distance I can see your friends in darkness and they dare not step forward into this circle, they are scared of the power, of the love that is here.

**Miriam (Old Lady)** – Their voices are fainter, but they say they are so powerful.

**Geoff** – They say, only talk, they cannot feel as you are feeling now

**Miriam (Old Lady)** – Oh I do, it feels lighter, how can it feel lighter when I cannot see lighter? It just feels lighter! I do not feel tired, and yet I feel comforted, I cannot describe it, it does not make sense to me! It is just light and yet it is all around me and it is too good!

**Geoff** – Now this is just the beginning, look upwards, there is more light, look up

**Miriam (Old Lady)** – There is more? Brighter, I can see light that I have never ever seen before!

**Geoff** – That light is God's love

**Miriam (Old Lady)** – Then there really is a God! There really is a God!

**Geoff** – Yes there really is a God, every single one of us is a child of God, every one of us belongs to and is a part of that God.

**Miriam (Old Lady)** – Oh I feel so light within, like a feather, and yet my heart is so warm, radiant, I have never ever felt like this before, but will they send me back to the darkness, must I go back as they said I had to?

**Geoff** – No, there is no need to go back, but now you are able to walk back into the darkness and take the light with you. As you walk back to your old friends in the darkness, they will move away because they will see the light within you, but not yet – maybe in a long time to come. You are now in the light and there are others coming to help you.

**Miriam (Old Lady)** – I cannot hear the others so well now

**Geoff** – Your lightness is driving them away

**Miriam (Old Lady)** – And I will be able to always feel this beautiful?

**Geoff** – Yes it will never leave, it is part of you, they have kept it from you for many years.

**Miriam (Old Lady)** – Oh I don't know how long

**Geoff** – Yes, but because of you and what is inside you, that is what brought you to this circle, you felt the attraction of the love and you knew that there was something else besides darkness, and you looked for it and found it. We did not help you, we only showed you that there was light and there is a God, and you have seen it for yourself.

**Miriam (Old Lady)** – Oh but you did help, how can you say that you did not help?

**Geoff** – We only showed you what is here and now you can see. Now can you see others here besides us?

**Miriam (Old Lady)** – I can see lot of eyes, so many eyes, they are not like the eyes that I have seen before, these eyes are so bright, and this is loving.

**Geoff** – Yes and as you look, you will see the faces start to appear, and you will see that you know these people, they are loving and kind and they have been waiting for you.

**Miriam (Old Lady)** – I see a little girl

**Geoff** – And do you recognise her?

**Miriam (Old Lady)** – She is my little girl!

**Geoff** – She is

**Miriam (Old Lady)** – But how can that be? How can that be?

**Geoff** – You have lost all track of time being in the darkness, and now she is here

**Miriam (Old Lady)** – It is so bright and yet it does not hurt the eyes, there are so many, like the sunlight which I have not felt for so long. Oh I have not felt such peace as this, it is like a cocoon, like the feathers in the nest of the birds, and I can truly, they say I must go with them, may I go?

**Geoff** – Yes in your heart you have made the decision and you can take their hands

**Miriam (Old Lady)** – You are speaking truly now, I can hear so clearly, I can come back another time, thank you

**Geoff** – Go in peace my friend

**Miriam (Old Lady)** – I thank you for everything that you have given me, and I hope I can be worthy and someday

**Miriam (Old Lady)** – Someday maybe I can help those others

**Geoff** – Yes, but now you must go and take a long deserved rest, let the hands of these friends take you

**Miriam (Old Lady)** – There are so many, and my little girl, she is not ugly as they said, she is beautiful, so perfect

**Geoff** – Yes.

## **NEW YORK - A SMALL RESCUE FROM THE DARK SIDE - 1991**

**In this meditation, Miriam is channeling and Geoff helps this woman to rid herself of some negative vibrations.**

**Geoff** – I have gone to an apartment somewhere in New York, where there is some form of meeting going on, and there is a person lying on a bed, and there are many spirits there, and I am there to watch only. There are seven spirits and they are a dull

grey in colour, and it is a woman lying in bed, and she is sat up, and she communicates with these seven.

But she is not communicating the right way, she is doing it in astral, yes the physical is still laying there and the astral sat up in bed. She has been delving into all sorts of psychic things and on the black side, and now she has created some form of mental block, where her astral body is not able to leave the physical, and it must do this to get the energy that it needs.

**Miriam (Guide)** – You are doing very well.

**Geoff** – Now these seven that are there, I think these seven were created by her.

**Miriam (Guide)** – Yes, yes they were.

**Geoff** – Now what I am going to do is show her, or get her to destroy or do away with these creations.

**Miriam (Guide)** – Yes it must be she that does it, but give her the idea of how.

**Geoff** – Right, I am sitting on the end of the bed, I am sitting cross-legged and I am looking at her, and she can see that my colour is totally bright, and a totally different vibration than the seven surrounding her, also she can see that I have more substance, now this sounds funny being in astral, but her seven are hollow, you can put out your hands straight through them, there is nothing to them, and yet at this stage I can see myself as being solid, even though I am sort of a yellowish white, radiant but you can't see through me.

And this is what she is seeing, also she is getting a lot of love and she is beginning to feel, her body is starting to become the same colour as mine. She is beginning to understand, she is just understanding herself, because of all the past knowledge that she has, she created these seven barriers, but she also has a lot of past knowledge that she is putting to use.....the jigsaw is fitting into place. And she is accepting and understanding what she has done, and this understanding is creating a lot of happiness, and strong vibrations, and she is smiling that she is now seeing this, and I put my hands out.....

**Miriam (Guide)** – She is so full of joy!

**Geoff** – (Laughs) I have just pulled her towards me a little bit, out of her physical, and the seven are fading, fading very fast. And now they have gone altogether. Now she is sitting on my left, and we are both looking at her sleeping physical and I mustn't take her too far. I take her up on to the roof, I hold her hand and we just go straight up and it is actually quite funny to see, because she thinks the ceiling is there, and it blocks her for a while before we go through, and we get up on the roof, and there are lots of energy lines coming down connecting to her, I don't think she can see them.

But they are supplying her with energy that she has lacked so much in the last few days or few weeks. And she is being revitalised very, very fast, there are other spirits around which she cannot see either. I think this will come to her later, she will be able to see at a later stage, now there is one spirit on my right who she has seen, and recognised, and it is her guide. And the guide will take over from now, she has got full understanding now what happened, and she is secure being with her guide, and I can now go on.

**Miriam (Guide)** – And she is such a lovely person.

**Geoff** – Yes, and it's funny to see, now I can see her in a white robe, but I can't see her feet, when I get down to her feet, and we are hovering, the robe just sort of curls underneath and goes back a little bit, that is just the way it is. And she says thank you and understands and is very happy, and now I can go off.

**Miriam (Guide)** – She is very happy.

**Geoff** – Now just before I left that one, I cleansed the apartment that she was in and it just left it a lot brighter, full of energy.

**Miriam (Guide)** – I am glad you remembered that.

## **RESCUE OF WOMAN WHO WAS UNSURE ABOUT LIFE AFTER DEATH – 1990**

**Verna** – I have got a mist, a very thick mist or fog and there is somebody walking around in this absolutely lost, I don't know if they are spirit or .....

**Geoff** – Yes, Mildred is here, she is a woman we rescued in Germany, and her friend is walking in this mist, confused and lost and it is on the edge of the grey lands, and she asks if we can walk in..... you must wait here and I must walk in.

**Verna** – But it is white mist, so it is not bad, it is okay

**Geoff** – No, not dangerous, the woman is lost, her name is Margaret. I cannot see why she is there but I will walk into the mist and meet her.

**Verna** – You will cause a path of light by breaking the mist and she will see you.

**Geoff** – I have her now and I put my arms around her, and she is confused she has created this mist, it is her own doing, she did not believe in life after death, and when she passed over she saw spirit and life on the other side, but was so adamant that there was no life after death, that she could not accept it and put it out of her mind and this created a safety barrier of mist around her. She has had time now to settle down yet still retains this barrier, by creating the path through the mist using the love of her friend Mildred, I have now given her love and understanding which, she can feel, and she looks upon this shaft of light where the mist has cleared, and can see her friend Mildred at the other end.

I will walk with her to the edge of the mist so she can see her friend more clearly, because Mildred cannot step into the mist. We stand now on the edge, we must tell her that what she sees is an illusion, it is not the work of the devil, which is what her mind thinks, we must let her feel the love that we have for all mankind. She must feel the love from this circle, and it will give her the strength to step across this small stream, which is her last barrier.



And as she looks and sees Mildred, behind her are many members of her family and friends that have died in recent years, and she can feel their love and vibrations, and she steps across and is quickly surrounded by these people, and she feels the love and emotion and happiness, and she is at peace. The mist disappeared as she stepped across, and she is being taken now up to spirit, now we can leave her to continue.

## **RESCUE FROM GREY LANDS**

**In this meditation Geoff has been taken to assist in the rescue of a soul who put himself there out of guilt. It takes a long time to convince this soul that we were there to help. Eventually he starts to channel through Miriam, and a guide talks to him through Geoff, the tape continues from there (1990) Note also that at one stage both a teacher (Iffy) and a lost soul are channeling through Miriam at the same time.**

**Geoff** – ...For we give you the strength to do so.

**Miriam (Lost soul)** – It has been a long time that I have been here, such a long time.

**Geoff (Guide)** – And the time has come for you to move out, so you have atoned for the sin that you believe.....

**Miriam (Lost soul)** – How can I have atoned without being punished? It is such an awful thing that I thought I would have been punished in some dreadful way and it was only being in the darkness and the quietness, the quiet except for the hearts and souls that are crying.

**Geoff** – Yes that is so, but do you not believe in God?

**Miriam (Lost soul)** – Oh I do, I do.

**Geoff** – And do you not believe that he has forgiveness in his heart, do you believe that he would forsake you in the grey lands?

**Miriam (Lost soul)** – I think not now, I think he will help me to leave here.

**Geoff** – Yes, to sit in the grey lands does not achieve much my friend.

**Miriam (Lost soul)** – I believe that now.

**Geoff** – Yes, at the time it helped you, it helped you calm your mind, you are punishing yourself for what you believe what you did was wrong, but there are far more better ways my friend, you must come forth and come with us to spirit, where there are friends and love and forgiveness, and there is work for you to do. You must atone for your sins but help others while doing so.

**Miriam (Lost soul)** – I can really do that?

**Geoff** – You can indeed, that is why we are here to help you and bring you God's love, it is not what you expected my friend is it?

**Miriam (Lost soul)** – It is not, it is not....

**Geoff** – Can you feel the love from the circle?

**Miriam (Lost soul)** – Oh I do, I do, it is so strong and I am weak.

**Geoff** – And can you feel the love from spirit, they are here to help you to show you the way so that you can atone for your sins in a far better way.

**Miriam (Lost soul)** – If I can do that, I shall be happy to come, but I am afraid.

**Geoff** – And what is it that you are afraid of?

**Miriam (Lost soul)** – That I will not be able to do what I set out to do.

**Geoff** – Do you have the heart and the courage to continue with the work that you want to do?

**Miriam (Lost soul)** – I think so, if I have the help to continue.

**Geoff** – Then we are here to help, we ask only that you try, that you put your efforts into doing what you want to do, we will help you and guide you and assist you.

**Miriam (Lost soul)** – Is it not a dream?

**Geoff** – It is not a dream, my friend.

**Miriam (Lost soul)** – I have dreamt something like this for so long, and now I feel that this is right.

**Geoff** – Yes, it is right, step forward my friend into the very center of the circle and look up.

**Miriam (Lost soul)** – There is so much light, it is so bright.

**Geoff** – It is brighter, and there is love here.

**Miriam (Lost soul)** – So much love.

**Geoff** – Look upwards my friend and you will see a path.

**Miriam (Lost soul)** – I have not felt love like this for a long, long time, and yet it seemed to me in the distance I heard voices calling, I shut my ears for I thought it was the work of the devil.

**Geoff** – There is no devil, my friend. The only devil is in your mind, what you believe, but now you are wiser.

**Miriam (Lost soul)** – I realise that now.

**Geoff** – Now look upwards and you will see a shaft of light going all the way up to your friends, look up to this light.

**Miriam (Lost soul)** – They call me.

**Geoff** – Yes they call you by name, and you will find yourself rising slowly upwards is that not so?

**Miriam (Lost soul)** – It is so, I feel so light, how can I thank you my friends?

**Geoff** – It is your time, go in peace my friend, they are waiting to take you.

**Miriam (Lost soul)** – God bless you all, thank you, thank you, I'm coming.

**Geoff** – They are reaching out and lifting you out of the grey lands, freedom is yours my friend, this is truly God's work as you can see.

**Miriam (Lost soul)** – I can feel it, I can feel it, it is so wonderful, God bless you.

**Geoff** – Bless you my friend.

**Geoff** – The vibrations of that soul who has just passed will remain here for a while and be felt by others, now again I ask you my friends to feel the emotion of those behind you, the circle is so much stronger now, there is a gold light of strength, surrounding the circle and these poor souls can see this light, many have experienced something they never thought possible. You may see their eyes, their eyes are normally grey and when you see eyes that have a small amount of colour, you know these are souls that we are getting through to, but are listening to

this very conversation, they can feel the love and are high in the circle and they feel the love that we send out to them.

In your minds tell these people that what they have seen is true, tell them of God's love and tell them to open up their souls to feel this love coming from the circle. Please do this now. Are there any others that are willing to step forward into God's light? Do any of you in the circle see one that is almost willing?

**Miriam** – I sense one but I can't see.

**Geoff** – Ask him with your mind to talk to you, to have him speak through you, invite him into the circle, tell them they are welcome, give them love, let them feel the love coming from you, invite them to speak, they want to do just that, tell them not to be afraid, we ask nothing of them, we just make ourselves available should they want to talk, just step forward my friend, you have had enough of fear, you are welcome....

Do you feel fear now?

**Miriam (Next soul)** – No.

**Geoff** – Why are you in the grey lands my friend?

**Miriam (Next soul)** – I have nowhere else to be.

**Geoff** – Is there another reason?

**Miriam (Next soul)** – Yes.

**Geoff** – I think the reason you do not want to tell us...

**Miriam (Next soul)** – It is complicated.

**Geoff** – It is complicated to your mind, but it is not complicated to the Almighty, you are a part of God, you are a child of the universe, a child of God, and nothing that you do goes unnoticed.

**Miriam (Next soul)** – Always?

**Geoff** - Yes always, nothing you do goes unnoticed, every second of your life, every second of your passing, your living in the grey lands is known by God, he watches his children, each and every one and as a child learns his lessons, so must you learn those lessons.

**Miriam (Next soul)** – Am I prepared?

**Geoff** – Are you prepared for what my friend?

**Miriam (Next soul)** – To learn.

**Geoff** – That depends on the reason that you are there, talk to us my friend.

**Miriam (Next soul)** – Murder.

**Geoff** – Murder, it is little wonder that you are in the grey lands, how do you feel knowing that you have taken a life? Shame, remorse, was it a sin, was it intentional?

**Miriam (Next soul)** – At the time, I am guilty.

**Geoff** – You are guilty of murder? There is more that you want to say.

**Miriam (Next soul)** – I didn't mean to, at the time.

**Geoff** – Yes, take no notice of the vessel that you are talking through, talk to me, I am here to help, feel the love, you can feel the love and the strength from the circle, take this deep into your heart and talk my friend, tell me your inner most feelings, tell me what you want to say.

**Miriam (Next soul)** – It is not easy.

**Geoff** – Yes I can see that, whom did you kill, was it a child? Was it a child?

**Miriam (Next soul)** – Why?

**Geoff** – Is your question, why did you kill?

**Miriam (Next soul)** – Yes.

**Geoff** – Look what's changed since you did that many, many years ago, at the time what was the reason, why did you have to kill? Yes there is more to it, as you speak the truth the burden on your shoulders will begin to fall away, and you will realise what you have done and why you did it, you killed to live but there is more.

**Miriam (Next soul)** – Revenge.

**Geoff** – Is that the reason?

**Miriam (Next soul)** – It isn't a good reason.

**Geoff** – No you are right, my friend, there is no good reason, you cannot justify revenge, at the time you had anger and that anger told you, you must take a life but now what is your feeling? Do you know you were wrong?

**Miriam (Next soul)** - I still have anger.

**Geoff** – You still have anger, how can there be anger, for that person, what is the anger for?

**Miriam (Next soul)** – For what I did.

**Geoff** – Yes you are angry with yourself.

**Miriam (Next soul)** – What must I do?

**Geoff** – Your heart will tell you, what you feel inside will tell you. Miriam will you ask one of your guides to come through and help? Sit quietly my friend and look deeply inside yourself, you know far more now than when you did at the time, you can look back at this incident and maybe view it differently, look into your heart and tell me what you feel.

**Miriam (Next soul)** – Sad.

**Miriam (Iffy)** – Hello my friend, you are listening to these people, they have come to you with love, love from God, but you will only have the answer, you must unlock the words within you, you must speak those words out for it is only by saying those words that you can be free, you must face up to them, you know you can do it, you have plenty of love, these people are willing and they come from God, as I do, and the many others who are waiting, so come my friend, speak out the words which are holding you back, just the one time, and then you will be free, and know, like the last lady that you have been listening to, that you can seek restitution for what you have done and leave these grey lands, so come my friend, speak now.

**Miriam (Next soul)** – I regret.

**Miriam (Iffy)** - We are waiting friend, we know you can do it, speak out, each word is like a bolt that is undone to give you the freedom that you need.

**Miriam (Next soul)** – Will I be forgiven?

**Geoff** – Yes God forgives, forgives those that ask for forgiveness from the heart.

**Miriam (Next soul)** – Can I love?

**Geoff** – Yes you can love, as long as the love comes from the heart.

**Miriam (Iffy)** – Now my friend we are waiting for you, you can do it.

**Geoff** – Step forward into the light of this circle, step into the circle and you will feel the love that surrounds you and you will feel forgiveness.

**Miriam (Next soul)** – What will I have to do?

**Geoff** – Just step forward and feel.

**Miriam (Next soul)** – I can see.

**Geoff** – Yes you can see, you can see something that you have not seen for many years, light, smiling faces and people willing to forgive, step forward boldly to the center of the circle and look upwards.

**Miriam (Iffy)** – You can do so much more my friend, once you have left the grey lands, so come, do what has to be done and say what has to be said and release yourself.

**Geoff** – To go after revenge was foolish you know that now, two lives were destroyed through your act of revenge, it was not so important as you believed, you sat here for many years wondering about forgiveness, wondering about what will happen to you in the future, and time and again going back to your period of revenge and hate. And the hatred has hung onto you like a burden, you have not been able to throw that hatred off and still it remains as you stand in this circle, that hatred still surrounds you and weighs you down, that is the reason you cannot move upwards to the light. You must shed these boulders of hatred, you must feel love in your heart for your friend, he used to be your friend, shed these boulders of hatred and look up, for your friend is waiting to receive you, he has forgiven you.

**Miriam (Next soul)** – Can I love him?

**Geoff** – Yes you can love him, he will help you to forgive yourself.

**Miriam (Iffy)** – Can you feel the love that comes to you? It is such a beautiful feeling do you not feel that, let it into your heart.

**Miriam (Next soul)** – Yes, oh God.

**Geoff** – And as you move up we will go with you for we have used a lot of energy down here, and as we move up together you will see light, yes you will see the light getting stronger, yes colours that you have never seen before, and many friends waiting to help and give you love.

**Miriam (Next soul)** – I give the love too.

**Geoff** – Those boulders of hatred are left way below

**Miriam (Next soul)** – At last.

**Geoff** – Do you understand now, they are no longer a part of you, as you rise higher and higher you are getting closer to these people waiting for you, you can see the light and the colours, and the people and feel the love and harmony.

**Miriam (Next soul)** – I am tall.

**Geoff** – Yes you are my friend.

**Miriam (Iffy)** – And know that God is with you always, always.

**Geoff** – And they are surrounding you who will now take you to the other side, for we must leave you here and return to our work, go in peace and bless you. I can see your face.

**Miriam (Next soul)** – I feel so happy, thank you.

**Geoff** – Yes you will feel a lightness you will not feel for many years. Now you must go with those that are with you, for we must leave, bless you my friend and go in peace.

**Miriam (Next soul)** – Thank you once again, God bless.

**Geoff** – And now we must go back, away from the grey lands and back to the oak tree and as we walk back to the tree we will find that we are being given all our energy back again, it just takes a few seconds to draw the energy into ourselves and then as we come out of meditation, we start to close off our centers and come straight out of meditation.

## **BLACK MAGIC RESCUE**

**In this meditation we rescue “Jack” who wanted to experience the power of black magic. (1990)**

**Geoff** – What I am seeing is something, which I can’t really understand yet, it is something to do with grey or black land or nightmares. There is an underground river and the water is totally black.

**Verna** – I thought the water was blood.

**Geoff** – And coming out of a sort of cave, or hole in the wall is this river, and bodies keep floating through and skeletons, it



seems to be a child's nightmare, I think, I will go inside the tunnel to see where these are coming from, to see if it gives an indication. Inside it is a dead end, and this stuff is just materialising, but I think it is in somebody's mind, they are creating this with their mind because of something that they have experienced. They killed someone and this now preys on their mind, and when they sleep they suffer these continual nightmares, which is destroying their outlook of the world, and their day-to-day life and they are getting progressively worse. It is not important if the killing was done in peace time or in war, what is important is that we must stop the deterioration of this mind. To stop what is happening, we must get the person to break down completely and let out all these pent up emotions, which are causing the problem, he must be broken down to absolutely zero and then given love and understanding and a fresh start. It is a crisis point in his life, a turning point, and we must exaggerate the pain and suffering that he feels to get him to consciously break down before we can start the healing process.

And if you transfer the energy to me, I will go into his mind and exaggerate the process until he breaks down. So all you need send me is energy, and we will see what happens.

I can feel no emotion from him, his mind is blank, maybe he doesn't care anymore and doesn't have any desire to live, so I will now take hold of him and reverse the process and we can all put love and energy into him and I will talk to him and see if we get a response or whatever. That is all I can think of doing.

**Verna** – Yes and one of us must make the water light, and take away all the thoughts of the skeletons and bones, you will show him in his mind and while you talk to him he will see the river is now clear and there is nothing horrible in it. I think if we could do that, clear the water, imagine some dark water and make it clear.

**Miriam (John)** – This man has been dabbling with black magic, and you must get to the root of why he did that, and we will give you all the energy we can because it will be difficult.

**Geoff** – So I must talk to him and find out why he did the black magic, which I will do before we give him the energy.

Maybe what I am doing is wrong, instead of giving him blackness to break his spirit and to find out why, maybe we should white light him, and give him love and energy.....

**Miriam (John)** – Ah I was waiting for you to pick that up, I was waiting, oh I am so pleased!

**Verna** – What we are actually doing is taking the blood bath away from him and turning it into clear, crystal water.

**Miriam (John)** – Yes, it was the blood he dabbled with many times.

**Verna** – And I think he performed a sacrifice or was involved and I see somebody going into this bloodbath, and he is seeing this, whether he did it or whether he saw it I don't know, but he is viewing this body going into this bloodbath, and that is why he sees the bones going down the river of blood, it is not really a river, more like a puddle of blood from the sacrifice and this turned his mind completely, but he decided immediately not to dabble anymore, and he was quite innocent when this took place, he was easily influenced by others but once he was in it and had seen this, he knew this kind of thing went on in the world, he didn't know which way to turn, no-one good would believe him, he couldn't tell anyone that was really good, because it was a murder he would be discussing. I see him in a tight corner, four walls, cramming him in and no way to turn except a bad way that he didn't want to go, so he stayed within these four walls, emotional walls, where he couldn't turn to anyone for help, because how do you tell someone that you killed somebody. I mean what could he do except continue being on the bad path which he didn't want to do, and that is why we have been asked to help him because he has built himself a nightmare, and he has suffered enough and paid for his sins while still on earth on the physical. He will not pay for this again when he passes over, he has paid his debt and truly wants to repent.

**Geoff** – We are sitting on the bank next to the river, and the flow of the blood has stopped coming out of this cavern and it has changed to water, but the water comes not just from the cavern, it flows along the riverbed, it comes from every pore of

every rock surrounding us, and it washes away every particle of blood in this cavern, which is the entrance to the mind. We will walk into the mind and do the same thing, and see that the air is clearer and is lighter and brighter, and I have this man by the left hand, and we walk inside and there is no fear, he is finding it a relief and hard to believe, and we will presently move out of the mind, above the mind, to where he can talk to his higher self.

And his higher self will convince him that the fear is no longer there, there is no further need to suffer and most important that his suffering is. . . . in a way he has paid for his sins, not all of them but the major part of his suffering is over.

**Miriam (John)** – But this time it is full, it is true, it has happened before when he has been led astray when they have wanted him to commit some other crime, and they have dangled a carrot in front of him and then taken it away. But this time you must give the love that goes with it, so that he knows it is true.

**Geoff** – We will direct all that we can to him to give him strength, so that he understands the situation, the more that he understands the stronger he will become. And the quicker he will become stronger. I can feel no emotion from him, he seems to be numbed. His name is Jack. His body is white except the solar plexus, I can still see a black circle around that, and I put my right hand on it, so the energy we have in this circle can go through my hand into the solar plexus. His eyes are open and he is feeling what we are doing, and he is beginning to understand the power that is on the white side compared to the power on the black side. For the first time he is beginning to feel that he can safely walk on the white side without fear, without going back to his old ways, he feels protected. He has seen the immense love and feeling and power of the white side, and turns to look down at the black side and releases all connections to it, and also loses all the fear that he had of that black side.

He knows that if he continues that he is totally safe, and we are rising upwards at the moment through this huge ball of whiteness, and the blackness is like a pit in the earth, like at the bottom of the mine, and we are going higher and higher, there is

all white around us. The farther we get away the more happy and confident he becomes, and he can now turn and look upwards and see straight and has a good understanding of the experience he went through from the spiritual side, his higher self is being told that he is a very high up spirit who had to go through this experience as a matter of learning about a lot of power and he is now released from it. And that is it.

**Miriam (John)** – That is a very pleasant job, it could have quite easily have gone the other way if you had not had the strength that you had. There are so many people in the blackness just standing out of your vision, but not out of your senses I am sure.

## **MUTTS – TRAIN OF ANIMALS**

**In this meditation I am working with a Doberman called MUTTS who died about 5 years ago. We have worked together several times but never like this. A guide called Iffy is channeling through Miriam.**

**Geoff:** And now I have..... It looks like a runaway train. An electric train. It's going through fields and mountains which are covered in snow. It's going at a tremendous speed. Now I'm just ahead of this train, it's behind me. It is a goods train carrying animals and it will – no - has been derailed. This is just something to do very quickly and involves Mutts who brought me there.

**Iffy (Miriam):** Yes.

**Geoff:** There are several hundred animals, mainly pigs and it is to quickly go through and release them where they are trapped. The ones that are injured I must 'put down' basically.

**Iffy (Miriam):** To save them suffering later.

**Geoff:** Yes. Because when help arrives they will use whatever means possible to kill the injured animals and so on and it may not be so pleasant. I'm also having to break open carriages to release trapped animals. And there are just many many things one after the other and it's all sort of being done

through thought automatically just because I'm there. Mutts guides me to each one, sort of for a split second for each one and in a way guides the power, it's done automatically, it's done so fast and I've let free already, all the animals that are not injured or slightly injured and the ones that are left must be helped to pass over and it's amazing I'm just going from one carriage to the next and as I go through, a dozen animals fly up into spirit.

**Iffy (Miriam):** He hasn't got much of a tail but he does wag it.

**Geoff:** (laugh) Yeah. It's just all done so fast.

**Iffy (Miriam):** This is really the first time you have done such work with him.

**Geoff:** Yes that's right.

**Iffy (Miriam):** There will be many more times.

**Geoff:** There are actually many other spirits there. They find what I just experienced amusing because I couldn't see them there.

That I think was in Germany, or between Germany & Switzerland, somewhere around there.

**Iffy (Miriam):** There's such a lot of love from him.

**Geoff:** There certainly is. Right that's basically all on that one.

**Iffy (Miriam):** All small ones tonight.

**Geoff:** Yeah. Nice.

**Iffy (Miriam):** But different.

## **RESCUE OF CHILD BURIED ALIVE**

**In this meditation (1992) there are the usual four of us – that's myself, (Geoff), my wife Verna, Luke who gives energy and Miriam. There is a guide called Mr. Wu channeling through Miriam.**

**Geoff:** I'm getting a village, sort of semi destroyed- like a squatter camp. There are some big white birds. There are three big white birds here now. It looks like a squatter camp but its

disused now – it's empty. There's been nothing there for awhile but there is some spirit around there. All I can see is in the ground it's like a dark mist. Somebody in pain, in trouble, who is stuck there, is waiting there. It's a rescue of some kind.

**Miriam (Mr Wu)** Yes. You must do a rescue.

**Geoff:** Yes. I've sat down cross-legged in front of this dark mist and it's about 3' long. A foot and a half wide and it's, it's... in agony – a lot of pain and a lot of suffering. I can't see what it is.

It's attached to the ground and I'm putting my arms around it to try and control it. I'll try and look closer and see what I can see. It is – it was somebody who was trapped just under the ground, and they have a tremendous fear – a phobia about this.

What's happened is that they died and they're straining to get the body out, but there's so much fear that the mind is in total turmoil, and it cannot be released. It's just gone on so long that the mind is totally scrambled, and spirit cannot do anything to release it, to get it to think again. I'm going down below the ground, sort of cradling it in my arms, I've pushed the ground back so that if it could see it would be able to see that it's now released. I'm holding it close to me, and what I've got to do is unscramble the mind. That is the thing, and the only way I can unscramble the mind is to stop it completely and then start again.

**Miriam (Mr Wu)** That is it – like a newborn child.

**Geoff:** Then in the head section, I've totally wiped out what was there through pure white light – it's like sterilizing it or whatever, and I'm putting back in just the basics. And the first basics are love and peace, and security, and that will start to flow through the rest of the body – not the mind but the rest of the body - the natural instincts and reactions- and the whole thing is calming down- and the memories are returning, but they are returning in a uniformed manner, so this being can understand that it is now free.

It will take a long time to recover but it is now free. I'm handing it over to some spirit ladies that are here – spirit

mothers who are taking it away to look after it and bring it back to its normal self.

**Miriam (Mr Wu)** That was a different rescue.

**Geoff:** It certainly is.

**Miriam (Mr Wu)** But you were not afraid.

**Geoff:** No, never afraid. It's a very unpleasant way to go. But while I'm around here I'll just look around this area. It's some form of – used to be some form of native camp. I think that was a child that was put there deliberately.

**Miriam (Mr Wu)** Yes, it was. Do you want to find out the reason or do you want to pass on to something else?

**Geoff:** No, I think I know the reason. It was put there to punish the mother. The mother broke some tribal rules or custom and this child was born. I think it may have been a child conceived with somebody of another tribe.

**Miriam (Mr Wu)** Yes, a taboo tribe.

**Geoff:** So when the child was born it was immediately buried alive. It was very hard lesson to make the mother suffer. But what happened to the child being newborn, and although it had spirit with it, it didn't as yet, have any memories or experiences or very few, and that is why it suffered so much. Because all it knew from day one was fear which compounded all the time, and that eventually scrambled the mind. I can still see the mother standing there but the camp is totally empty. They moved on a long time ago and I think what I'm seeing is the love the mother left behind for the child. No, not quite.

**Miriam (Mr Wu)** No, not quite. Can you see the face of the mother?

**Geoff:** Yes. It's a biggish woman of lighter skin, - normal African. The image there is her guilt and suffering, and negativity. I'm seeing that's why it remains, and that is really just a thought form, as I can put white light on it – it crumbles and disappears and it is no longer of any use. Now the site is totally empty.

**Miriam (Mr Wu)** Excellent.

**Geoff:** Good.

## **RESCUE OF DWARF IN DUNGEON – 1990**

**We were directed to this rescue before, but it was too early – however, we made the connection and are now going back to try again.**

**Geoff** - Now let's see if we can get in touch with the dwarf again. I am going back inside the prison, and he is hiding again.

**Verna** – I have got something blue and white here.

**Geoff** – I can feel his presence right here. And he is keeping behind me so I can't see him, he is very curious, but he doesn't say anything. It has been so long since he has had visitors, because he has kept them away. He was very ugly when he was young, and was put to work in this prison, and for as long as he was alive he was in charge of this prison. It is not a big prison, there are two cells on either side, four cells in all, flagstone floors and a room next door which was used for torture, and he had his own little sleeping quarters which were open, right next to one of the cells, so from there he could see virtually everything that was going on.

**Verna** – I am getting the word dungeon.

**Geoff** – Yes a better word, not a prison a dungeon. The old flagstone floor and the wooden door were put in a long, long time ago, maybe three, four hundred years ago, very primitive. Because not long after he died the dungeons were not used any more, they have been turned into something else, but he still sees them as dungeons, yes that is what it is, so now it is a doctor's surgery, he still sees a dungeon, he doesn't see the changes, and he is often seen as a ghost.

**Verna (Channeling)** – I am getting annoyed with him, I want him to try and help himself. They are asking me to be a little stern with him. He is hanging on to your earth vibration, and we are annoyed for we want him with us and he will not help himself. Please give him the strength and speak a little sharply as you have done before with someone else. For discipline is security, please help him this way, this comes from his mother.



**Geoff** – I will talk to him.

**Verna (Channeling)** – I wait for you before I return to earth, come my son.

**Geoff** – I have his hand and I have spoken to him, and he says for what reason must he come because where he is he is in charge and he is happy.

**Verna (Channeling)** – He must give to others, he must think of me, it is time for me to return to earth, I cannot do so until he comes across, and we wait. Please granny will you ask him to think of his mother, she has the mother vibration, please Granny, if he looks up maybe he sees me, come my son.

**Geoff** – He has agreed to walk up from the dungeon by himself, and from there he will look up and see, he does this with a certain amount of stubbornness. He says do you still think he is ugly.

**Verna (Channeling)** – Tell him not to listen to any words just to feel what I am sending him, please I was not a nice mother, tell him to feel and to listen with his mind not to listen to words, I am sending lots of love for him to feel, I was so horrible, I have paid my debt, mostly by watching him suffer for so long, I think he is beautiful.....

**Note: Unfortunately we lost the 2<sup>nd</sup> part of this tape, but we eventually completed the rescue.**

## **RESCUE OF GIRL FROM WW2**

**In this meditation I am experiencing the lesson. I've just gone into astral, and the setting is World War 2. I have seen a young teenage girl walking through a graveyard looking very lost. The meditation group are trying to encourage her to come and talk, and then we can do whatever we have to do. We're trying to encourage her to talk through Miriam, which is where this tape starts.**

**Miriam (Girl)** It is I. It is I who is standing there.

**Geoff:** By the church?

**Miriam (Girl)** But I don't know why.

**Geoff:** Well, maybe we can help here.

**Miriam (Girl)** My mind is a blank.

**Geoff:** I see.

**Miriam (Girl)** I remember only a big bang and now nothing.

**Geoff:** The clothes you have on are...um..... like 1947. Do you know what year it is?

**Miriam (Girl)** No.

**Geoff:** But you remember the war? The big war?

**Miriam (Girl)** No. I remember nothing. It frightens me. I know not who I am, or what I am doing here. Or how I got here. Can you help me?

**Geoff:** Yes, I think we can. It just needs a bit of patience. Let's see if we can see where you came from, or where you're going. You can see us four here, can't you?

**Miriam (Girl)** I can see you but you are not where I am. How is that?

**Geoff:** Well, you died a long time ago with this big bang. How you died does not matter and now you are .....

**Miriam (Girl)** How can I be dead if I look so like you?

**Geoff:** It is deceiving. You see, we are stuck here on earth for a lot longer. We cannot move around as freely as you. When you died it was instant – you weren't expecting it and, therefore, as you had no experience of life after death it became a bit of a shock to you, and you have not accepted the fact that you have....

**Miriam (Girl)** But there is no life after death.

**Geoff:** Aah! Well, that's probably where the problem comes from. You always believed when you were living that there was no life after death.

**Miriam (Girl)** How can that be? Where would you be – where would you go?

**Geoff:** Well, you're in part of that now, but you're in the worst part of that now because you did not understand. There is life after death, and the body that you had on earth was simply a vehicle but now that body has gone. You now only have your spiritual self.

**Miriam (Girl)** Gone? I can see it?

**Geoff:** You see it- but put your hand against your body and you will see that it goes straight through.

**Miriam (Girl)** It does too!! It does too!!

**Geoff:** So that is all in your imagination. You are creating that because that's the way you are used to seeing it.

**Miriam (Girl)** And you also are dead?

**Geoff:** No, no – we are still here, but you have come to see us from wherever you were. You have come over here – very quickly, instantly, and you can now see us, but this is only the beginning. There are so many other things for you to see. You think of all your friends that have already passed over – those you will be able to see.

**Miriam (Girl)** Oh, there are many (Passed over).

**Geoff:** And you know where they are? They are very close by but you have not yet been able to see them, because you have not yet believed that you have died, or passed over.

**Miriam (Girl)** I can see you. I do not see anyone else.

**Geoff:** Well, you will in a moment. If you close your eyes and think of ..... who was your best friend?

**Miriam (Girl)** Tommy.

**Geoff:** Alright – think of Tommy. Tommy will hear you and he will come to see you. Who is the next best person that you know.

**Miriam (Girl)** Maria.

**Geoff:** Alright. Now, you do the same thing with Maria, because as you think of these people, they will hear you, but some are a long way off and it may take them some time to get here. So in a few moments they will all start to arrive.

**Miriam (Girl)** How can they hear me?

**Geoff:** It's the way you....um.....it's best that they explain it when they get here. It is just thinking.

**Miriam (Girl)** Tommy Ticklemouse. That was his nickname – not his proper name.

**Geoff:** What about your parents – are they dead also?

**Miriam (Girl)** I have no parents.

**Geoff:** No parents? And who did you live with?

**Miriam (Girl)** Lots of people. Lots of people.

**Geoff:** When you think of those people, if they are dead, and they are in the same land or plane of existence as you are, then they will hear you and some will come across to greet you. In fact, a lot will come to help you get back to where they are. To help you pass over properly. You're sort of stuck half way.

**Miriam (Girl)** Pass over? Over what?

**Geoff:** It's just a nice term that when you die, instead of saying that you are dead because you're not really dead, we say that you pass over, so it means that you go ..... just your spiritual body goes over - or your mind – and your physical body is left behind. That part is dead.

**Miriam (Girl)** Very confusing. Spiritual body?

**Geoff:** It's like your mind. In your mind you can create all sorts of things, the same as you thought of different people – your mind did that, that is your spiritual body, if you like, as against your physical body which is the bits and pieces you left behind that are now dead. Your mind has created the body that you can see now. That is why your hand can go through it, because your mind has created it. Anyway, here come some people.

**Miriam (Girl)** I see them! Many, many people.

**Geoff:** Yes. They have just found out where you are.

**Miriam (Girl)** Many people – so many people.

(laughter) So many. So many I have forgotten. So many people I knew from being very small. And now I see them and they are laughing- and they are dead?

**Geoff:** (laughter) They're dead- the same as you are dead.

**Miriam (Girl)** It is so very, very strange. (laughter) Very strange but they are happy – very happy and they say I must stop thinking about the big bang -but they are happy and I am happy.

**Miriam (Girl)** I am dead?

**Geoff:** Yes.

**Miriam (Girl)** And you're not dead

**Geoff:** (laughter) No.

**Miriam (Girl)** But I'm dead.

**Geoff:** You're dead – the same as they are dead...

**Miriam (Girl)** They're dead.....

**Geoff:** But you now begin a different life – a new life. You see, most people didn't realise – when you lived on earth, most people didn't realise there was life after death.

**Miriam (Girl)** A nicer life?

**Geoff:** Yes, much nicer.

**Miriam (Girl)** Much nicer.

**Geoff:** Look at all the friends you have already.

**Miriam (Girl)** That is very difficult to understand – very difficult.

**Geoff:** But they will explain it to you bit by bit.

**Miriam (Girl)** I thank you - I really thank you. This is wonderful and really, I am dead and you're not dead. Oh, dear, this is very, very difficult but I don't care. I am going with all the people that I know that you say are dead. I am going with them and I thank you, I thank you, I thank you. That is wonderful. Really, really dead. I don't feel dead – whatever that is.

**Geoff:** It's a new life being dead.

**Miriam (Girl)** Oh that is wonderful. Thank you, thank you, thank you and I am going with them. Oh, that is lovely. Oh.

(Laughter)

*Now, that girl was probably around 9, 10 or 11 when she died. She's been there for a long time because this tape was made in 1993 so she's been there for over 40 years. But time is different on the other side. So, she knew she was growing up a little bit so probably reached the age of only 11, 12 or 13 because she had no-one to compare herself with.*

## **ABIGAIL TALKS RE GREY LANDS**

**In this meditation one of the people whom we rescued a few weeks before called Abigail, comes back and channels through Miriam to the group.**

**Miriam:** This is something quite new to me so I hope you will have patience. It is very hard. Someone said start speaking and just belt it out, but that is not right. It just feels too strange.

**Geoff:** For a first time you are doing very well. All you have to do is just talk normally and we can talk back to you.

**Miriam (Abigail):** Thank you, friend. I have been intrigued by the work that goes on here, for it is something that I must practice to communicate and they said that the power here would enable me to start.

**Geoff:** That is correct. You are doing very well.

**Miriam (Abigail):** Thank you. My name is Abigail and now I am talking in my normal voice, it is more comfortable.

**Geoff:** You don't have to talk like that anymore. (*Tried to talk loudly*)

**Miriam (Abigail):** No, I do not think I would have had the strength to keep it up. The teenagers who watched the rescue work, I'm going to show them more how they can help so I am going to watch your healing nights that I may better understand how they can help. I was one of the rescued but I never really understood all the help that I received from the group that gave me the power. Now it will be better if I study and then I can know both sides and so help the youngsters who are so keen to do their bit.

**Geoff:** That's very nice.

**Miriam (Abigail):** I do not feel so nervous now. I was rescued from the dark pits and it took me a long time. No, not dark pits. I should say the pits of despair and darkness was where I was, and I was not good. I have since found that it is only a relapse because I was trying to help someone else. Yes, I have been told that that is not my ego saying that but it was quite true, but nevertheless I was very bad. I did things that hurt many people and I wish, but it is no good wishing – that is past. Now I must try as hard as I can to help all those who have taken the wrong step. It is so easy to be led astray if one does not have the good heart to do what you know is right.

The world is in a dreadful state and it is getting worse, but at least the people also are awakening to the fact that something

must be done. The flexibility that the children have found in these last 20 years has not been to their good, and now things must be reversed so the parents have a tighter control over what their children are doing.

My parents thought they were doing well by me, but they were not.

Children need to be controlled over what is right and what is wrong. They may rebel but at heart they know, or need to know the limit to which they can go, and when they don't get that control then they think no one cares and it is not always so.

It is what the parents themselves were brought up to believe, that freedom is everything and now the country is suffering. So many other people with whom I was associated with, I cannot say they were friends. I felt they were. Some were out for gain but some a lot like me which were not, and they did not have to look far to see the results of what they were doing. Now many also are on this side and regret it. Not many were as deep into the grey as I was but at least I have one thing to be thankful for. I did not kill.

I think you said you would like to ask a question or two. I will answer if I can.

**Geoff:** One question is that, when you were rescued and you actually crossed over to the other side, did you feel terrible remorse about what you had done, or could you understand that it was a lesson and accept that?

**Miriam (Abigail):** My first feeling was relief – my second was deep remorse. So much so that I felt I should go straight back into the Greylands and atone, but then I was shown that I could do more from this side, although this is not always the case, and that I have many lives to live again on earth – but while this is fresh in my mind I can help more from where I am.

**Geoff:** Another question – it would be very interesting to know what it was like when you first passed over, and then, I mean, when you first died on earth, and you were in limbo or in the Greylands, until the time you were rescued and then what happened when you were rescued. That would help us a lot for when we do other rescues.

**Miriam (Abigail):** I have not yet learnt how to conquer that fear. The grey – the choking feeling like a big fog that wants to strangle you. There is the light. It is all around you (the fog) at first and then you hear the sweetest of voices and they call and they talk to you and you think you're going mad and gradually you listen and the voices continue. They send out such love (from spirit) and they tell you also to listen for other voices. Voices that I can – that I could identify with and this I did. They were truly from my friends and my family but that I could not see them unless I truly, truly wished to repent and to come out of the darkness. It took me a long time – a long time but gradually I learnt to trust and that sweet voice stayed with me.

And as I then learnt to trust – the air became a bit clearer. I could breathe better and then gradually it became less and then one day that lovely voice said, "Now, look and as you look you will see a pinprick of light." It was so tiny I could hardly see that light, but it was there and it gradually got bigger and bigger and then I felt it, and went back. But that lovely voice called me on and now I could hear my family more clearly and the light was bigger and bigger and when I looked out, I could see them at the other side of the river. I had to cross that river and I thought I would never do it. I cannot swim and a voice called me. It said, "Look down, and walk" I couldn't get over it. And with that it got smaller and smaller until I met my friends and family and when I looked back, it was just a trickle. What I had thought was such a large river was just a trickle. And the voice - the voice was there but I could see no face. It was so beautiful. So beautiful.

And even now when that voice calls me, I am slipping back sometimes when I think I cannot manage what I have said I would like to do, that voice is there. It's always there.

**Geoff:** So, is it possible for you to cross back into the Greylands if you wanted to.

**Miriam (Abigail):** Oh yes, there are many here who cross over. Many who volunteer to stay down with such as I, and go deeper, and into even darker places, and they are the saints. They are truly the saints, who have decided that they can do



more good by not coming back down to earth, but to go into the depths of despair and they will stay sometimes for - what you would say many a month, and many perhaps are relieved (of their tasks) if the cases are very bad. But the joy - oh, the joy - you cannot imagine what the joy is when they succeed.

**Geoff:** I can imagine.

**Miriam (Abigail):** So many people, so many people. It is wonderful.

**Geoff:** Quite an experience.

**Miriam (Abigail):** But it is truly just what I said, for there are many also who will go to help the people in the Greylands, and that is what I would like to do if it is at all possible, but one needs a lot of strength for that. At the moment, I have not got that strength but, God willing, I will learn.

**Geoff:** Yes, if you have faith you can achieve anything.

**Miriam (Abigail):** Oh, I have faith.

**Geoff:** But you don't have the strength.

**Miriam (Abigail):** Not yet. I'm sorry - I must - I find this has been more than I expected but I am so glad I came.

**Geoff:** Yes, you've been going through a lot of emotion while you have been here, but it has been a good experience and you must come again.

**Miriam (Abigail):** And emotions are something that must be conquered on your side and mine.

**Geoff:** Well, if you will help us, then we can help you.

**Miriam (Abigail):** That I would like.

**Geoff:** Good.

**Miriam (Abigail):** God bless you all.

**Geoff:** God bless.

## **RESCUE OF DRAC AT STONEHENGE**

**We had to get special permission to hold this meditation right in the centre of Stonehenge. The things we could sense there were fantastic, but none of us could guess what would happen next. We got in touch with the last custodian of Stonehenge, and he described what went on there, and**

**showed us many many things. Nothing was taped, but we spent a lot of time with him, and then tried to convince him it was time to leave. Many of his friends came through to talk to him. The following meditation took place about a week later.**

**Verna** – I have a very big man next to me wanting to channel, or he has brought himself for healing. I think we have the custodian of Stonehenge.

**Geoff** – Oh right

**Verna** – Don't you see him?

**Geoff** – Hmm, yes it is. I am sure he will channel but I think what he is after is he has been looking after Stonehenge for such a long time, he feels in a way responsible and will not leave it until he decides it is in good hands and all the souls have been rescued. He also knows that in a way he is being a bit of a martyr but he is getting a little confused now because the time from what his original aim was, and he still believes of course 100% that he must remain, but his friends tell him that it is time for him to move over, and let somebody else finish off the work.

And it will be no dishonor to him, as the work he has done since passing into spirit has been tremendous, and he has put his heart and soul into it. He has done as much as he can and now it is time to rest. He is welcome to come through and speak and give us his version, and his feelings.

**Verna (channeling)** – It is the emotion which I receive from your visits which has given me cause for thought. It is the anger I felt from this channel towards my soul which gave me cause for thought. It is the pleading from my wife and the love which was given to us during your visit all these things have been churning around in my mind until I could bear it no longer.

I have been torn in two, the guilt side, and the thinking that what I was doing was right, has kept me tied to Stonehenge, but a time came when I had to listen to the emotions and the messages given and do some thinking. I have taken a cloak of sadness off my shoulders I have taken the cloak of guilt and thrown it aside, it lies at Stonehenge if you ever return there, and

you will see my cloak. I have no wish to leave from here to return to Stonehenge, if you look carefully, you will see my wife is standing by my side.

Can you see this?

**Geoff** – Yes I can see.

**Verna (channeling)** – It is time now for me to take her hand and to find my inner peace but before I leave I had to make amends here for I felt a lot of animosity towards me.

Especially from this channel, (*Verna*) and that is why I chose to speak through her tonight.

She has strong feelings this lady, but we love her dearly, as we do all of you. But her strong feelings of truthfulness, and not hiding them and saying “I give you love, my friend, now look towards the light” she turned to me and said “I dislike you for your thinking but I give you love, I dislike you for not listening to your wife’s pleas, I dislike you for not facing what you have done and to now look towards the light. Maybe she did not tell you she felt these things, but she did and now I feel the joy in her heart when she realises that the lesson I have taught her tonight, is to rid her of her guilt for saying those things to me, when she simply should have said “my friend I give you love, all will be well, go towards the light”

I came and I listened to her, and I now feel her guilt, and her cloak of guilt about my future and what she said is lifting off her shoulders as I have done with mine and she laughs with me and so I hope it is a lesson for all of you tonight, that although it is love that heals, in every form, love is a healer, but the truth with love is an immense healer, a powerful healer. I hope that you understand why I came here tonight.

**Geoff** – Yes we do.

**Verna (channeling)** – But I also needed the vibrations, and I still need the vibrations to help to take this trip with my wife. I have permission from the doctors here tonight and they said that while I am channeling now, you will give me the love and the power and rid me of my last few emotions, which I cannot seem to shake even with all the help I have received, I still see the children, please will you help me?

**Geoff** – Let us help you in another way. You have paid for your sins, you have paid the penalty, which few would have had the strength to do, and over these many, many years you have suffered because you have believed, quite rightly so, that this is what you must do. The burden that you have shared this evening is the burden which you created yourself and you know full well that you have paid the price and absolved yourself from all that has happened in the past. You can cross over in total peace and harmony, knowing that in what you set out to do, you have succeeded. And when you move over there is one that will take your place, a high healer, who has watched this entire episode and you see him now dressed in light blue, and he is known as the Cardinal, he will take over from you, where you have left off and he will finish off, he will tidy up the odds and ends, and you can move across in total peace and harmony knowing that what you set out to do will be finalised.

Go in peace my friend, you have all the love from this circle and the many, many friends that are all waiting for you. Take the hand of your wife and move across to a well deserved rest, bless you my friend.

**Verna** – He has gone.

**Geoff** – There will always be an attachment from him to this circle. He is happy that he has gone now, and so we can continue.

**Verna** – My right hand is absolutely pulsing with energy.

**Geoff** – Yes he has brought up a lot of power, that has collected over all these centuries that he has been there, and a lot of power when he moved over was left with you.

**Verna** – Yes, we will use it for healing tonight.

**Geoff** – Yes.

## **RESCUE – SPIRIT CREATES APPARITIONS**

We had been told of a "Haunted Castle" in Ireland that a group was re-searching, and asked if we could shed any light on the haunting.

We went into meditation and went to the Castle. There were so many entities there (Over 100) .....and scary too. There were those with a definite evil intent, lost souls and a very nasty lady who controlled them all. We got that she controlled them using a shrill sound, and that they had been there for almost a hundred years.

After reporting back to the re-searchers, they confirmed that this did fit with a legend there of a "Banshee". A Banshee is part of Irish mythology, and many of the locals still believe in them.

The researchers spent an evening at the Castle with their monitoring equipment. They saw forms moving through the Castle, and picked up many sounds from the Mikes placed around the Castle.

The next day I was working 5 000 miles away at 4.00 am and had just read the researchers report. I sensed many Spirits in the room, trying desperately to get through to me. I could sense they were not too friendly so kept them at bay with white light. I could easily have contacted them, but without some form of backup it was not a good idea. My wife was still asleep. I told them I would contact them at 5.00 that evening. They tried to contact me twice later that day. I have never felt spirits so strongly. They were becoming very pushy.

At 5.00 I met with the 2 other mediums (Verna and Steve Connor) and planned to do a "Rescue", Steve and Verna went into a light meditation (To sense better) but with their eyes open, while I went deeper and tried to contact the entity\.

The first thing that I experienced were 3 Irish boys, very happy and just looking around.....Looking a bit deeper I saw that behind them was a huge group of very dark entities. I think the plan was to make me feel comfortable with the 3 boys who were happy, and then scare the hell out of me with the dark entities.

Nothing more happened.....so I went right into the group of entities, and saw it was hollow. This was just a “creation” of energy. I covered it with white light, and it disappeared.

Next, I sensed a tall man standing next to me. He wore armor, and on his chest was a white flag with a red cross. (English flag). He did not attempt to contact me, but was standing between me and the castle.

I tentatively moved forward and he put his arm across my path. I did not sense he had any bad intentions. We all sensed that he was just "Doing his job".....curious.

After he sensed that I was friendly too, he let me pass, and I moved into the Castle to see what I could find. I went through each room.....nothing. I went through the walls themselves.....nothing. And then I went down into the cellars where it was dark, and ran slap bang into hundreds of entities that Stephan King would have been proud of. After a moment I burst out laughing.....these were not real entities....They were created by the Knight.

What a relief!!!!

I did not white light them, I sensed the Knight did not want me to, as he had a job to do. The Knight had created these entities to scare intruders away...they included all forms of entities, including Banshees which was in the local folklore.

The Knight would not come and channel through me, but did show me how this all came about. He was fighting in a war in 1108, and was second in command to a King. He died on the battlefield, but with his strong loyalty to his King did not pass over. Instead he promised his King that he would look after the spoils of war (Whatever they were) they had religious content (for their day) but I am not sure what.

Most of the goods were sent to Alexandria, and were eventually buried there. Many years later some of the goods that were left were brought to the Castle...along with the Knight.

After showing me this he returned to the Castle and started opening all the boxes there. I was kept at a distance so could not see in. I sensed he was saying that it was now time to re-evaluate his situation. We left him there, and promised to return

in a few weeks. I believe he has come to the conclusion that his job is done, and will want to cross over.

The interesting part of this one was that he could create these apparitions through thought and energy. Perhaps something similar could have happened with the mummy of King Tutankhamen.

# CHAPTER 4

## CHILDREN

### CHILDREN IN SPIRIT

**In this meditation a regular guide called White Feather channels through Miriam.**

**Miriam (White Feather)** – Well this lady always knows when it is me, as I use my feather to tickle her face and she scratches and scratches. She knows when I am around, but I will let Ishmael talk first.

**Luke** – Welcome

**Miriam (White Feather)** – Now you have had quite a chat tonight and it was decided upon because we saw what you were watching and Brighton is going to be a very bad place. That does not mean that you must stay away or not go through it, anytime, but not to stay. It is not the only place that is collecting the dregs of humanity, but it is one you have been told about. And one that has been confirmed by all the news that you have, but all over the world there are places like this, as it has been for many, many years where there have been disasters and large numbers of people have ended their lives, but they have chosen that particular ending and so it has to be.

The children send their love and they say that one of these days you really are going to be surprised, I don't know what they have in mind but you can count on it that it will be something that will give you a good laugh, for we love laughter too. And we have some very jolly celebrations and parties, for you can understand that children love a party, and they have so many different things to celebrate here, not just birthdays. But when people are going to a different environment within the spirit realm, and when they travel to other planets, or when they change direction for what they want to do, then we make any excuse to have a party of some kind. For many of them it is a farewell to a life that they know will be very difficult and the



party is to stimulate the spiritual part of them that will sustain them through these difficult periods and the spirit children stay with them sometimes for quite a long time. Which is where many an adult thinks that they are talking to imaginary people, but you know that they are not imaginary now, they can see, they still have the power to see. So you see we have many, many parties.

But that is not to say this is one long, happy go lucky party time, for if they do not do their lessons properly, then a punishment of sorts has to be given, not the stick, but there are many ways in which one can punish and still achieve the effect that one wants. It is a pity that adults before entering into wedlock and having children are not taught more of what to expect, because I think you yourself would agree that if you knew how to handle children and their problems it would be easier, but having said that if you knew more of guidance then karma would not always be fulfilled. So it has to be as it is now, trial and error, from each generation, and at the moment it is a lot of recovery from the era of the past twenty to thirty years when things have gone down.

But it will recover for a lot of people that they will be able to help in some way, those who are beginning to see that there must be a better way of living, than this self gratification that has been going on. For many they will be able to help in the years to come as your family will help. For others it will just be a question of fulfilling their own karma, and progressing just that little bit more. Sometimes the children in spirit are able to help with those who are grieving and this is permitted if it helps the child who is in spirit to learn for the life that they will be taking on in a short while.

We are permitted leeway in certain things and this is one of the ways in which the children can help, and it is a task that they undertake to do quite willingly, and never asked but it is quite spontaneous that they feel that they would like to help that particular person who is grieving so much, to give them the peace of mind and the knowledge that there is another life beyond what they can see, not that they are given the knowledge

that you have, but just a feeling, a calmness from within that awakens up the knowledge that they did have when they were in spirit and have forgotten.

And they are so pleased these children, so very pleased, and we are too, for as I say it is quite spontaneous and never asked for. Now I think you have had enough for one evening and I am glad to say it was a little bit easier talking through this lady than it was the last time. She is a lot clearer. And I say goodnight and God bless you and it will not be long before I am back again.

**Luke** – Bless you.

## **WHAT SPIRIT CHILDREN ARE TAUGHT – 1990**

**A regular guide called White Feather channels through Miriam, and discusses what spirit children learn.**

**Miriam (White Feather)** – This is White Feather, and I have come to tell you what we have been doing today. Well I have had the children today, I have been helping to teach the children. Because some of the children that I have had today have only recently come from their human bodies, and they have still retained the memory of the disabilities that they had while on earth. And they have been questioning as to why they had this disability, whether it be in the mind or the body, it could have been that they had difficult parents or a difficult life altogether but all in all it was not entirely a happy one.

But they are young and it is not so easy to put it to them that it is part of their karma, I say they are young, but on the other hand it is the children who are more adaptable and can pick things up easier sometimes than the adults who have preconceived ideas, isn't that a long word for me, a preconceived idea of what is and what should be. So you see it is not just a question of teaching them the ordinary things that you would teach in your schools here, we have to teach them more about life.

And there are more than one teachers, but we have different ages, different times and different ideas, but we hope that they

all heading the same way. Once you get the children talking about the things that have been wrong with them in their past life then they question each other and want to know how they managed and how they coped with the difficulty. And it gets them started, which it helps us, it brings out something that has remained hidden, because they are not capable of being shown their past lives and what they had to learn when they are young, and I am talking of children now six to eight perhaps ten years old, but they are inquisitive and want to know, and they have already seen some of the other children here, been in contact and found out that they have had better lives, and so the questions go back and forth. Can you understand what I am saying?

It is very good, as I say, because mostly they learn a lot by questioning each other, but the hardest part is getting them to understand that it is their karma, and what they were on earth for, but we do emphasize that they don't have to come back to earth until they are ready, and in most cases that is a long time. But these are the ones that have just newly arrived, they have finished their convalescence and now is the question time.

**Geoff** – So when you come back to earth, you choose your parents and you choose your experiences that you want to go through.

**Miriam (White Feather)** – That is so, you are generally directed to perhaps five or six families who will give you the same opportunities, not necessarily the same life, but the same opportunities will arise in each family.

**Geoff** – So if I was in spirit now and I wanted to come back to earth to experience something, I could choose a life which would last five or six years, and then I would pass back over as a child, and then I would go through the next several years learning again in spirit before my past memory is given back to me.

**Miriam (White Feather)** – Not necessarily, it all depends on how advanced you were before you came back, the more advanced you are the quicker you can know you're your life has been, and your previous lives have been and what you have to learn.

**Geoff** – But at six to eight years old you can't be really advanced can you?

**Miriam (White Feather)** – Ah yes you can, don't forget that sometimes a person will come back to atone quickly for something that they have done very wrong, you can be an advanced soul and still slip back and do something very wrong, in which case you can come back and atone quickly with a short, drastic life to fulfill that because when you are advancing you do not always walk steadily and advance without a slip back, there are very few people who do that.

**Geoff** – So if it was an advanced spirit that came down and lived for five or six years, a very traumatic and tragic life, and experienced what he wanted to do and then crossed back over he would, when he went back over, he would age quicker and get his memories back quicker.

**Miriam (White Feather)** – That is so, and also they have come back not necessarily for something that they have done wrong, they may have volunteered to help someone else.

**Geoff** – Yes, I can understand that. Now I have a different question for you.

**Miriam (White Feather)** – I thought it wouldn't be long.

**Geoff** – There are seven main energy centers in the body, the main ones that we are taught, and we open these when going into meditation, the last couple of years I have always felt that between the throat and heart chakra's there are lots of small energy centers, but in the last few weeks I have felt that there is one large energy centre there, which is a very light blue.

**Miriam (White Feather)** – You are quite right, but this only comes as you advance more, these are not the ones that are normally taught to the beginners who are first starting. And that is mostly to do with healing.

**Geoff** - Good, I felt that is what it was, but the confirmation is great.

**Miriam (White Feather)** – Yes, it is for the healing, for you are advancing so well in the healing.

**Geoff** – That's great, does anyone else want to ask any questions?

**Miriam (White Feather)** – I rather think that someone wants to come through Verna.

**Geoff** – I can see that.

**Miriam (White Feather)** – Then I shall say goodnight and God bless you all, and I hope that you two will find some satisfaction from coming here, and the energy will be directed to your wife tonight, bless you all.

**Geoff** – Thank you, bless you.

## **CHILDREN'S HEALING NIGHT – FIXING THE SPIRIT CHILDREN'S DOLLS 1990**

**Verna** – The children have not been for a long time, and tonight is the night that they are allowed to come along, there are about twelve of them and they are so excited, you know like when they want to watch a puppet show or something, and they are all excited and waiting.

**Geoff** – I can see a lot of little girls, and they have all brought dolls, and I think this is how we are going to begin this evening, the girls want their dolls mended.

**Verna** – Before you said that I was given a doll where the arm had come off.

**Geoff** – These are yours Verna, and they will bring them one by one and they will put them in front of you, and you will fix them up, and they have been told to be quick because it is something special, and they are coming past one by one, hold up the dolls and you will fix them very quickly, they expect them to be fixed very quickly. And they are creating a lot of energy, in the form of happiness, which is positive energy, and they are going from your left to your right, as you fix each doll, and they walk off this energy radiates from them, and stays in the room, and they are so excited. When you are finished fixing those, there are three boys that have come to me with their problems, which I will sort out quietly over here.

**Verna** – One doll needs stitching, mom, so I have told her to go across to you because you sew so well, and she said she will

stand in front of you and give you her doll and see if you can see her.

**Geoff** – What you see in your mind mom, is the actual thing, you seem to think it is your imagination, but it is actually not, it is a thought form that they can get across to you, and what you see is just a glimpse, a little image which stays in your mind, and that image is the actual thing that they are trying to show you.

**Verna** – They say I must help you by..... imagine a little blonde girl, she is about three, she has got one knee up on the couch, she is standing on the other leg, she is leaning over your lap with the doll sort of hanging in one hand, just like a little girl would. The doll, the back of the doll, the stitching has come loose, just create it in your mind if you don't see it, and help her stitch her doll, and that will be sufficient.

**Miriam** – There is nothing in my mind at all, I can't even imagine, but I will take it from what you say.

**Verna** – Then you visualise it yourself.

**Miriam** - Does the little girl have blonde curls?

**Verna** – Yes.

**Miriam** – Well I can visualise that.

**Geoff** – Your visualization is actually a translation of the thought form from them through you. If I said to you visualise Luke, you know what he looks like, so that is you bringing back the thought form, putting it in your mind, and seeing, like looking through a transparency and seeing a thought form. When you have to visualise yourself, you can visualise a multitude of things, but what it is, is the actual thought form that they put there, so what you see you think you have created but it is not, it is with the help from them.

**Miriam** – Yes I did get the little girl with curls, but I didn't get the doll.

**Verna** – Geoff, she is looking around at you as if to say “Geoff be quiet, I am trying to get my doll fixed!” And now she is laughing.

**Geoff** – While you are with her mom, tell me what she has in her hair.

**Miriam** – She has a clip, the old fashioned clip that we used to have, a fancy clip, am I right?

**Verna** – And the other thing that is very noticeable are her shoes.

**Miriam** – She has pom-poms, I see a bluey black.

**Geoff** – Very shiny.

**Verna** – Yes very shiny, she says she doesn't know what colour they are, they are just shiny. She says now what about my doll.

**Miriam** – All right, the doll, has it got a blue spotted dress on?

**Verna** – She says it has now (laughs)

**Geoff** – She was showing you her dress.

**Miriam** – Oh her dress is blue spotted.

**Geoff** – That's right, but now it is on the doll too. Very easy.

**Verna** – She is pointing to the back of the doll, there is a hole, so just imagine a hole in the back and stitching it up, and she will probably manage to put the thought form in your mind. She says it must be white cotton please.

**Miriam** – I think it is time the doll had some underwear on.

**Geoff** – Okay, that's all there is to it, the doll is fixed, and she is one happy child.

**Verna** – She is going over there to join the others, and she has put the doll's other dress back on.

**Geoff** – Right that is all the children we will have this evening, and now we will go on to do some healing, but it seems that the children are going to watch for the experience. So we will see what happens.

**Verna** – I have a little boy brought to me who is severely teased, and he has a terrible mental problem, emotional problem which is causing physical illness, and stuttering, and is caused from other children being really mean and nasty and him having an inferiority complex as it is, and he has withdrawn totally into himself, now the children will give him lots of love, and children vibrations, but he in actual fact is shying away from this because he senses there are other children here.

And their job tonight is to make him realise that not all children are like that, and that the few children that did tease him didn't mean to harm him, that it was actually something else that happened to him in his life that has caused him to react this way, so it is not really the fault of the children who teased him, because all children tease other children. And this is what the children are telling him, not me, and they are saying to him that if he thinks clearly, he has probably said some nasty things to some children as well.

And children are very open in saying what they feel, and they let out their hatred and their emotions to other children because they are not allowed to do this in their homes, and it is never meant as much as it is felt by him. He shouldn't take it so badly, what he must realise is, is that it is him that is causing the problem because something in his emotional state is causing the reaction.

**Geoff** – Yes when he has spoken of other children, because of his complex it has been to him a form of defense to say nasty things to other children, and this is to show you that it has come back to him, and basically you get what you give. And the children are inviting him to join them and sit with them and show him that the opposite happens, they show him love and he will in turn feel comfortable and the physical ailments, which are created by his mind, will go away.

**Verna** – Hmm I got that as well, it is great. He is sitting with them now.

## **EIGHT YEAR OLD CAROLINE CHANNELS THROUGH ISOBEL**

**In this meditation a young child is channeling through Isabel for the first time.**

**Miriam** – You may speak friend.

**Isabel** – This is difficult.

**Geoff** – Come and talk my friend, ignore the vessel that you are coming through.



**Isobel (Channeling)** – Good evening.

**Miriam** Welcome to you.

**Geoff** – Isobel’s mind is confused, we have all been through this before, but it is due only to one person, her friend Adrian speaking through her, now there is another waiting to speak, and she is unsure what is being said. You must say the words that come into your mind, my child. Those words are there, you only have to repeat them, once the conversation starts, it will continue.

**Isobel (Channeling)** – Hello. A little hello.

**Miriam** – Hello to you, that is nice.

**Geoff** – Hello little girl, and I see you did get your shoes on, and now you are here, what are you going to say?

**Isobel (Channeling)** – Say hello, it is nice to be here.

**Geoff** – And do you know who everybody is here?

**Isobel (Channeling)** – I have seen some people before.

**Geoff** – Yes, you have been to watch the circle with the other children.

**Isobel (Channeling)** – I don’t know their names.

**Geoff** – Their names are not important, names will come later.

What is your name?

**Isobel (Channeling)** – Caroline.

**Miriam** – That is a lovely name.

**Geoff** – How old are you Caroline?

**Isobel (Caroline)** – Seven, eight. Eight. Why did I say seven?

**Geoff** – Maybe time is a little different than it is here.

**Isobel (Caroline)** – We don’t have hours, we don’t have days with hours, we have days but without hours, we have days because it helps while we are here, when we pass over we have days but not hours. So we understand little of time, it is not the same as there.

**Geoff** – And when was your last birthday?

**Isobel (Caroline)** – Not so long ago, maybe that is why I was confused. Adrian has been here.

**Miriam** – Is he feeling better this week, he was depressed last week.

**Isobel (Caroline)** – Yes, he is better now.

**Miriam** – Good, I am happy to hear that.

**Isobel (Caroline)** – He says he likes the cat.

**Geoff** – Are you talking about the cat here?

**Isobel (Caroline)** – I am talking about the channel – the lady who is speaking, her cat.

**Miriam** – Does he play with it sometimes?

**Isobel (Caroline)** – Yes.

**Miriam** – It must be a very clever cat.

**Geoff** – Would you like to tell us what you did today?

**Isobel (Caroline)** – I went to the garden, where the flowers were, we smelled them, with the other girls and boys, and boys don't like that really, but we do, they are very pretty, and the birds are nice too, it is nice to be able to take notice, I take more notice than before when I was on earth.

**Verna** – And also you have got more time.

**Isobel (Caroline)** – Yes, we have still got time to play, and see the flowers, and see the birds, and learn.

**Miriam** – Do you like learning?

**Isobel (Caroline)** – Yes, the more you know the better it is.

**Verna** – And what is your favorite thing to learn about?

**Isobel (Caroline)** – I like to learn about animals and people, like how people are, and why they do things.

**Miriam** – That is interesting, that is a lot for a little girl of your age.

**Isobel (Caroline)** – Yes, it is interesting.

**Geoff** – What was it that you got for your last birthday?

**Isobel (Caroline)** – Um, I got flowers, from the little girls, and I had a new dress, and I had a toy, how can I describe it to you, not a childish toy, not a doll, but something that you learn with, not a puzzle, what do you call it? I am trying to think...

**Verna** – Is it like a quiz? A game with questions.

**Isobel (Caroline)** – Yes, is that what you call it, a quiz?

**Verna** – It means that somebody asks you a question, and you have to know the answer.

And so they quiz you, question you.

**Isobel (Caroline)** – So that is what it is. What else can I tell you, it is so nice to be here.

**Verna** – Well, tell us about the dress you got for your birthday, what colour is it?

**Isobel (Caroline)** – It is blue, purple, with little fruit on it, not flowers, its fruit, it is very pretty, can't you see it, I am wearing it.

**Miriam** – No, I can't see, can you see it Verna?

**Verna** – It has got like little melons on it. I can see all the little pips.

**Miriam** - Have you been there for a long time, or a few days?

**Isobel (Caroline)** – I left my parents when I was two.

**Miriam** – That is a long time, so now you know that everything is thought.

**Isobel (Caroline)** – Yes.

**Miriam** – So what happens, do you have to keep thinking about your things to keep them there?

**Isobel (Caroline)** – You think they are there, but you can see them, and you talk to other people, and they can see it too, because you have told them what you have got and what you do.

**Miriam** – And if you don't keep thinking about it, will they fade away?

**Isobel (Caroline)** – No, it still stays with you as long as you want them. Like my dress, when I grow, I won't be able to wear it anymore, so I will have to get another one.

**Verna** – Can't you just “think” your dress a little bit bigger?

**Isobel (Caroline)** – Yes you can, but it is nice to have a new one, and something different.

**Verna** – Do you know Claire?

**Isobel (Caroline)** – Claire, yes, she is a friend of everybody, because she is a little lost. But she is nice, she understands things fast, but it takes a long time for her to believe, does that make any sense, so she has a good memory I think.

**Verna** – You are very clever for an eight year old? Are you more advanced than the others? Can you learn faster than an eight year old on earth, do you grow faster?

**Isobel (Caroline)** – Yes, I think so.

**Verna** – I mean, you are more grown up than all the eight year olds on earth.

**Isobel (Caroline)** – Yes, because I have been here a long time, and I want to know a lot all the time. But we have fun too, oh we learn, but we have fun too.

**Miriam** – Well, we are very glad you came to say hello.

**Isobel (Caroline)** – It was hard.

**Miriam** – But you will find it easy next time.

**Geoff** – Is this the first time you have talked to somebody?

**Isobel (Caroline)** – Yes it is.

**Verna** – Well, you are doing very well.

**Geoff** – Can you explain what it is like to talk through somebody, I mean what do you do, how do you get inside, is it difficult to explain.

**Isobel (Caroline)** – Well first of all you would talk through the people, perhaps you have something in common, of the same vibrations, that's better. When you have chosen who, then for me, it is the first time, but I have seen it done, and they try to wave in a way for the person to know you are there, not hand wave, but vibration wave. And you put your words into the mind and then you hope that the words come out, it's funny.

But once the person knows, you have to try your hardest to put these words into that mind so that they can talk otherwise it's not nice for you and for them because they know you are there but they can't hear you.

**Geoff** – Very good.

**Isobel (Caroline)** – I think I have to go.

**Miriam** – Will you give our love to Adrian?

**Isobel (Caroline)** – Yes, I will, and I give my love and all the blessings, and it is wonderful, this circle, we all love it very much.

**Miriam** – Thank you, you come back again another day.

**Isobel (Caroline)** – Bless you all, bye, bye.

## HEALING SESSION FOR SPIRITUAL KIDS – 1990

**Geoff** – There is a lot of throat colour blue and green, (Spiritual colours) which is “talking”.

**Verna** – And they have all got little plants, or something, every child has an animal or a plant. It won’t necessarily be given to us for healing, but whatever they have brought will receive healing and they will give healing to whatever they have brought.

And your girl that came and lent against me, with the broken doll, she is showing me that it is all fixed now. She is shoving it in your face and says “it is all fixed”, and now she is going to sit down again.

There is a tiny baby on the table, can you see it Geoff, it is in a crib.

**Geoff** – Let me have a look, yes.

**Verna** – It seems to be bloated, at first I thought it was overweight, but it seems to be bloated like a balloon.

**Geoff** – Yes, and it has very short arms.

This is a doll that one of them has made, they created it themselves, but because of the way it turned out, they are frightened. You must talk to them Verna, it is a little child with blonde hair, a little girl, with a white blouse, and you need to explain to her, that there is nothing to be afraid of, she created it and she can alter it, and you must just put your arm around her and show her how to imagine and you change the creation. And you do that by putting the picture in her mind, so that she can create with her mind and change the shape of the doll.

**Verna** – Yes, and the other thing is, they want us to use it as an example of healing, so the other children will watch and as we teach this little girl to change the shape of this doll, so we teach the little children how their thought forms can heal in the same way that the form of this doll will change. So first of all, I think if you can all help me with this little girl’s mind, let’s first of all make the doll a little bit thinner, because it is a tiny baby

doll, and we will make it look like a real baby. So if you can visualise a nice healthy, not fat, just a normal baby of say about five months old. Little wrinkles around its knees, but not fat and bloated. Nice cute little feet, and a tummy not so fat, and no waist, must have lots of tummy or the nappy will fall off, the arms just a little bit longer, and then the legs, a little bit thinner, and the fingers on the hands not so fat, and they must be the same, and she has gone back down to the one foot, because the one foot is bigger than the other, she is not happy.

**Geoff** – But you must ensure that the creation she is making is a doll and not a real baby, so that they don't get confused.

**Verna** – They say they know it is a doll, but it must look like a baby, and then the head, also a little bit smaller than you have got it, and the nose, also smaller, babies have got tiny little pug noses. Okay now they ask “what's a pug”. A tiny little nose – can you all please imagine a baby's nose, because she can't get this, okay. And now because it is a doll and not a baby, I will give it eyes that open and close, so when you stand your doll up, the eyes will open. And when you lie your doll down, the eyes will close, oh yes and also her mouth, she has got a big mouth, make it a small little mouth, because the mouth will grow, and your doll must have a baby mouth.

And then on top of its head, do you want your doll to have some hair like yours? Okay think of your hair but not so long, little babies of five months have got little bits of fluff. So take your hair colour and put little bits of hair, no I think your baby shouldn't have any hair, let's put a pink bonnet on your doll, a nice pretty pink bonnet. Granny will think of a bonnet for you.

**Miriam** – A pink bonnet with a white edging to it and a little frilly heart at the side, and not a bow, but a fastener, then you don't have to worry about it pulling the bow out. And what about a pink dress to match.

**Verna** – She says “Yes of course Granny, it is a doll!”  
(Laughs) Yes she wants to know about the dress, she is looking at you.

**Miriam** – What about a nice silky one, and frilly panties, and do you want booties on?

**Verna** – She says “Yes, also pink”

**Miriam** – Lovely.

**Verna** – Now she is looking back at all the kids, and they are all laughing.

**Miriam** – I hope they made it so the arms and legs are moving, or can be moved.

**Verna** – No, she shakes her head, we better do that. Okay so let’s put some joints in the shoulders, do the arms first, now she can’t work this out. Okay we will imagine it and then you must see what we think, now hold on, we will all put joints in the arms. Come on you can do it, okay, now she is pointing to the neck, and now the legs.

**Miriam** – Then that will make it sit up better.

**Verna** – She puts her hands over her face and says “Oh no” Okay but now all the children have learnt that just by thought form they have fixed this little doll that this little girl didn’t like and was scared of, and we changed it into something that she can love and cherish, and she will keep, and teach her other little friends to make dolls. And also by thought form like we fixed the doll, is how you think of each other and when you want to practice healing. So one of you can pretend to have a sore arm, and all the others can fix the sore arm, you look at the arm and in your mind you make it better, and you will find that the arm will get better, well anyway this is what we were taught when we were taught healing, so we can only tell you what we know.

I think everybody agrees here that that’s how they should start, okay they will do that.

## **PAULA CHANNELS THROUGH VERNA (4 YEARS OLD)**

**In this meditation Paula is channeling through Verna. Paula is 4 years old and Miriam is channeling her companion.**

**Verna (Channeling)** – Come on Granny, we are waiting for you to talk. It’s your turn to talk.

**Miriam** – You can talk.

**Verna (Channeling)** – No Granny, it's your turn to talk, we are waiting. I will listen from here.

**Miriam** – Is there someone waiting?

**Miriam (Channeling)** – I did not know that I would have to say anything tonight, I thought that I would just watch and take notes, and now you are saying you want me to talk, well I am not sure that I am ready, but I will have a go.

**Verna (Channeling)** – I have been waiting for a big person to talk.

**Geoff** – Oh welcome big person and little person.

**Miriam (Channeling)** – We are very privileged for we were allowed to listen to what was said earlier on, and that is why I did not think I had to say anything, now my little friend said she wants to listen so here I am. And now that I am here what have I got to talk about.

**Verna (Channeling)** – Tell them who you are.

**Miriam (Channeling)** – Who am I? Well, my name is... what is my name?

**Verna (Channeling)** – Your name is Josie! I think.

**Miriam (Channeling)** – I am not so sure.

**Verna (Channeling)** – Oh it is something like that.

**Miriam (Channeling)** – Something like what?

**Verna (Channeling)** – Something like Josie. Something like that your name.

**Miriam (Channeling)** – I think you have got me mixed up with someone else.

**Verna (Channeling)** – No.

**Miriam (Channeling)** – I am teasing, I am only teasing, because you said that you wanted to do all the talking, and now you have suddenly got me to do the talking. Never mind, why don't you say what your name is?

**Verna (Channeling)** – My name is Paula.

**Miriam (Channeling)** - Paula, so now there are two of us, and if you don't know what to talk about, and I don't then they will think we are a funny pair won't they?

**Verna (Paula)** – Did I get your name wrong?



**Miriam (Channeling)** – No you did not my dear, but it was nice of you to persuade me to say something. And shall I tell them what we have been doing today, or would you like to tell them?

**Verna (Paula)** – No you tell them.

**Miriam (Channeling)** – All right, we pretended to go skiing didn't we?

**Verna (Channeling)** – Yes, and I fall down.

**Miriam (Channeling)** – You fell down, but we made a ski slope, and the snow was soft wasn't it when you fell down.

**Verna (Paula)** – Yes, it wasn't sore.

**Miriam (Channeling)** – You didn't hurt yourself, it was nice, and you kept on getting up and falling down again, and then we took hold of your hand and we went right from the top to the bottom, and you didn't fall down.

**Verna (Paula)** – I was very scared.

**Miriam (Channeling)** – But you liked it.

**Verna (Paula)** – When I was at the bottom I liked it. When I was getting to the bottom, I didn't like it so much.

**Miriam (Channeling)** – So does that mean you don't want to do it again?

**Verna (Paula)** – Yes I do, but I was very scared.

**Miriam (Channeling)** – But it was a nice scared wasn't it?

**Verna (Paula)** – Yes I think so.

**Miriam (Channeling)** – Are you going to wear your red hat the next time we go skiing?

With the pom poms? Why do you think that you had to wear the red ones?

**Verna (Paula)** – Because red makes you brave, and they told me I couldn't get sore and die because I was already died. But you still get scared.

**Miriam (Channeling)** – Yes, but you know really that it is nothing to worry about because you don't really get hurt do you?

**Verna (Paula)** – Yes, now I know. But you only know afterwards, you have to fall first and then you know you won't get sore.

**Miriam (Channeling)** – And you were a very plucky girl to talk through your earth mom, aren't you, so soon, when you are so little? The littlest one to come through.

**Verna (Paula)** – Yes, and I was the littlest one to ski.

**Miriam (Channeling)** – That is right, you are very clever. But you should be in bed now, shouldn't you?

**Verna (Paula)** – Yes, because I am only nearly four.

**Geoff** – You have been here before, haven't you Paula?

**Miriam (Channeling)** – Once before.

**Verna (Paula)** – Yes, but not as big as this, I didn't talk so much.

**Miriam (Channeling)** – But she is very good, and is growing fast, but now she said she doesn't want to grow too fast. She wants to play, but we all play don't we?

**Verna (Paula)** – Yes, but when you are only three, nearly four, then you get spoilt.

**Miriam (Channeling)** – That is so, you have lots of people to spoil you, don't you?

**Verna (Paula)** – Yes. But I know I have to do some lessons, and I have to grow up, I will grow up but I want to grow slower than on your place.

**Miriam (Channeling)** – On earth? And now I think it is time for your bed, and we can come back another time.

**Verna (Paula)** – Yes, all right, goodnight everybody, God bless you all.

**Miriam (Channeling)** – Have you got your teddy? Don't leave it behind. Goodnight all.

**Verna (Paula)** – Bye, bye everybody, I have to go now, bye.

## **PRISCILLA CHANNELS THROUGH VERNA – 1990**

**Verna (Priscilla)** – Hello, I came to talk to you once before.

**Geoff** – You did, and what happened?

**Verna (Priscilla)** – Then I went away again! (laughs)

**Geoff** – That is a good start.

**Verna (Priscilla)** – And now I have come back.

**Geoff** – Have you channeled before?

**Verna (Priscilla)** – Only a little bit, the first time here, and then I didn't want to do it again, so that man brought me back to the same place and said he will do it again and show me how, and he did that, and now I am not so scared anymore, and also I know this lady, and her daughter girl in spirit.

**Geoff** – Crystal?

**Verna (Priscilla)** – Yes Crystal, she is almost my teacher, well my small teacher, she is my..... I don't know what to call her.

**Geoff** – She teaches you and she is your friend at the same time.

**Verna (Priscilla)** – They are telling me..... she is a prefect, in our classroom she is our prefect and she tells us, and teaches us what to do, and when to do it, and how to do it, and what we can't do and what we can do, and all that, and you know what she likes to do best of all is flowers, because you know that we pick the flowers and then we put them in the pot, vase, and then you see when you pick the flowers there, where you live they die, when we pick the flowers where we live they don't die, and if we want to change them, we just change them, we just think and the flowers change.

And you know what we never can harm them, you don't..... they are telling me something, you don't harm your flowers when you pick them to put them in your vase, because they would die anyway, so they say I must tell you that I didn't mean to make you feel bad. (Laughs) Because you don't harm them or hurt them, if you pick them carefully with love then they love you and, yes they die, but they don't hurt. But they do die, and you know what they don't come to spirit, they don't come up here.

**Isobel** – Oh really, where do they go?

**Verna (Priscilla)** – I don't know, they just die.

**Geoff** – But when you think of the flowers, if you don't think of them the right way, then they won't appear the right way, will they?

**Verna (Priscilla)** – You should see some of them, but you know what, I don't know what else to say to start telling you something, I'm five. I've forgotten what I wanted to say now, making flowers.....

**Geoff** – When is your birthday?

**Verna (Priscilla)** – I don't know.

**Geoff** - When you are born on earth you have a birthday, and then when you pass over into spirit, you have a dead day, don't you?

**Verna (Priscilla)** – Nooo, we don't call it a dead day, you are silly!

**Isobel** – Do you celebrate your dead day?

**Verna (Priscilla)** – It's not a dead day! You know what it is like another birthday! Think if you went down on earth and you called your birthday your dead day! (Laughs)

Because you dead from here and you are new there, and then you say Happy dead day to you! (Laughs) And White Feather, he says I am mad, he says I must go now, he says it is enough.

**Geoff** – Okay you must tell us your name before you go.

**Verna (Priscilla)** – My name is Priscilla.

**Geoff** – Okay so are you going to come back and talk again sometime?

**Verna (Priscilla)** – If that man brings me, yes.

**Geoff** – Yes, I am sure he will, and you can come back every dead day. (Laughs)

**Verna (Priscilla)** – When is your dead day? I can sing for you on your dead day, when?

**Geoff** – 23<sup>rd</sup> of May.

**Verna (Priscilla)** – I will remember and we will all sing on your dead day, I have to say, they are calling me, you know what, I have to say God bless you, and all your families, they are shouting at me because I am being naughty when I am saying God bless you, and your families and remember every day is a new wonderful day, and keep it that way. Bye bye, I have to go now.

**Geoff** – Isobel there are three children standing behind you and your guide, and one of them wants to channel. So just relax

and slow down your breathing, when you slow down your breathing, you will raise your vibrations, and allow them to connect with you.

Your guide is holding a little girl who is sort of between two or three, and she has being dying to talk, and he has said he will help her, and she is very giggly, and he is like trying to put her in, she thinks this is hysterically funny, and he says you will enjoy the feeling.

**Verna** – She has got the one leg up like she wants to step into Isobel. (Laughs)

**Geoff** – And he doesn't have to but he is like lifting her up to put her in.

**Verna** – He is saying “I can't hold your hand when you go in to channel, two of us can't go in”, and she is saying “I'm not going”.

**Geoff** – Well, she has been introduced to the experience, which is enough for the first time I think.

**Verna** – I have a feeling that she is very close to the young girl who channeled through me, they might even be sisters.

**Geoff** – Because Priscilla channeled through you, she wanted to do it, but she is a bit young, she is only between two and three. And when she was taken away, remember I said you must help your friend....the monk was Isobel's guide and he was helping her, and now she has had the experience, so she is happy.

## **SPIRIT CHILDREN – A GENERAL CHAT - 1989**

**Verna** – They suggest that we fly as a bird, this will heighten our vibrations and lift us up spiritually and so if we go into our gardens for a start and find a little bench or stone to sit on, and we look up into a tree which is full of birds, we see the different colour and hear the different sounds, and there will be one bird in particular which will attract your attention, and what you will do with your mind and with the help of your friends is pretend you are that bird and you will find yourself flying off from your

gardens, no mad flapping, you are just lifting away and sailing through the skies, first quite close to the ground.

And for the first time you really see the top of the trees, from a bird's point of view, and for interests sake you may fly over your lake with a little waterfall on the side, and see it from a view you have never imagined exists, and then over your garden and see how your garden grows, and the down into the valley and you also see the valley from a different angle and you feel so free and uplifted, and it is just wonderful. And if any other birds are flying next to you, they are guides and spirits and friends and they have come to join you.

And you sail through the valley, it is just so lovely, and then you see a river, and you fly in between the trees, quite slowly, you see the clear water trickling over the rocks, and you hear other birds in the trees, there are so many birds there and so much spirit. And then continue flying and see where your guides or your friends who are with you tonight will take you, or wherever you wish to go.

And at the end of the rainbow is your garden, but you are high enough to fly into this rainbow of all the spiritual colours and you will slowly but surely float and absorb all the colours from this rainbow, as you slowly in a curve descend in such a peaceful way until you reach the end of the rainbow, which is your garden.

Isobel if you want to channel then just stay in your garden, if everyone wants to come out of meditation and give Isobel the love and the energy, then she can stay in her garden for there is someone with her. And we will help her to channel. If the feeling is not nice then send them away.

**Isobel (Channeling)** – Hello

**Verna** – Hello, I knew you were there, the same person that channeled last time.

**Geoff** – You are Adrian aren't you?

**Verna** – Are you Isobel's friend?

**Isobel (Channeling)** – Yes.

**Geoff** – You were shy last time, I remember.

**Isobel (Channeling)** – I was? Shy?

**Geoff** – Yes. Are your friends with you this time?

**Isobel (Channeling)** - No.

**Geoff** – No other children?

**Isobel (Channeling)** – Not this time, maybe a few, not as many as last time.

**Geoff** – What did you do today?

**Isobel (Channeling)** – I went swimming.

**Geoff** – Do you like swimming?

**Isobel (Channeling)** – Yeah, it is pretty nice.

**Geoff** – At least you can make it has hot or as cold as you want to can't you?

**Isobel (Channeling)** – Yes but you still have to go in the water. Still feels like the water, it is not like the air.

**Geoff** – Did you swim in the sea or a lake?

**Isobel (Channeling)** – Lake, a big one, I think a big one, because I am little so it looks big.

**Geoff** – Up there, do you have to hold your breath when you are under water?

**Isobel (Channeling)** – No, you can't talk but you can understand what other people are saying or thinking even under the water.

**Verna** – And do you swim with any dolphins or fish?

**Isobel (Channeling)** – Maybe fish, big fish, but dolphins, no.

**Geoff** – Do you know what a dolphin is?

**Isobel (Channeling)** – A fish, a big fish. It has got a long nose, with a tube and it always looks like it is smiling.

**Geoff** – Yes they are very clever fish. Who is looking after you today?

**Isobel (Channeling)** – I think it is Mary and Harry.

**Geoff** – And do you call him Uncle Harry, or Harry?

**Isobel (Channeling)** – Just Harry.

**Geoff** – That's nice, is he old?

**Isobel (Channeling)** – He is not very, very old.

**Verna** – And have you got a special girlfriend up there?

**Isobel (Channeling)** – Yes.

**Verna** - And what is her name?

**Isobel (Channeling)** – Do I have to tell you?

**Verna** – No, not if you don't want to.

**Geoff** – But it would be fun to know.

**Isobel (Channeling)** – You would like to know. Alice.

**Geoff** – And how old is Alice.

**Isobel (Channeling)** – A little older than me.

**Geoff** – Oh lucky you.

**Isobel (Channeling)** – Laughs.

**Verna** - And her name starts with an “A” just like yours.

**Isobel (Channeling)** – That is true.

**Verna** – Beginning of the alphabet.

**Isobel (Channeling)** – The first letter.

**Verna** – That's right.

**Geoff** – Do you have lessons every day?

**Isobel (Channeling)** – Yes every day we have to learn something new, but it is interesting, and today we learnt...I can't remember, that is not good is it?

**Verna** – Tell me who is with you that has got red hair, is it you?

**Isobel (Channeling)** – No, I haven't got red hair, let me have a look. Curly red hair?

**Verna** – Yes.

**Isobel (Channeling)** – Oh yeah, it is a little boy.

**Verna** – He is trying to get closer to you.

**Isobel (Channeling)** – Oh.

**Verna** – I think he is looking for a friend.

**Isobel (Channeling)** – You can come to me, I am a nice boy.

**Verna** – Maybe you can help him, afterwards,  
I think he is very new.

**Isobel (Channeling)** – It is Eric? Is his name Eric? Yes it is Eric, hello Eric.

He doesn't understand does he?

**Verna** – He wants to go closer to you but he is very shy. He doesn't really understand yet, but he is so proud of you watching you channel.



**Isobel (Channeling)** – It takes a little time to understand, especially when you are little, but I will be his friend.

**Verna** – Oh yes he is smiling now, oh he has got very curly hair hasn't he?

**Isobel (Channeling)** – Every time he smiles they curl more!  
Laughs.

**Verna** – And so many freckles.

**Isobel (Channeling)** – He likes that!

**Geoff** – Tell me, if you go swimming and you learn things, what do you do at night?

**Isobel (Channeling)** – Oh we have to sleep, and we talk and laugh.

**Miriam** – Do you live in a house with a mummy and daddy? Or someone who looks after you like a mummy and daddy?

**Isobel (Channeling)** – Yes, my mum doesn't live here.

**Miriam** – Do you live with other children?

**Isobel (Channeling)** – Yes a few, because we like to make lots of noise.

**Verna** – So you are not so good up there, just normal.

**Isobel (Channeling)** – Just normal, yes.

**Geoff** – Are there animals there too?

**Isobel (Channeling)** – Oh yes, we have got a dog and his name is Tom, Tom the dog.

**Geoff** – And birds?

**Isobel (Channeling)** – The red robin.

**Miriam** – Are all the birds tame and come to you?

**Isobel (Channeling)** – Oh yes. They are not afraid. But we feed them with a little bread.

**Verna** – Where did you live when you were on earth  
Adrian?

**Isobel (Channeling)** – I think it was a little village, not by the sea, and in a little house, not many houses there, just a few.

**Geoff** – Have you got a brother or sister there?

**Isobel (Channeling)** – At the house? I have a sister. Older one.

**Verna** – She must miss you.

**Isobel (Channeling)** - I go and see her, and she doesn't know.

**Verna** – But in her heart I am sure she knows, deep down.

**Isobel (Channeling)** – Do you think so?

**Verna** – Because when you visit her, you make her feel nice and happy and content inside.

**Isobel (Channeling)** – But I can't play with her, and the toys, and her bike.

**Geoff** – At least you can watch her play.

**Isobel (Channeling)** – But I have other friends to play with too.

**Verna** – But you are very happy where you are.

**Isobel (Channeling)** – Oh yes, yes. But it was a shame that mummy and daddy were a lot sad.

**Geoff** – Well, that is expected, but you will see them later on.

**Isobel (Channeling)** – Yes that is what I was told.

**Verna** – What is your favorite colour?

**Isobel (Channeling)** – Blue for a boy.

**Verna** – And you have got a blue shirt on haven't you?

**Isobel (Channeling)** – Yes, why do you see that and not other people?

**Verna** – No, I am not more advanced, I just get taught different lessons you see. My spirit friends come and teach me to be able to see, your shirt and the curly hair, so that I can talk to you, like I did tonight, and help with, tell people that friends of there are here.

**Isobel (Channeling)** – But why can't you tell the mummies and daddies?

**Verna** – Like your mummy and daddy?

**Isobel (Channeling)** – Yes and all the other mummies and daddies.

**Verna** – You see maybe they wouldn't believe me, maybe they are not ready for me to tell them.

**Isobel (Channeling)** – Yes but if you said to them that we came and visited them, then they would know.

**Verna** – Yes that is true, and I wouldn't mind trying if I knew where to find them.

**Isobel (Channeling)** – Next time I will tell you where exactly.

**Verna** – Okay, but what you must do is go to Harry or Mary and you ask them if Verna can go, if I am able to go, and if your mommy and daddy are ready for me to talk to them, because you see God knows when they are ready, and if they are not ready to learn then it could cause more harm than good. So if you go and talk to them and then I will do my very best to help you and them, that I promise you.

**Isobel (Channeling)** – Oh that would be good, very good.

**Verna** – Okay then first you must get permission from your teachers and your friends, your big friends up there.

**Isobel (Channeling)** - I am sure they will give me permission.

**Verna** – And then you must find out if they live close by and I can't just think I am there like you can, I have to get in the car and drive there, and you find out everything, and I will see if between all of us here we can go and help them. Because we have got tapes don't forget, we have got your voice on tapes, so why don't you also prepare something that they would allow you to tell.

**Isobel (Channeling)** – That only they would know.

**Verna** – Yes that only they would know, wouldn't that be marvelous.

**Isobel (Channeling)** – That is a good idea.

**Verna** – Oh I am so clever aren't I? Between you and I, we could work a lot together.

**Isobel (Channeling)** – We could do loads of things.

**Verna** – Yes we could.

**Isobel (Channeling)** – But what about all the other little boys and girls, it would be better if they could all do this, they would not be so sad when they arrive with us then, if they know that they can say hello to their daddy and mummy. Then it would be better.

**Verna** – Adrian, I think they want you to go back now, am I right? And you don't want to. I know, but they are saying that I must tell you because we are all getting on so well, but you must tuck your little blue shirt in now, and toddle off because Mary is standing on one leg and then another leg, and she wants to go, and I can see her standing on one leg and then another leg, and twiddling her thumbs and wondering when we are going to stop chatting, and she says if you come away now, she will chat to you about the conversation we were having.

**Isobel (Channeling)** – I don't want to go.

**Verna** – Yes I know, but she is trying to get you to come.

**Geoff** – Well you must come back next week and tell us what happened.

**Isobel (Channeling)** – Yes I will come back with the things that the lady wants to know, and the things that my mummy and daddy only know.

**Verna** – And we send you lots of love.

**Isobel (Channeling)** – And us too, we do love you lots, we bless you.

**Geoff** – That's nice thank you.

**Verna** – Don't forget to look after Eric, he is waiting for you.

**Isobel (Channeling)** – Yes he is waiting, bye-bye.

## **SPIRIT KIDS & VISITORS COME TO CHAT – 1989**

**Verna** – I am getting a broom, a grass broom, and somebody called Annie.

**Verna (Channeling)** - Good evening friends.

**Geoff** – Good evening and welcome.

**Verna (Channeling)** – You have to forgive Annie, for she goes to everybody for remembrance, she was a mental patient on earth, and she has just passed over and is learning and convalescing, and seems to think that she belongs to everybody and she sweeps the whole of spirit land and she does not stop sweeping. But she is coming right and a short convalescence

will allow her to realise that she is no longer mentally retarded, it is quite funny to see this, I must be honest.

We know that she is healing and that she is no longer mental but she does not know this yet. She has just passed over, and the children love her, they call her the little witch, she is a short little lady with a long broom. And they love her to bits, they show her lots of love and affection, but whenever anyone meditates and she sees the light like she does tonight, she says ooh you must see me, my name is Annie, she gets a little confused and sometimes gives the wrong name in the beginning, and the broom goes, and she thinks that everybody will recognise her by her broom, because this is what she did most of all in her mental state, she used to sweep the home, she is too sweet, we have taken her away now for convalescence, but we keep bringing her back to show her the light.

Well, you have lots of questions tonight, and we heard that you asked Geoff to meditate and to channel, and he has two or three people lining up, so I will leave you now, and as that was your wish, we will see if anyone manages to get through that mind.

**Miriam** – Thank you for coming.

**Verna (Channeling)** – I am with Annie, and I just wanted to explain, I will go with her now. Thank you for letting her come.

**Miriam** – Bring her again.

**Verna** – Thank you, I will and no doubt with her broom, I will leave you now, and Geoff just relax for there are many people wanting to speak through you.

**Geoff** – Thank you.

**Verna** – They love the power and the feeling of communicating through you, God bless you.

**Geoff** – Bless you. Maybe because I am aware that everybody is waiting for me to speak, it makes it more difficult. So let's not just concentrate on me, just let anyone channel through whomever.

**Miriam (Teacher)** – Good evening to you all, this is Teacher, I thought I had better come down from the mountains for the questions that are going round and round, the vibrations

were coming right up to me. So I thought I had better come down and see what all the fuss was about.

**Verna** – Well you are more than welcome.

**Geoff** – Welcome.

**Miriam (Teacher)** – I know there is someone who would like to channel through Geoffrey, I shall say goodnight, and I thank you for listening, and I shall now go back to my other pupils. God bless you all.

**Geoff** – Bless you. There is someone here at the moment, all I can see is a thin pair of legs, it is a man, and I am trying to get him to talk, but he hasn't come through quite enough yet.

**Miriam (Tommy)** – And I have taken Annie's broom and I am pretending to be Long John Silver, and my name is Tommy. And now I have made you laugh, perhaps it will be easier for you to channel, and they are chasing me all over the place and we are having such fun, and she is so nice, but she is looking for her broom, and I have got it, and we like to tease her. They say I haven't got to come, but I did. And now I must go but I just had to say a few words. Bye.

**Verna** – Bye.

**Verna (Channeling)** – If he can talk then so can I, except I am the opposite, I left earth at 112 years of age. Now that is a ripe old age, would you not say my friends. 112 years learning the lessons of earth and I no longer have to go back. We joke and say that I did two trips in one, it is not easy for me to talk, for when I get the earth vibrations, I once again feel old, for I have not learnt that although the earth vibrations in the beginning will bring me back to a similar age, I can control it later on, I am aware of it but I have not learnt to control it. It is the third time I have spoken.

I have been once before and I also had to push my way in if you remember, dodderly old man pushing his way in. I do not like feeling this old, so I will return to feeling younger. Thank you for allowing me this experience, it is a lesson for me too, but I seem to be learning like an old man, very slowly indeed. I had a good life on earth, but bless you, thank you.

**Geoff** – Thank you for coming.

**Verna (Channeling)** – Hello, you were all so quiet for so long, and they wouldn't let me talk, and I sat and sat and then this lady opened her eyes, and we shut them again, we didn't know what was going on, and we have been having so much fun, and she sat here and wondered why she couldn't open her eyes, and then we said let's just sit quietly, and then we started to sing and she nearly jumped out of her skin! (Laughter)

We came to say thank you for the presents, we got all the kisses and the hugs and the balloons, and the circles for the hugs and we went to the show also, and we also got full of dust, but we didn't have to but we wanted to, but we didn't have to wash afterwards. And we saw all the things and now I don't know what to say.

**Miriam** - Why don't you give us your name?

**Verna (Channeling)** – I have suddenly got shy.

**Geoff** – There must be lots of children out there, who are all the others?

**Verna (Channeling)** – My friend is Tommy, and Peter, and Gillian, and Gail, and Paul, and Dennis, and how many days have you got? They say I must say that because we have got so many friends up here.

**Geoff** – And do you play with the earth children as well?

**Verna (Channeling)** – Yes lots, but only when there is a big person with us to take us to play, and sometimes the earth children talk to us, and then we think they can see us, but then the teachers tell us they can't see us they can only feel us, but they talk to us and they play with us and then they think they are thinking, meantime they are feeling. Sometimes baby children, they can see us even, and their mummies and daddies think they are playing with nothing and nobody, but the teachers tell who can see us because they know, you see the teachers know who can see and who can't see, and then the teacher tells us and then we know.

And those are the children we like to play with best, but then the teacher says that's because it is easy, but it is not only because it is easy, it is because it is fun. Because it is not so much fun to always play with somebody when you are invisible,

and they can't see you, and they only think you are there, but we can turn it into fun, because we can put thinking, I mean thoughts into their minds and we watch them do the thoughts, and then it is like a teaching game. And we do that with you sometimes, yes we do, and that is mostly when we are naughty, like sometimes, not when you are a very busy body, but when you are sitting sometimes quietly, or doing something, reading, not when you are busy working, and then we play and do things, and we tease you, and then we listen to you with the idea talking about what we are putting in your mind, and then we laugh and joke and giggle, and because we won, and we see who can get you to say the thoughts first.

So we take it in turns and we put all sorts of thinking, thoughts, I never get that word right, thoughts in your mind and we see who wins because the person who wins is when you say their thoughts first.

**Miriam** – If we put some toys on the table sometime, will you move them?

**Verna (Channeling)** – We will try. Some of us can, most of us can't, but yes some children say yes, it can sometimes take some time, they are laughing at me. Yes some other children here, they say yes, I don't know how yet. Maybe they will show me. Anyway I have to go, I sang my song, I was only supposed to come and sing my song.

**Miriam** – Thank you, we enjoyed it.

**Geoff** – When you come down here, do you walk along the ground next to us, or do you float next to us?

**Verna (Channeling)** – Yes, we walk. We can do floating, but we like to be like you, we walk and we run and we play, but yes mostly we are not walking like you. I can't tell you that, don't know how to, you have to ask somebody bigger.

**Geoff** – No, I think I understand.

**Verna (Channeling)** – We are not all on the ground, really we only think we are.

**Geoff** – But you make like you are to be like us.

**Verna (Channeling)** – Yes.



**Geoff** – But you don't have to move out the way for anybody else, do you?

**Verna (Channeling)** – No! We go straight through, and doors and the tent thing, we went straight through, and the one big girl, she nearly knocked something down, she went straight through and she is big and she could have knocked something down, she was being naughty, she was just being naughty, and then they wanted to send her back, and she promised to be good, and then she didn't knock anything down, nothing, and she was good. But she can be very naughty, her name is Barbara, yes, they don't let her speak yet, she is very naughty, she has got to be taught to be good, she is not very long here, only months and months, not years and years.

Now they say you finished the quiet sitting, what's the word?

**Geoff** – Meditation.

**Verna (Channeling)** – Yes, I can't say that, and I must go, and I have to say I hope I didn't give anybody a big fright, when I started to sing.

**Miriam** – It was a nice fright.

**Verna (Channeling)** – Okay, bye.

**Geoff** – Bye.

## **VERNA CHANNELS SARAH WHO HELPS WITH PARENT/CHILD PROBLEMS**

**Verna (Channeling)** – My name is Sarah, I am an older girl who does my work by changing down to be a mere four year old toddler, and we thought you might find this interesting for you are always asking so many questions, and my work is a little different.

For I work with people who have no children, or people who have children and maybe do not appreciate them in the way of not being able to bring themselves down to a child's level of thinking, and so I often work on bringing as you would say" the child out of the person", trying to make them feel younger,

carefree and so I bring myself down to all sorts of different ages depending on the situation.

I was listening to your conversation about the young boy called Mark, I often help those children, but very seldom, usually I would work on the discipline of the mother and the father and their way of thinking. Teach them to give more leeway, teach them to laugh with their child, teach them that children must be able to express their emotions, for they have emotions as well, and they are continually stifled by adults, you must not cry, you must not giggle, you must not get cross, and so children's emotions, especially in today's world are very stifled by their parents.

And these are the emotions, which grow in the subconscious mind and cause all the problems in their later lives. And so it is not an easy job but it is very rewarding and I have chosen to do this. For unlike others I change my age very easily, although we can all do it. Some can only change easily to the age which they were when they passed over, I passed over at the age of four, but I can be in a situation where I need to be six, or seven, or ten, in earth years I consider myself to be twenty two.

So I have been up here for a while, and I can change myself down at the drop of a hat, and that has been through many years of practice and patience, which you go through to advance spiritually. I think if you maybe ask me a question or two, for there are so many things I could tell you.

**Geoff** – You say you help people, in what way, do you change your age to become a child to talk to the child or do you talk to the parents?

**Verna (Channeling)** – I can do that, and I sometimes console the child, but it doesn't help for it is the understanding of the parents the child needs, not spiritual upliftment, for mostly young children are so close to spirit they have a great upliftment anyway.

**Geoff** – So how do you get through to the parents in astral?

**Verna (Channeling)** – I do it in astral and I talk to them as if they were four years old or six years old, and I play with them as if they were four years old or six years old and we have a lot

of fun with big grown up men and ladies as the child comes out and they start playing these games with us, and these big, big grown people become four, five, six years old in the games that they are playing, and the fun they are having and they enjoy it thoroughly. And we hope that a little bit of this stays in the subconscious mind; obviously they do not remember it when they wake up in the morning. But it grows inside until we watch them finally looking at their four, five, six year old child, whatever the age, and being able to relate more and more, for in their subconscious mind they have been playing the little invisible games, or having tea parties, and we have taught them to relate to the child equivalent to the age.

The other thing we do is that sometimes when a situation at home needs immediate attention, we will actually distract them in a way, we will make them feel childish, this is a very difficult exercise and very hard to explain. But if I could put it simply in your mind, it is the same as you saying “I feel spirit”, now you know you feel spirit because you are aware of spirit, and in the same way these people feel us and they feel this childish tingling inside and you know when you feel spirit, you get an upliftment, maybe if you think about it you have a little giggle, so what we do is we subconsciously let them feel us, and the vibrations of laughter and calmness and even force them in a way to look at that child and maybe put a suggestion in their minds, “Oh let him cry, oh let him sulk” and we help in this way.

It is very difficult to explain for you can experience this situation and the sensation, whereas they are unaware that they are getting help most of the time. And it is hard work, for if somebody is aware of spirit obviously the job is half done, but then those who are aware of spirit aren't the ones that usually need help, am I right?

**Geoff** – That is true.

**Miriam** – There is a limit though what you can do, because you can't interfere with karma.

**Verna (Channeling)** – Oh we don't interfere with karma, quite correct. You are our granny, our spirit granny, and our

spirit grandpa and our spirit daddy and mommy, but of course you know whenever we need the love, when I am little and we are all playing games, it is always funnily enough the mommy everybody wants, but we also love our granny and grandpa and our daddy. Yes, I look after the children a lot, I am very fond of children, and that is why I chose the work to guide the adults, and the parents and some of them are very, very spiritual people deep down and they have a good karma, and just somewhere along the line some little things have happened in their lives, which have caused them to be a little harder inside emotionally than they should be.

And earth granny, you are quite right, we do not interfere with their karma, we would be severely reprimanded, yes, you are quite right. It is like the program you watch which we love to watch too, Highway to Heaven, yes we are given and sent to places by higher teachers and higher principals, and we are also allocated our jobs, we do not just simply choose, we are not at the level to judge. I have not channeled for a very long time, I usually work through the mind, and that is why I found it very difficult to get through and say the first words, and when I was saying “my name is Sarah”, first I was little and then I was big and this channel was totally confused. And then she calmly turned around and said she wants to explain to others and make a tape, a very simple explanation of what spiritualism is. Now we know that you all know what spiritualism is, and what spirit is but it is the easy method she is looking for, to be able to put it across to others, I assure you that I will call for this help, we will get somebody who will come and help you make a tape to be able to give to friends who need to know more.

**Geoff** – Yes.

**Verna (Channeling)** – In fact I have just been informed that mentally you have already requested this, so they are aware of it, and you will get help, but we will have somebody who speak nicely and chooses the correct words, maybe even a writer.

**Geoff** – Yes, that would be good, because then we have a set evening and spirit could talk about the whole thing, the introduction to spiritualism.

**Verna (Channeling)** – Yes we feel that you will be handing out a lot of this information in the near future. As you are drawing a lot of people to you.

**Geoff** – So we have noticed.

**Verna (Channeling)** – And we see your lovely stones, I even in spirit do not know too much about the beautiful stones up there, and I have asked somebody and when I am finished we will be standing over there and he will explaining to me all about your stones, but he does not channel. He said that very quickly because somebody thought maybe he would do it through a channel and he heard that and said I do not channel.

**Geoff** – Hmm that would be nice.

**Verna (Channeling)** - But maybe if you are interested, and as you know you only need to ask and somebody will come down.

**Miriam** – Do you normally work alone?

**Verna (Channeling)** – A lot of my work is done alone, but as I said just like I am in a work situation, I am allocated what I must do and I am guided, and I have got a limit, a ceiling, that is how much I can help, and it is very frustrating work. Granny it is very frustrating work, you know the frustration and the patience does not stop in spirit, it does not. You see somebody and you want to help and you are pulled back by the reins or your hair, even although we have more understanding, for we see so much more, it is still frustrating.

For maybe the child has a lesson to learn and should only be helped so far, or maybe the child should be going through this but the mother needs help because of the stress and the strain of going through a bad relationship between the father and child, then you have to do it in such a way where you relieve the mother or the father of the tension, which is not their karma, and yet still teach whoever needs the lesson, the lesson they need to be taught and the child still needs to learn a lesson too, and it gets very complicated. And it is not so easy. I have thoroughly enjoyed my little chat and as I say I have not channeled for so long for I work through the mind mostly and in astral, so I thank you for letting me visit. And I am glad the channel finally gave

up and said I have this girl here by the name of Sarah, because it went through her mind about ten times, and so I will leave you now with God's love and blessings, and good health and happiness, you are very dear group, we all love you so much.

**Geoff** – Thank you, that is nice.

**Verna (Channeling)** – It was nice being able to communicate at the age of twenty two, I have always had to be the little one, and now I can speak intelligently and I don't have to make you play these little games, bless you all, we treasure your group.

**Geoff** – Thank you.

## **ABUSED CHILDREN**

**In this Christmas Eve meditation a regular guide called Gladys is channeling through Miriam. (1993)**

**Miriam (Gladys)** – Greetings my children, this is Gladys

**Luke** – Welcome Gladys

**Miriam (Gladys)** – Tonight I wish to talk to you about something very special, another part of what I do with the children, you have heard how those who are very badly abused and maimed, how we treat them, and how the higher beings can help with the mind because they are so spiritual. But now I shall take you a little further, for those who do not wish to return to an earthly body and they have this privilege because of their past lives that they can go in a different direction. Just as you would have an apprentice who starts something and then finds that it is not quite their cup of tea, not quite what they are looking for and because of the help that they have had from these more spiritual beings, they wish to go on a more spiritual path and never more become a mortal.

Now this takes a great deal of learning, because they have to undo anything that they were taught and learnt about on earth to begin with. And then they have to go to special teaching halls, it would be I suppose like a novice entering a monastery or nunnery, because they are both boys and girls who wish to do

this. And they have to go through a very long tuition period to find out if it is a serious intent on their part, or if it is just a question of being so grateful to be away from the traumas and difficulties they experienced, as perhaps a patient falls in love with their nurse.

It is a wonderful, wonderful task to be able to show these children the different spiritual paths that they can take because it does not have to be on one theme, a bit like being in a hospital, and you would have your doctors, nurses, surgeons and specialists. Then that is the best way to describe it, the spiritual path that will suit them best, but that is only after they have done a great deal of soul searching to find out if that is what they really want.

We are very privileged to have these children, because the teachings that they are given with the spiritual higher beings, it is a bit like watching an eminent surgeon perform an operation, something that you know about but have never experienced, that is a very basic form of expressing it but perhaps you understand what I mean.

**Luke** – Yes.

**Miriam (Gladys)** – We are privileged at the strength of mind that these spiritual nursing sisters, they are able to probe ever so gently into the mind without causing any distress whatever. Whereas if we tried, because we have all the earthly vibrations and troubles, that we have experience, then it would be a very, very poor effort indeed. We are allowed to watch the beginning of the lessons, when I say the beginning I do not mean just a short while, but the first stages which may last for quite some time in your time I suppose, quite a few years. Then during this time the children are allowed to remain as children because they have a more active mind, a quicker grasp of things and the majority of them have not experienced growing up at all.

It is only when they have passed the first initial teachings that they then leave that for a while and go to a different area, a different teaching hall where they learn about themselves, more as a grown up and the ages of different people who will be coming to them in the future. Because not all damaged people

are children, there are adults and some prefer to stay with children but still on the spiritual path. So it is like a recreation, but a working recreation, I am thinking now of my days as a novice, you go through so many different stages, and you go through so many doubts wondering if you have chosen right and then you finally commit yourself to your creator, to the light that they know for they are not yet advanced enough to think of it in terms of a creator, but they do know that there is something far beyond their understanding, which gives them the strength and the wish to continue on that path.

During this growing up time they are allowed to mix with certain other children, teenagers, but it has to be done very, very carefully, sort of grading because we do not wish them to have too many earthly vibrations until they are quite sure in their minds of what they have decided. After this initial resting/learning period they then return to their nursing sisters and from then onwards we are not in contact with them anymore, we hear how they are getting on but because the lessons and the tuition that they are getting is so very advanced, it would not be beneficial to us to be in anyway involved.

Sometimes a child will come and ask for advice, they ask it of us and we cannot give it, but we direct them to those who can, it is a bit like your own children or anyone's who think that their teachers do not always know what is right so they ask someone else, but generally speaking the ones who don't wish to enter the spiritual path have been weeded out and directed perhaps to something in the half way mark, where they will help spiritually, but will also return many years later to other lives, still helping on earth or a different planet, but on a spiritual path.

That is another aspect of the work that we do, very occasionally once these children have left us and we only have news from them, we have the odd visit from one who has progressed so very swiftly, but it has been because of the creator himself who has asked for that particular soul to be directed to something very special. Then we are allowed to speak with this person to say our farewells, because it happens to be that that particular child is one that we also have known would be very,



very special, just as you in your earthly lives have been able to pick someone out and said they will go far, it need not be spiritual, it could be entertainment, it could be anything, but there is something very special about that child, and we have also seen the same and we are allowed to say our goodbyes and pass on our good wishes.

This is not done very often, to come a request from so high must mean that that soul has to be educated faster into the spiritual life for a very, very particular reason and it is not, of course, for us to know what it is, but we rejoice and we are glad that we have had the privilege of being right in thinking that that person will be chosen. There is much rejoicing then, much rejoicing and although we are sorry to see these dear souls depart, we know that the work that they do is of such tremendous help to us in later years to all who are helping the passing over of tormented souls, that we are glad that more are treading that path.

There are others who go in a different direction altogether, they have been in the very depths of depravity, the torture, the humiliation and the horrors that they have witnessed and had done to them, has given them the strength to want to help the tormentors. This is a tremendous task for them to undertake and it takes a lot of training, but it has been suggested before that if anyone who is on the wrong path and realises and changes, then he or she is a much better teacher and helper than someone who has not suffered likewise, is that not so?

**Luke** – Yes.

**Miriam (Gladys)** – These dear souls who choose this path are only allowed to do it, once trained, in very short periods, for the horrors that they have to go through would completely destroy them if they went too long to begin with. It is a very, very gradual process but the rewards that they have are tremendous, and they really are very special souls. Some will eventually stay down in the depths of despair without returning for a long, long time, but even these people are visited by some from a very, very high vibration to give them strength and encouragement for they do not wish to leave the work that they

are doing until they have completed the task which they start, not necessarily redemption on their part but because they say “I will do such and such” and then they stay.

So that it is like a breath of fresh air when they have these visitations to give them encouragement and that they should know that if they should ever falter they only have to send the word and they can be taken away, but that very, very rarely happens.

The whole of the universe is such a vast area that you cannot possibly comprehend the size of it with what you see. In the area it is good and bad from beginning to end. The thought was put out by this lady as to why we were created in the first place, if it was not necessary and that is something that as yet we do not know, we know that we return to life to learn a lesson, we know that everything that is sent out is returned, good or bad, but as to why the creator ever started life like this is something that only the higher spirits know, only those who are very, very close to the God head. But we do know from word that comes down that once the knowledge is given that makes sense, but to you and to us now, it may not. But we are satisfied that the thought that we have been given that it does make sense, we are satisfied that that is correct and the love that comes with that thought is so peaceful and loving. It is without question a settling of the mind that the idea is not a selfish one, it is not the whim of someone who wishes only to have power over subjects, it is something far beyond anything that we can comprehend, in the position that we are now. It is enough to satisfy us just as when you are told something by someone you can trust, you know instinctively that you must believe them and that it is right. All over the world tonight people are celebrating, many are celebrating in a spiritual way, with thoughts of Jesus Christ, many are just having a good time, and materially thinking only of holidays. Many other religions who celebrate their own worshipping at a different time still pause and think of those who have walked the earth preaching for so many years.

It matters not whether the birth of Christ was the date you said, it is the idea behind it that you are celebrating the

beginning of Christianity as you know it, and what matters, who or what you are worshipping, as long as it is a caring figure head a caring God head. And caring means that you must understand another person's point of view, that they have chosen that particular path, not necessarily when first born, but have changed their religion as they have grown and matured. It is those who profess religion and separate families, who demand money from even the poorest to satisfy their lust for power, these are the religions which are in the dark hands of certain beings and one can only send out your prayers to these people that they will think hard of what they are doing, that they will consider other people have a right to a life and an opinion just as they do.

Many a heart is broken because of someone being taken from their home and led into a different environment, a different upbringing and one that they know is not really for them but they are not in a position to change. The drugs that are on the market and around now, are nothing to some of the drugs being used in certain places and that we fear may spread much more quickly amongst those who have set their minds against the spiritual path and thinking only of self gratification, self indulgence, for the more one stimulates the senses then the more one needs, and so an addict is born and then soon loses their grip on life.

We can only hope and pray that many also will realise the time has come to turn away, from worldly goods and be a more caring person, that is not to say that one must give away all your possessions and live as a pauper, it is not goods or money that corrupts but the love of the money and goods. For one can have wealth and still be a useful and caring citizen, to help those who are less fortunate, but when material things are put before anything else, then the rot begins to set in. We are thankful that not any of your family are in this mind, their eyes have been opened at an early date towards this and what little experiments they have had have led to nothing, and that is good.

Sometimes when you come across a person, a child, a youngster who is heading in the wrong direction we shall put it

to you that you may be in a position to help that person, to open their eyes to the future. For it will be that they have strayed away from their goal, but you need have no fear that you would not be able to do as we suggest and ask of you. We here tonight, do not celebrate as you are, but the children do and of course the adults that help with the children, for they are children themselves and they also do. They help with the parties, but for us we will be in our little retreat wherever it may be of benefit to a certain area. That we can send down peace to those in torment, hope to those who have none, love to those who are hating and even if they are celebrating, we hope that sometimes the message will get through, for sometimes the celebration is to blot out something that they wish to forget. But we enjoy our work and it is our choice, for we have many opportunities to have our celebrations, but we find that once people have taken drink and relaxed, quite often it is possible for us to get through to them quickly.

I think you can understand that sometimes people are more sentimental when they have had a drink or two, and it is these people that we can then help better than when they are sober.

I hope you have enjoyed another talk of the work that we do, I know I have enjoyed passing on what we know, for it always is a lifting of the spirits when we think of these very, very special people. And it makes us feel very, very humble, I bid you goodnight.

**Luke** – Thank you for coming.

# CHAPTER 5

## ENERGY & EMOTIONS

### NEGATIVE ENERGY FOR BALANCE

**In this meditation White Feather is channeling through Miriam, and teaching us about energy for balance. January 1998.**

**Geoff:** It seems to be carrying on from yesterday; first thing I got was a planet, just a round ball of a planet.... on top of it is a crater full of dark liquid. There is one drop at a time coming into it, and as usual I haven't a clue what it means. It drops into this huge crater, so it forms a huge pond, very flat water on top, and on the right hand side there is a little nick in the crater where it starts to run out and goes downwards. I'm sure this is symbolic because, I can see the whole planet and this huge thing just on top.

**Miriam (White Feather):** You are quite right, this is White Feather again, come to visit you.

**Geoff:** Ah thank you White Feather, that is great. Okay so now we have to see what it means, I first of all go downwards and see where this black liquid goes. It goes downwards and it disperses and it seems to go off to various planets, so I assume it is a form of energy. A different form of energy.

**Miriam (White Feather):** Different, it is

**Geoff:** Right - where it comes from is just from no-where really.... it just sort of appears, where it appears from seems to be like a little, I can best describe it as a little collection of triangles. And in the centre of these triangles, that is where this drip of black liquid comes from. The triangles therefore I assume are the final points of where the energy is manufactured and sent to – to appear. It is collected from all over the universe, and it is the right amount of whatever, let's just call it a standard negative energy. It is the right amount to keep the universe in balance, so it goes into this holding pond and drips out of the

side and it goes to all the planets and then it gets re-directed back to this central point, by the gardeners of the planets, so I'm seeing it as symbolic, it doesn't actually look like this, so that's the idea. So there is a certain amount of negativity, and there's probably all different levels of negativity, so there will be other wells of negativity like this.

**Miriam (White Feather)** Oh there are many

**Geoff:** And that's what keeps the balance. But again when you look at an overall picture, with everybody learning at each level it doesn't always keep the universe in balance, there is bound to be some areas where mistakes are made and too much or too little is used. That of course will, well, that should actually create an opposite effect, but there is a reserve and that's what the well symbolizes. So if they need more at any stage, more is available. So it's really just a form of energy.

Okay and as there is negative, so there is positive, there is another set of wells, which have a white liquid, which does exactly the same thing. And all the colours in between..... every colour you can imagine.

**Miriam (White Feather)** Some you've never seen?

**Geoff:** Yes, many of those. So, all it means is the energy goes round the world and the universe..... all the different energies. And there is a certain amount of energy, plus a small reserve, which looks after that particular universe. If the reserve dried up and there wasn't enough, then it would create the opposite effect, with negativity energy for instance, if the well of negative energy dried up, because too much was out there in circulation, then far less would be given to different planets and would throw both sets of planets out of balance, one with too much negative, one with not enough.

**Miriam (White Feather)** That's right

**Geoff:** And the same happens with all the colours. So when we have to do healing..... right I am seeing it at all different levels now, when you have to do healing, we draw in what we term spiritual energy and this is the energy that circulates that's why it also called universal energy.

**Miriam (White Feather)** Yes

**Geoff:** So we would need so much to do a single healing, but then somebody else would need more to do mass healing or where you get group minds and group energies looking over larger areas.

**Miriam (White Feather)** That's it, you have it

**Geoff:** Right..... then again, above that you would have one person who would tap into that energy for the whole of this earth for instance, and then for the whole of the solar system and so it goes on. So everybody has access to this energy, the access to the energy is made through the mind; it's a matter of channeling the energy through spiritual minds.

**Miriam (White Feather)** Once you have reached the stage when you can do that, not everybody can do it, but you must reach the right stage.

**Geoff:** Yes I'm thinking of the guys up there, the spirits that can maneuver the energy, there's obviously different level of experience, or like management and so on, but when you get somebody like me on earth sitting doing a single healing and I say I need some energy, I don't think you can just pluck that energy from the air, what you need is a spirit on the other side to direct that energy through you.

**Miriam (White Feather)** Yes, that's right

**Geoff:** Now this is the reason you have to tune into spirit and get a connection to be able to receive that energy. If it is something instant, like Verna and I have driven past accidents before and as we drive past we know something is going on, and we can send instant healing or we open up our centers to send healing. In most cases there are spirit already there and they can simply use the energy through us, if there were no spirit there we could simply leave such as a message as soon as they arrive they would start to draw energy through us. Now am I correct in thinking that I would draw spiritual energy into me and I would then convert it into earth energy.

**Miriam (White Feather)** Yes you would

**Geoff:** So a spirit such as yourself could not heal direct, you would have to go through a human or medium.

**Miriam (White Feather)** Yes

**Geoff:** Right, okay that's good. So let's take the scenario of the accident, Verna and I drive past, we send some healing to fix an accident, but if we have access, if we are experienced enough we would have access to far greater energy and power. So once we have learnt enough we will be able to use a far greater amount of energy to sort out something like a riot for instance, or a mass demonstration, or whatever.

**Miriam (White Feather)** Yes, that is it

**Geoff:** Okay, and so the way you get to the level where you're allowed to use this sort of energy is simply a matter of understanding.

**Miriam (White Feather)** It is, you must understand properly

**Geoff:** Understand life – not how to use the energy. You understand the life and the balance and what you should be doing first, then you are allowed to use this greater form of energy. That is excellent. So when this change comes for instance, although there are many spirit on the other side, they cannot directly use the energy, they must go through group minds such as the golden circle and experienced individuals.

**Miriam (White Feather)** Yes, there are exceptional cases, but they are very exceptional. Mostly they do go to the great mind or to a healing channeler like yourself.

**Geoff:** Okay - so the other day when we were talking about the caves in Tibet, with these advanced spirits in them, is it therefore possible for spirit to immediately take over one of those spirit bodies, and then start to use the energy straight away, because they are connected to earth.

**Miriam (White Feather)** Yes that's right, that is what they can do

**Geoff:** Which is really the reason they are there.

**Miriam (White Feather)** That is it

**Geoff:** Okay, that's good. Okay there doesn't seem to be more on that one.

**Miriam (White Feather)** No, I would rather you moved on.



## CHURCHYARD EMOTIONS LEFT THERE – SO WE USE THEM 1992

**Geoff** – The church itself was built many centuries ago and is made out of stone and is now in ruins, only the outside walls are standing, there is no roof, nothing inside, and surrounding it is the graveyards, which are totally overgrown with grass. No one attends the graves anymore, at the moment I can't feel any presence around but there is a very comforting warm feeling, which I am not sure where it is coming from, it is a sunny day and blue sky, very peaceful and tranquil.

Now many people when they die remain with their physical bodies for some time. It becomes something of a shock to them that when they die they are still there, they can still see their surroundings and they don't know what happens after death. They tend to leave their bodies and hover close to their physical bodies, and although spirit is there to help them pass over to the other side, they stay with their bodies until after the burial or cremation. There is also a strong link with their loved ones that they are leaving behind.

Now spirit works a lot here, when someone has been going to the same church for a long time, like the local churches that I am seeing here, when they die and they know they will be buried at that church and they feel very comforted knowing that they will be buried there and they stay with their physical body until the funeral is over. Spirit work a lot in areas like this and so much so that they leave a lot of excess energy in the church itself and the grounds. The departing spirit will feel very comforted going in spirit to the church and to the grounds because they will feel all the love from the spirits around, who have helped others pass over.

The energy covers the whole of the church and the grounds, and it is a bit like seeing an aura, there are a lot of reds and yellows and there is a lot of energy stored here. Now in this particular church for many years or for a couple of centuries no one has been buried here, but the energy that was placed there and sort of rubbed off on the walls by spirit, is still there. And it

is still as strong as ever, when people come to visit the graves or when they used to, they would also feel this comforting energy, because they would go there to grieve over the one that they had lost and spirit would naturally give them this sort of comforting energy, when they needed it most.

The energy is still there and is still as good as it was two centuries ago when the last person was buried there, there are no others coming to visit the gravestones. There are no spirits who wish to come back to visit the site, there are no spirits who wish to come back to visit the church that they used to worship at, and the energy can now be used for a different purpose. What I am doing is lifting the whole aura of energy off the site and it is hovering above this church ruin, as you would have a tea cozy above a kettle, and the feeling now in these grounds and the church is totally neutral and now becomes a part of history and people will do with the land and the ruins what they wish. It was not an important church or a well known one, and therefore has little significance in today's world.

So I am going to leave the site and travel with the energy to see what happens to it. The energy is very strong, lots of reds and yellows, now I am going upwards, and we come to an area which is the cross over point where spirit actually, where people actually cross over into spirit and realise that they are doing so, and on this side of the river the energy is now stored. It is that sort of energy, it is comforting and reassuring, and those helpers that are there, helping people pass over to the other side, will take and use some of this energy to relax and comfort their new spirits and help them to cross over without trauma to the other side.

**Miriam (Paul)** – You are doing very well, and it is so peaceful I didn't want to interrupt you, this is Paul tonight.

**Geoff** – Welcome Paul, now we assume the way we have been taught is that God worked miracles in the beginning, and Jesus of course, and we know that he can but, the energy that spirit creates is very light compared to the energy that can be created on earth, and energy created through earthly vibrations is more effective on physical life on earth, and spiritual energy

created by spirit works more on your astral body or etheric body and so on.

**Miriam (Paul)** – That is so.

**Geoff** – When spirit therefore wish to give energy to something like this church yard they would do it through a physical body, and someone who is at the churchyard and is grieving is actually giving out love, is pouring out all this love into that area, spirit assists in this process firstly to release the person from their pent up grief, which must be done, and secondly the by product is they create so much love and spirit takes it and uses it in that area to use on other people when necessary.

Now where you have a close family, as an example, if one of the family were injured and in trouble the rest of the family would want to give, to help, protect which basically boils down to love. And the more they want to give the more energy is created, and the closer the family becomes. The more energy there is available there to utilise when necessary to heal all forms of disease.

**Miriam (Paul)** – You really are so advanced now to pick up the different energies so quickly.

**Geoff** – Thank you.

## **CHANGING ENERGY IN CEMETERIES**

**In this meditation we are talking about emotions and the guide talking to me through Miriam is White Feather.**

**Geoff:** I'm in a small town in modern day America, and what I'm looking at is a fence around a monument. There's a gravel path that is well tended – a well-tended garden. The monument itself looks like the shape of a double decker coffin, and made out of stone. The stone has a shiny surface, and there are inscriptions on the front. I think it is a war memorial. The memorial is – has - not nice vibrations around it. It is a sad place to go and visit. Mostly because the people that go there from both sides – the grieving people, and the spirit that return

to that memorial, feel sorrow and grief when they get there. And this is, of course, left as a vibration in the area.

Instead of it feeling a place of sort of respect and honor and tradition and so on, it feels sad, and disappointing and unhappy. This sort of vibration is a very strong one. Obviously it is not as strong a vibration as love, and the love vibration can wipe out the sad vibration. But this doesn't happen too often, and consequently a lot of these memorials are very sad places whereas they shouldn't be. The vibrations left there are actually created by man – it has nothing to do with spirit.

I've gone to a military graveyard where there are just rows and rows of white head stones, for military personnel who have died in the war, and the bodies are brought back, mainly from overseas wherever they have died to be buried there. Of course, in the majority of cases, spirit left the bodies before the physical remains were shipped back to this graveyard, and spirit doesn't often return to that graveyard because, it will settle in on the other side for several months. When it first ventures back it will go back to the place where it died, which is most common, and secondly to relatives and so on. It is only if relatives visit the graveyards sort of at the six months period when they go back that the spirits actually go back to the graveyard to see where their remains are, so it's not really important to them.

**Miriam (White Feather)** There is a special reason for you to be there?

**Geoff:** Oh, welcome.

**Miriam (White Feather)** This is White Feather.

**Geoff:** If you could change the vibration that was there, the attitude of the people who would go there would change. They would pick up this new vibration and take it back with them and whenever they discussed the visit, they would discuss it in a different manner.

**Miriam (White Feather)** Yes.

**Geoff:** Instead of being sad and unhappy, they would be full of pride and honor and more well-being.

**Miriam (White Feather)** Much better.

**Geoff:** To do this is not too difficult. It's just a matter of literally blanketing the area with white light to cleanse the unhappy vibrations, and then fill it full with a soft pink which is a love vibration, which also has its pride, or encompasses pride. Therefore, it feels a lot lighter, vibration to visit.

**Miriam (White Feather)** There will be many such places that you can see in today's travels and you can just send out those same thoughts without waiting to see if they have sad.....

**Geoff:** Yes.

**Miriam (White Feather)** .....vibrations for they generally do. But if you send out the love and the happiness and the pride, it will be reached and it will go there and make it much better. It is a little something you can all do now.

**Geoff:** Yes, it's very good.

**Miriam (White Feather)** Cemeteries too. If you are passing, the same thing applies.

**Geoff:** All right.

## **A BUILD UP OF "FEAR" ENERGY – 1991**

**In this meditation, Miriam is channeling, and Geoff helps to remove an energy that feeds on fear.**

**Geoff** – All right, let's see where we go to next.

I am in a complex of houses, with tin roofs, and white picket fences, and the houses have been empty for some time, it is like Autumn, all the leaves have dropped off the trees, and covering everywhere, and there is somebody standing to the right, seems to be a monk with a staff, and I think it is Brother Bernard, but I am not sure, now he wants to show me something in the woods and also it has obviously something to do with the houses. So we will go to the woods first, now he is showing me like a bog, it is very open, the woods you can see for quite a way, the trees are very bare. And there is like this black bog, not nice vibrations around it at all, very bad, it feels as if it is moving, I think the people in the houses left because of this bog, because

of the feeling they got and things that happened. It is a very spooky, scary area.

**Miriam (Guide)** – But you are not afraid.

**Geoff** – No, no that is the fun part, at night especially energies or whatever used to come out of this bog and really haunt the four houses. Now something new, I go to the houses first and see if I can see what happened, what this thing is. Okay it is night inside these houses, and the energy force is very strange, the doors just burst open and the whole house just fills with this clear vibration. It moves the walls of the house, it is like a living form, and everyone in the house could sense the same thing at once.

Like when you see heat rising off the road, that is what the whole inside of the house is like, but it is not hot, it's cold, it is a pulsating energy, and the house moves, it is suffocating, it is definitely not nice, and its intention was to get rid of people in this house. Simply by scaring them off, it is fear, there is like a living thing, now that I recognise it, I go back to this bog and I go into it, now I didn't have to go into it, it has come to the surface, and it has totally surrounded me, and it is like a strange energy. I can see pictures of the inside, and it seems to feed on fear.

**Miriam (Guide)** – Oh yes it does.

**Geoff** – Hmm, what I am getting is things that I have experienced in the past that I have been afraid of, fears that I had as a child are thrown back at me.

**Miriam (Guide)** – And it magnifies, it gets more and more.

**Geoff** – Yes it does, now it is about the size of a big house and it is clear, it is like being inside a bowl, but these images keep coming forward, right in front of you, I will try and find it's center, either the center of emotion, or its brain or whatever. It's a funny sensation, I can't sort of find its core, it's center, but it's in quite a state, and I am sitting here quite peaceful, not afraid of it, giving it love, not really pushing out love, just giving off, I suppose, and it can't handle it, it is going berserk around me, but it cannot get me anywhere, and it is diminishing

in size, it is using up its energy trying to attack me, and it is getting smaller and smaller.

**Miriam (Guide)** – Yes, see you didn't have to find the center.

**Geoff** – Hmm, and that's it, it is gone.

**Miriam (Guide)** – Very good, very good indeed.

**Geoff** – What was it?

**Miriam (Guide)** – Just thoughts which gradually became attached to each other, bad thoughts, bad vibrations that picked more vibrations up from other people and fed itself and grew and grew. Just as you have had spirit beings from another planet who live only on vibrations, but that was good spirit and this was bad.

**Geoff** – Now it could move anywhere, the only reason why it lived in a bog, is because a bog in another form of fear.

**Miriam (Guide)** – Yes, everyone is afraid of a bog, even the living creatures because you can sense that it is bad.

**Geoff** – That is nice, the monk says thank you and walks off. Hmm a different experience, it is funny it leaves me with a nasty feeling, I know there is nothing there and it is just a left over vibration that I got, and to get rid of that I just use a colour.

**Miriam (Guide)** – Yes.

**Geoff** – And that colour is one of these beautiful mauve colours I saw last week, the love emotion one, and that has gone over me from top to toe and the bit of negative vibration that was sticking to me is pushed out through my feet. Now it disappears, there is none of the feeling left at all.

**Miriam (Guide)** – That is good.

## **ADVANCED SPIRIT ABUSES ENERGY**

**This meditation follows on from 184. I am astral traveling with a guide called Ishmael who is channeling to the group through Miriam.**

**Geoff:** I can see – I get an image not of a person but of a being.

**Miriam (Ishmael)** Yes, I was just going to say you would be surprised.

**Geoff:** He shows himself as “strength”. He is several hundred feet tall and thin but in image form. Let’s say he is a cloud several hundred feet high and that cloud contains energy. I’m going to go inside and move to the top of this cloud which represents his life – the bottom was when he started to learn and he grew upwards all the time – more and more experiences one on top of another until he thought he was way other others. That’s three quarters of the way up. He has, at this stage, experienced linking himself to earth fire, water, air and a lot of astral traveling. He feels that he is almost a God with his experience. He has learnt humility only as far as his training as a novice monk went but because of his rapid advancement he was looked up to by students and teachers and never had experienced more humility. His ego became far too big. He thought he could control the surrounding area because he could connect himself to earth and fire etc. His faith grew and grew as his experiences grew till eventually he thought he was better than the rest. He then tried to use the energy, which he tapped in to, to do what he thought was the right thing. He overrode the advice he got from spirit and from those more advanced than him and because he thought he was right he put a lot of the energy into the wrong use and upset a lot of karma and development in that region.

**Miriam (Ishmael)** He did. He upset quite a lot.

**Geoff:** As you will learn karma in this life so much higher and more developed spirits also have to learn and they also have karma to go through. It is just the same thing on different levels – this is an exceptionally high level. Now, this was three quarters of the way up. I’ll move to the top of this spirit - and I can see now he is standing with his arms spread and he is seeing the universe around him. – He is seeing the universe around him and it is quite a difference from what he has experienced overlooking this lower Tibet. He wishes to develop up into this stage of overseeing the worlds and universes and so on and quickly tries to finish his lessons in Southern Tibet by using the



energy and correcting everything that is wrong. By doing this he upset all the karma and everything is interlocking from the karma of the people to the land, to the country, to the surrounding atmosphere, to the continent, is all interlocking and that was what he did. He moved all that. I'm just going back upstairs – up to the top. On his death which is a long time before – because of his experiences of traveling in astral and life after death, etc., upon his death he still continued with this ego trip. He didn't sit back and see what he had done and get his mistakes corrected by those more experienced. He just continued straight in to death and carried on doing exactly the same thing and this is, of course, where he was able to manipulate the power far more and only once he had reached such a stage that he could say – once he admitted that it was out of control and he looked for a teacher to help him. When he decided that there may be somebody better than him only then was he shown that there were and received help and that's when he changed. He now has to overlook this area and correct what has happened in the past and he will be overseeing this area for approximately 700 years to get it back to the state that it was in. And that's what he sees at the moment.

**Miriam (Ishmael)** It may seem a long time to you but time will pass very quickly for him because he will pass so much of his energy into the right direction.

**Geoff:** Yes, if you know the direction you can go there.

## **AREA FOR COLLECTING ENERGY - 1992**

**In this meditation a regular guide called Iffy is channeling through Miriam.**

**Geoff** – Now that scene just suddenly faded and I am now in a village in Holland I think.

**Miriam (Iffy)** – Or Belgium?

**Geoff** – Yes could be, yep it is Dutch, it is a village that has a town, and I am in the main street, which is very small it is almost cobbled but the unusual thing is the houses on either side

are not straight, they go in continuing curves, like a lot of “s” joined together, only slight curves, but most unusual. I think the architecture at the time when they were built, because it is very old, they couldn’t build very straight and they thought that if the lines were not perfect it wouldn’t look good, so they decided to go with these, like a row of houses, all with slight curves.

**Miriam (Iffy)** – And one must admit there is more character in curves than in straight lines.

**Geoff** – There certainly is, there is a lot of black and white and that. Now there is one house on the left, that is circular, two storey’s and very happy. I have gone inside and it’s an area for collecting energy, in the center, as before instead of slim pole going into the ground, this is a thick wooden pole made of several segments, and it is probably five or six feet thick and extends from the top of the house down to the floor. And this collects a lot of energy but a different type, it is energy that is used to look after the village. I have gone up to the top level, and it is empty, and it is darker than below, I take it there are two types of energy that is being stored.

**Miriam (Iffy)** – That is so.

**Geoff** – What is below is gold, sunshine colour, very strong, what is above is a darker colour, it is not from the dark side, actually, it is from the dark side.

**Miriam (Iffy)** – Aha a puzzle, not always what you see is what it seems.

**Geoff** – Yes, it is a balance, it is an area which is most unusual, the spirits that use the energy in that area, have sort of said, we will call a truce, we will have half dark and half light. Funny enough they live in harmony, the dark side are not as dark as we think, the white side knows this and knows that they are living in basic harmony and they are actually developing.

**Miriam (Iffy)** – Yes, it not that completely different? And why do you think they tolerate each other?

**Geoff** – Well I think that the white side is in control because they can see that the dark side is learning valuable lessons, and they have not yet gone totally dark.

**Miriam (Iffy)** – Yes that is it, and it works, for quite often people will copy what they see if they think it is going to be beneficial. They rebel at first, because they think it is not what they want, and then gradually they may change their mind.

**Geoff** - Hmm, I have just looked around the dark side and there is nothing really more there, I think it was just to show me the difference, so we will move on.

**Miriam (Iffy)** – You are quite right.

## **BALL OF ENERGY, MISTY FLOWER 1992**

**Geoff** – Now I see something similar, which is like a group of energy that I am seeing, but if you could imagine very thick smoke going up to the ceiling and moving outwards along the ceiling, like rolling across the ceiling, it looks like this, but it is one piece, it doesn't get bigger or larger, but it is a form of energy, it looks heavy, but actually floats. It looks like light mercury in a way, and I am picking it up now, playing with it, and I can't see what sort of energy it is, it keeps wanting to float upwards. It is just there and I am playing with it, it is very friendly and loveable and it is giving off very nice vibrations, and it is not the sort of thing that a child would play with, sort of like an adult toy.

**Miriam (Ishmael)** – Yes, something that you would have to relax you, that you can visualise and have for a while when you are under stress, and can't move away from the chores that you are doing, but you can shut your eyes and think of this. Instead of the gimmicks that some people have on their desks, then you can do this.

**Geoff** – It is gorgeous, a great idea

**Miriam (Ishmael)** – Isn't it lovely?

**Geoff** – Yes, you can do all sorts of things with it, and all the time it just tries to float slowly upwards, it moves around as mercury does, wobbles and all sorts, very nice indeed. So I let it go now and it hovers around, but it goes just so far and then you can get it back at any stage, anyway that is nice. Now where I am playing with this thing in a park, and it obviously a spiritual

park, the flower is on my left and there is now some very nice gardens around me and some hedges which are trimmed very neatly, a stone pathway, a tree with a circular seat all the way around it, and there is a woman sitting on the seat, who I have gone to sit next to, and in front of us is a field where there are a lot of kids playing and it is just a very, very nice atmosphere, very comfortable.

I am sitting next to a woman who I am going to communicate with, now she is looking after the children, and she seems to be something which she is not, confusing, she is a lesson, she seems to be two faced, two extremes, now in spirit, I am wondering why she is in spirit, she obviously works there or something, but there are two sides to her. I cannot see so I will get inside of her and see if I can feel her feelings, and see if I can get it that way. She is a novice, she has been in the gray lands for a long time and she is now learning to help others, she is totally dedicated to helping others but carries with her, her mark that she was in the gray lands, it is something that she wants to keep with her to show people that she was in the gray lands and still has some more penance to pay or whatever while she continues to help the children.

It is her own creation, but she feels quite justified and comfortable, having this sort of part gray lands personality, like the back half of her is concrete, and the front half is beautiful and loving, she has created that herself. I have held her hand and said it is time to get rid of it, and she says no not yet time to get rid of it.

**Miriam (Ishmael)** – No, she is quite happy with it, and everyone understands.

**Geoff** – Okay I will leave her there by the tree, the children are playing on the right, having a great time, and I walk down the path in between the two, and on the left is a low hedge and beyond that is a pond, with sort of gold fish and lilies and so on and I am walking deeper into a nice area, away from the people, the path runs alongside a river with a little hedge this side and nice green fields on the other side, and I am going quicker and quicker into the woods. And when I come to the end, there are

no people around at all but I know what will be here, and that is animals, insects, birds and nature and so on.

I have sat down on the grass and I am surrounded by all sorts of beautiful things, the sky is blue, some nice white clouds, the temperature is perfect, the trees in front of me, some are dropping their leaves, like Autumn, but such a nice peaceful relaxing time, there are lots of animals here, and of course they are all totally tame, and it is a place you would love to get away to and just relax and be loved by all the animals.

There are big animals and small ones, and the longer I sit here they more they come forward to be petted and just be there, squirrels, rabbits and furry things, it is just a lovely feeling to be able to be a part of not just the animals, but nature, the whole things is connected, not just the trees, the ground, the sun, the animals, the divas, energy, again this beautiful oneness.

**Miriam (Ishmael)** – Yes, it is a beautiful feeling, and yet this oneness is different to what you have with the people.

**Geoff** – I know that I am part of this oneness but at the same time I am separate. It is like a huge circle, and I can see me in one part surrounded by all the others. Just a lovely feeling.

**Miriam (Ishmael)** – And you can just relax there any time you like

**Geoff** – Yes, and play with the animals, it just feels so comfortable and contented, happy. It is a way of balancing your body when you need to, totally relaxing.

**Miriam (Ishmael)** – And now I think this is a very good time to conclude this evening, it has not been so exciting perhaps, but it has been a relaxing evening, you have seen part of your other lives, and as there are only two more meditation nights before you go, then we shall have to make them extra special.

**Geoff** – Good

**Miriam (Ishmael)** – I know you have had some special ones this week

**Geoff** – Yes I certainly have

**Miriam (Ishmael)** – This was just to relax you for the end of your working week, so enjoy yourselves.

**Geoff** – Thank you, that is excellent. There is just one question before you go.

**Miriam (Ishmael)** – If I can answer, then I will

**Geoff** – I know what I am experiencing in meditation is correct, what I am seeing is correct, I know that everything that has happened, has happened, but in meditation such as now, I can accept it one hundred percent and understand it, when it is tomorrow morning and I am back to my ordinary life on earth, I still know that this is one hundred percent what I have experienced, but it seems the worlds are two different worlds, I mean I know they are but it seems so far apart and it is very hard for me to bring the two together. Not believe, because I do know one hundred percent that it is true, but it just seems so different, I mean if I were awake and I could do some of the things that I do in meditation that would bring it closer together.

**Miriam (Ishmael)** – If you had conscious travel, consciousness of your astral travel, then you would be much happier.

**Geoff** – Yes, that would bring it closer, and what is the best way to get that to happen.

**Miriam (Ishmael)** – I think the time is not quite right for you to do that. You are being shown what you are being shown because that is most important, the other is just really to gratify a whim as it were, but the other is important for you to learn, there is so much that you have to learn for your future, and the other will come, and already you can sense when Verna is with you, (in astral) and she the same I am sure when you see her she will say that she has known when you have been meditating, so do not be despondent that you have, I know it is just a niggling doubt.

**Geoff** – It is not so much a doubt, it is just that I should be able to practice more in my life, with what I know, I should be able to practice more in my daily life, the two lives should be closer together, it is difficult to explain, but I am sure you understand.

**Miriam (Ishmael)** – I do understand what you mean, but I think I would rather that you carried on the way that you are

doing, when there is special need for a meditation, you always get the message, and you meditate then and we know how busy you are and that it is not always convenient, when you are away from here and working, for the hours are different, your traveling is different, but what I can say is carry on the way that you are doing, you have such upheavals in your material life, that it would not do for you to have more in astral life, until there is a more even balance.

**Geoff** – Yes I can understand that, okay thank you.

**Miriam (Ishmael)** – But I shall be back again before you leave for your home overseas, have a good night and enjoy your weekend.

**Geoff** – I will, thank you and bless you.

**Miriam (White Feather)** – Brother, my you ask a lot!

**Geoff** – Less questions than I used to ask anyway.

**Miriam (White Feather)** – Ah, then that is why I am here, I will not say that I will answer it, but I shall do my best, if it is allowed. Gladys is not coming tonight, she will be coming again before you leave. There is just Ishmael and myself for this evening, so if you have a question? Then ask.

**Geoff** – No, no real question, that was the only one that I asked just now, you can understand what I feel, I experience some of these fantastic things in meditation, which of course I believe one hundred percent, but during the day they seem so far away, so distant, when I could, my life would change quite dramatically I think, if I experienced or could put into practice some of the things I learn during everyday life. If the two lives were closer together.

**Miriam (White Feather)** – You and Verna are to work together, Verna is to help people in trouble by regression, and that is how she will be at her best, what she will be best at. You will be doing more clairvoyance perhaps to help her, but there are other things for you in the future, and therefore you cannot always get what you wish at the time that you wish. Just as your mother is not clairvoyant, and yet she is developed in a different way, she would love to be clairvoyant and that will come, but not yet, and you will have recollection after traveling in astral,

but for now I would rather that you put your material life on a more even keel, and then the other will develop. But you do so much in astral, and I agree it is a pity that you do not see and recollect what you do, but at least you can see in these evening sessions.

**Geoff** - Oh yes

**Miriam (White Feather)** – You have experienced that, and it is really a lot more than people who can recollect what they have done and can write it down. You have it on tape and it is there, and it is true what you are given.

**Geoff** – Oh yes, I have no doubt that it is true.

**Miriam (White Feather)** – We do know what you would like to have happen, but you must get your material life on a more even keel, and it is very, very difficult in this time, because of the depression that is on and the troubles. When the time comes for you to do work, you will be so better off.

**Geoff** – Good

**Miriam (White Feather)** – And that is all I am going to answer for tonight, I shall just say have a good evening and weekend, and I shall be back again. And God be with you all.

**Geoff** – Thank you and bless you

**Miriam (Iffy)** – I know they said there wouldn't be anybody else, but Iffy here, and I see you had a little bit of tape running, and I thought I would come and say hello, and this is the first time since you came back isn't it?

**Geoff** – Yes that is right

**Miriam (Iffy)** – I was going to come earlier, but plans change and I had some extra work to do and I have come now. Just to say that have patience, and may I also call you brother, for I see that you have been promoted and are no longer one of the children. And that really should be a feather in your cap.

**Geoff** – That is nice.

**Miriam (Iffy)** – It is difficult and I agree we have all gone through the same thing, and we all now endure and have to put up with the same experiences, as you were told earlier in the week, when we have to do something and we are not quite sure and we need a little bit of proof, and should we and shouldn't



we, it is the same problem, but in a different way. But it comes, for you would not have accepted what you know now if you had been told about it a year ago, it comes, but I know you get impatient, as we all do.

**Geoff** – I know that I have seen it and I have actually experienced it, I have no doubt at all, but it seems that the earthly life is totally separate as if it was on the sidelines and it is like I am living an astral life and working in an earthly life, which has no involvement in a way, it just seems totally separate, but eventually the two will get together.

**Miriam (Iffy)** – It is separate for now, but the time will come, and I shall be off now and I will not contact you again until you are back overseas. I bid you goodnight and God be with you in all that you do.

**Geoff** – Thank you and bless you.

## **CLEARING NEGATIVE OR BLACK ENERGY**

**Geoff** – I have come across an old house which is decaying and crumbling, when I got there the house looked quite strong, it is the middle of a wood which is totally overgrown, and just as I was about to enter to see what was there, many spirits turned up from all over, and they said no don't go in, the exercise is on the outside.

And what we are going to do is simply dissolve the house, it is a thought form that is left there, the actual house itself, of bricks and mortar fell down years ago, but what was left was a thought form created by a black energy that will now be destroyed. We are all around it in a circle, and there is this beautiful golden light going towards the house, and as we send out this light the house starts to dissolve. And it dissolves completely and almost immediately the undergrowth covers the area where the house was, and it is back to a natural wooded area.

Now there are is a group of spirit who have moved to one side, and we are still in a circle and in the center of the circle

there is something which we are looking at, which I can't see, I don't see the purpose of this exercise as yet.

**Miriam (Dr Chang)** – But you will do.

**Geoff** - What they are doing is drawing black power out of the ground where the house was, now this black power is being fed in through channels underground, very similar to ley lines, and the power is still being channeled in. It has been coming in automatically, and that is what has kept the image of the house there, it has been coming in ever since the house has been vacated. What they are doing is gathering the majority of the power and then they are sending a yellow or golden light along each one of these ley lines, it is like a bolt of electricity, and it goes back up the black line to its destination, and it cleanses it, and each one of these tentacles going out with these bolts of power sent up back to their destination.

And it makes quite a difference to the whole area, this was a central point for the storage of this black energy, and with all this energy running along underground through a particular area of, let's say fifty miles in each direction, it made the vibrations in the area very negative and unhappy, and this showed up in not so much the flora and fauna, but in the people who lived there and passed through there.

**Miriam (Dr Chang)** – Yes, now you have it.

**Geoff** – And each person passing through, will pick up a little bit of this negative vibration around them, which will account for a lot of bad moods, irritability, that sort of thing, when they carried on into the next area. The area now being cleansed is the opposite, it is very harmonious, far better growth is achieved on all the flora and fauna around. It is a much healthier atmosphere, the air is much cleaner, and it does another thing, it is now much stronger than normal, so when people pass through this area, they will take the goodness from this area into the next areas, and it does a little bit of good there, people arrive smiling, happy, and full of fun etc.

And it an excellent way to balance out any area like that. Now it can only be done by a group of spirits, as a lot of energy is taken and it has to be done very quickly, it cannot be done by

individuals but you will learn in the future to call others to help you, who will specialise in this sort of thing. And they can clean the area as a group.

**Miriam (Dr Chang)** – And what a wonderful feeling, to think that that can be done.

And how much better for so many people, not just those surrounding.

**Geoff** – Hmm, now there is one very special person who is a teacher, and he has asked me to sit facing him in one of the fields in this cleansed area, and he wants to talk to me.

This ability to call on spiritual people will be something that I will use in the future, it is being made available to me, so that when I am in an area which I will sense as these vibrations, and we are talking about Africa, and tribal fighting and areas where there has been fighting, conflicts between black and white and other minor things, I will be able to call on this group of spirits and help cleanse the area, not just areas where there is black storage of energy, it can and will be areas where there are negative vibrations created, disharmony, and disrupted forces.

It can be done in two ways, preferably in meditation, but if time does not allow this, it can be done with the thoughts that I have, and I will merely call upon the energy and direct it to where it should go, to where I think it should go best. If I am not correct in where I think it should go, they will correct it for me and carry on and process and cleanse, and put the right energy into that area. The more I do this the more energy I will be able to transmit and give out and the more work I will be able to do, it is something that I must not forget, because it will be used.

Now I don't have to be in the area, just direct it to that area, and there will be times when others will link up and help me to do this. It is a responsibility that I have to do this, which I have accepted. There is much more that I will have to learn about doing this particular job, it I will learn in astral. And as I put it into practice in meditation, remembrance of what I learned and what happened in astral will come back to me, and I will be able to do the right thing.

That was just the beginning, I will learn more in astral, and we will do similar things in a few weeks time.

**Miriam (Dr Chang)** – That is very good, and quite an honor. That you have been given that power, that privilege so soon, but you are earning it.

## **CREATING VEGETABLES IN ETHIOPIA**

**In this meditation (1992) Spirit are showing me some scenes in Astral. Luke Senior is providing additional energy and one of the Guides is channeling through Miriam, to clarify what I see.**

**Geoff:** I'm in an area, which is in Spirit. It's an African scene. The ground around and the hills are beautifully cultivated. Every square inch of ground is perfectly planted with vegetables — fruits and vegetables. As far as you can see it is immaculate — perfectly grown. It couldn't be better. Tending all these vegetables are Ethiopians who have died of starvation and they're showing me this through showing me their figures as they were last on Earth — very skeletal and so on.

On the other side, of course, they don't need this food. But what they are doing is they are — as we were discussing the other day, visualizing and creating fruits and vegetables and they've got them so perfect that the cabbage that they create will pass for cabbage on Earth.

This is their way of helping the right people in the area that they used to live on Earth. Ethiopia, Somali and, so on, where there are so many starving and where there are important cases — where it is important that the leaders or the right sort of people for the future must survive physically, this group of guys will transfer so many vegetables down to them to materialize on earth, so that they do not starve. And the vegetables actually materialize.

They don't grow. Yes, they do grow, sorry, but they grow very rapidly. And it is these guys that are creating them. They're not growing in the soil in Ethiopia, which would take forever. It

starts as a seed and these guys actually create them on earth through Spirit.

**Miriam:** And can you see that being done now?

**Geoff:** Yes. They're doing it for the right sort of people, but they've got vast fields of — yes, they've got vast fields of vegetables which will be — which can be used — which will be used at a later date, when it becomes necessary.

**Miriam:** At a later date.

**Geoff:** Yes, there is a lot going to happen.

**Miriam:** A lot of preparation is being done.

**Geoff:** Yes. And what I'm seeing is unbelievable. It's not just one field, but as far as I can see. There are millions of fields behind it, stretching into infinity — all created and tended and getting ready for when it is needed. The quantities are vast. Because for them to create, although, you can — one person can create. They can only create a certain amount. I mean, you can only do a certain amount of things. They are learning to create, practicing, so their creations become quicker. But instead of producing one cabbage at a time, they produce one field of cabbages at a time.

**Miriam:** Yes.

**Geoff:** And then one square mile of cabbages at a time and so on.

**Miriam:** It takes a lot of energy and a lot of skill.

**Geoff:** Yes it does. And they're showing me now the story about the loaves and the fishes. Now, when that was created, it was not a matter of five thousand fishes were created and everybody grabbed one. They each came forward and took it out of a basket and every time they put their hand in the basket there was another fish there.

**Miriam:** That is so.

**Geoff:** It was just creating one after the other.

**Miriam:** That's nice to know, isn't it?

**Geoff:** Now, this ties up — these Ethiopians who are creating, ties up with the guy we met the other night in Norway.

**Miriam:** Yes.

**Geoff:** When I start working at that stage, I must know about this.

**Miriam:** You must know. Yes.

**Geoff:** Very good. And, again, these guys have got beautiful smiles. Laughing. They're happy that I've learned it and they've made another connection and put another link in this enormous chain.

**Miriam:** Another link in the golden chain.

**Geoff:** Yes, and it will be stored in my memory and not forgotten. When the time comes, it will be utilised.

**Miriam:** Yes. And I think that is a very happy note in which to end.

**Geoff:** Yes. A magical evening, as always. It is all these little bits that add up.

**Miriam:** All the little experiences that one has to go through, but it has been enjoyable. I know I have enjoyed it and I've enjoyed watching you learn each little thing.

**Geoff:** Yes that's right. And thank you for that.

## **CREATION OF BALL OF ENERGY**

**In this meditation, I am experiencing the lesson and a Guide called Mr Wu is channeling through Miriam.**

**Geoff:** All right. Now I've got a giant crystal ball on a pedestal. It's in somebody's garden, and it is normally wrapped in what looks like leather. I can see when the sun shines down on it- when it is uncovered, it sends light to every part of the house and garden.

**Miriam (Mr Wu)** But not just light.

**Geoff:** Energy?

**Miriam (Mr Wu)** Yes, Energy.

**Geoff:** I see how it was made – put together - I can see in the center of this there is like a big strip. It was created, by somebody on earth using spirit and they put in the correct reflective pieces, so this energy would spread itself around evenly.

**Miriam (Mr Wu)** And why do you think it would be for that particular place. Can you find out?

**Geoff:** So many users – lot of energy. Somebody who is highly developed like Ernst (*An advanced medium who teaches us in Astral*) who could do so much good by bringing in this energy, and sending it out to the various places where it must go- and also groups of people.

**Miriam (Mr Wu)** Yes.

## **DISSOLVING A BLACK DOME OF NEGATIVE ENERGY – 1992**

**Geoff** – All right, now I come back to an estate in England, another big, old estate. As I come through the main gates on the right, there is a two or three storey house, which is completely covered in cobwebs. They are showing me that it is not used any more. And as I continue on the right hand side is an enormous grey mausoleum, it is huge, grey and dark. And at first I thought it was Russian, but it is a strange place, very strange.

**Miriam (Iffy)** – Not Russia.

**Geoff** – No, the grounds on the left are immaculately kept, beautiful gardens and yet this huge building is dormant and empty. There is moss growing on the walls, and it must have a hundred or so bedrooms, and these beautiful surroundings, so I will go inside and just inside is a corridor to the right and left, and it is empty, there is a library on the left, a huge dining area on the right, and in the center is a huge reception, lounge area, a ballroom and a wooden floor, and I feel nothing in this house, it seems to be just empty. I go up the stairs and either way there is nothing, but there are two things, there is somebody here, and I also felt a sensation that I haven't felt for a long time.

**Miriam (Iffy)** – And that is?

**Geoff** – It is like in a bad dream when you know somebody is there and you can't see them, or when somebody is chasing you, and they are behind you and you can't run fast enough, fear of the unknown I think.

**Miriam (Iffy)** – But you are not afraid now?

**Geoff** – No, not at all, but it is a fascinating place, I look around a little more and the spirit that is there will come with me, I have gone to the end and turned left, and in one of the main bedrooms there is a huge black shiny dome. And this spirit is watching me look at this dome, the shininess is a protection so that I do not feel the dark power that is inside. The spirit that is there has been looking after this for a long, long time but it was he who called us there. And he starts to move away and there are many other spirits arriving, and I think what we are going to do is neutralize this dome.

**Miriam (Iffy)** – Yes you are.

**Geoff** – Now there are many spirits all around and it is so much brighter, and it is light and golden, and I can feel the energy build up between us and everybody is just shining their energy onto this huge dome, and first of all the shiny surface falls away, and underneath is a very concentrated energy, but I feel no fear or bad vibrations from it, we are so surrounded with white and golden light. The outside of it is now becoming golden it is completely wrapped in a gold and light energy, which is a, we were only guiding the power that has come down to the right destination, we have a power coming down from much higher levels, which is too strong for us to handle. We are just directing it onto this ball. And it is breaking up the surface is covered in this gold and white light, and it is taking its time and going through it and destroying it. And it has now completely disappeared, a huge energy is turned on, and we are still all there and our energy is nothing compared to what we have just experienced.

**Miriam (Iffy)** – (Laughs) A drop in the ocean, but a help never the less.

**Geoff** – Now what everybody is doing when they go through this building is, they are taking away all the negative vibrations, the building is becoming lighter, it is becoming cleansed, and will in a moment fit in with the beautiful surroundings that it has. Now I will just go to the house on the gate where we first came in, and this is, now I could see this filled with darkness, but I have just stepped straight inside it, and it is empty, just



seems to be some form of decoy. It was just a shell of darkness that was there, but nothing inside it, it just collapsed. I have gone higher, much higher I can see the big building on the left is now totally clean, the building on the right, which I walked in and saw nothing has a dark cloud which has come out of it, and is in front of me.

I think it must have been some form of deception, it seems to be like a dark cloud and it is connected by this very thin trail back to the building and it is just hovering in front of me.

**Miriam (Iffy)** – Something for you to do.

**Geoff** – Hmm, I tried to white light it and nothing happened. There are no other spirits close by, so they seem unconcerned and it doesn't worry me, but I am going to find out what it is, so I am going to go closer and I will put my arms around it to see what can feel. It is memories, dark memories, so there is no energy here at all, it is simply storage for memories, and I cannot just destroy these memories on my own, and they have to be taken somewhere. There are three or four spirits waiting to take these memories. Is that right?

**Miriam (Iffy)** – Yes that is right.

**Geoff** – All right we have disconnected it, and I will go with them to see where they go. It just goes higher and higher, and as it gets higher it gets lighter and brighter, and has a strong gold energy or light gold which turns into white, and as these memories go up into it, then they start to disappear totally. If they had been destroyed on earth, there would still be thought forms left.

**Miriam (Iffy)** – Yes.

**Geoff** – But thought forms are memories.

**Miriam (Iffy)** – If you had taken them and lightened them.

**Geoff** – Ah, if I had destroyed them there, I would have left the thought form of the destruction of the memories itself.

**Miriam (Iffy)** – You see, he gets there eventually! Well done.

So now they have completely gone.

## EMPTY ENERGY CARRIERS

**In this meditation I am being shown a scenario in astral by a Guide called John, who is channeling through Miriam.**

**Geoff:** I'm traveling and it looks like I'm traveling to a different form of "creation". Just wait and see. I have one child on my lap who wants to come and visit and she wants to listen to the next story. They've explained that these experiences that I'm relating and so on are not for her ears, because obviously she's not old enough yet but what she hears is different from what I'm saying - because she in a way wants to listen to a bedtime story as she used to, and she is creating in her own mind the bedtime story while I'm talking. So, I'm talking on one particular subject and she's listening to another one as if I'm talking. They (spirit) said it's fine. She'll come here, she'll sleep and they'll take her away again because it's earth vibrations - it's a mixture of what she used to do on earth and, of course, what she's learnt now being in spirit for quite a while so she enjoys this and it does no harm to anybody, and that's what will happen and we must just continue.

**John:** Isn't that good for her?

**Geoff:** It's nice because I'm being loved as well which is great.

**John:** Yes.

**Geoff:** It's a lovely feeling. Right, I'm now at a group of tennis courts surrounded by houses. I don't know where it is but in the middle of these tennis courts is this big - it's like a sinkhole. I don't know if it's just happened or whether it's an area that's cordoned off. I can see very clearly the edges of the grass and so on. It's been there for a long time - it's not a sinkhole but it looks like one. It's a hole in the ground - it's been fenced off and everybody thinks it is now stable but there is something very nasty down there. It's funny I never hesitate to go into one of these.

**John:** I was just going to say that you have no fear these days.

**Geoff:** No, I've got no fear. I never hesitate to go in but this time I have - because whatever it is, is stronger than normal but also I be able to see so much of it before I go in, so all I'm doing is being cautious because I may need others to help or whatever. Let's see what else I can see. It's a group of things. It's totally negative because it's black but there are thousands upon thousands of them. A group of them. I don't know what they're doing there. They're like tapeworms. It's a negative energy source that can penetrate the body. I put my hand in there and they ran up through my body and all around it. I'm protected so it doesn't worry me and to get them out I just sort of white lighted them backward and it wasn't a problem. I'm just trying to see if they're going through my physical or spiritual body. I'm not even sure if they are evil – just black energy forms. I'll go inside and have a closer look.

**John:** You have a wonderful white canopy. A canopy of white protection over you. You have nothing to fear.

**Geoff:** No, I have no fear. These things are drawn to each other. They've collected together as a group because there is safety in numbers. They were created as dark energy but they seem to be in limbo. It's as if they were changing back to positive energy. I'm going to try and talk to them as a group mind – talk to their group mind and see what happens. They're not evil - they're not dark. I can....I can connect in a way. I can feel as a group that they're not bad – they're.....um...

**John:** Created?

**Geoff:** Yes. I thought just now that they were created as “carriers of energy”.

**John:** Yes. I got the one word but you weren't quite sure of what you would see.

**Geoff:** Alright, so they were created as carriers of energy, and once the energy was delivered to where it had to be then because they were created they had a very basic mind which they needed to deliver the energy. Once the energy was delivered, then they just floated around and when they came across similar creations as themselves their simple minds told them to join together.

**John:** Yes.

**Geoff:** That's what they're all doing down there. Right, now I've got to decide what to do with them. If they are a creation and they have a mind, even though it's very limited, then they must progress and learn and develop.

**John:** Yes.

**Geoff:** So therefore I must hand them over to somebody who can look after this developing process.

**John:** Now you have it.

**Geoff:** And as I've said it several people appear (laughter) and he's showing me he's like a shepherd and he collects all these things and they're all going to go off in a group and they go off with him - and he will look after them and they will progress from there. How very strange. That was definitely different. (laughter)

**John:** Different to what you thought it was going to be.

**Geoff:** Oh, that's a really funny one. It's great.

## **ENERGY CENTERS OF INDIA**

**In this meditation I am being shown a lesson in Astral, and a Guide called Ishmael is channeling through Miriam.**

**Geoff:** I've got an entrance to a temple – a modern temple which is being built. It's not so much a temple – it's two Chinese people and they're sort of laying tiles to the entrance of a smallish house but I know it will be a place of worship of some sort. They are part of something new – a new way of thinking of either religion or life and they are putting it into practice and I'll go inside and see exactly what is inside. There's nothing in here at all – it's totally bare. Because of their way of life they don't actually need stalls or benches or ornaments on the wall or whatever. They started with a small square room and it is very clean, and clean spiritually and those that meet there will leave behind their memories and vibrations, and this place will become like a library. Over the years it will get built up with more and more information, and when

advanced people want to know more they will go there and they can learn from the past experiences in this place. It will be safe from wars or other religions, because there is nothing in this room at all – totally empty - and will be seen to be empty. Only those that are experienced will be able to see and pick up the vibrations of what has happened there. Now, there are two men and they give me a light blue colour, which is healers – healing colour – and they were taught by an old soul who years ago passed over and they decided that with the knowledge they had gained so far they would do what they thought was right, and because so many others were developing even spiritually on a much lower level than them, they had no one to really to teach them since their teacher passed over. They decided it would be nice to start from scratch with a nice clean room and then put into it the correct vibrations and build up a sort of library. Now, they do this by meditating there as we are doing this evening, and the spirits come through and give experiences and so on in that is stored in the room, and it will be there for many centuries to come. That is their way of contributing to the advancement of people on earth – advancement of spiritual growth – for those who want it on earth and they are quite content to do this. They have very little materially but they know that it is right and they are quite content to go ahead in this little room that has become something so special to them.

**Miriam (Ishmael)** Can you tell me how they will keep away the negative thoughts that others have who wish to enter. There is a way.

**Geoff:** Just before we spoke I saw the inside begin to fill with gold which is a very powerful energy, and I think we will link up with these in later years - but to get to your question – you see, the more energy you keep in one room the more strength you create so as people come in with “evil” intentions, those intentions are suppressed back into the aura of the person who came in.

**Miriam (Ishmael)** Yes. But those who are evil will find it very difficult to get in – they will not persevere.

**Geoff:** Yes. It will be a center which is used a lot by spirit. The energy that is kept there – this golden energy – can be used by the two men there and also can be used by spirit directing it to different areas in the surrounding country.

I've left there and moved upward and looking down I can see that this is another town in India. We have been to India a lot lately and seen similar occurrences. As India – these are being built really for the future – and as India gets out of its current spiritual lethargy, then the power will be available for the people to use when they are ready to use it.

**Miriam (Ishmael)** But they have a long way to go yet.

**Geoff:** But it is being prepared.

**Miriam (Ishmael)** That is so.

**Geoff:** I can see this gold light connecting up the various power centers we'll call them. Although it is gold it is different from the gold that we get when we link up with circles.

**Miriam (Ishmael)** Oh yes - vibrations?

**Geoff:** It looks like a stronger solid bar of gold – a shinier colour gold. It's just what it looks like to me. The gold that we have when linking up with circles is a bright, luminous type of gold.

**Miriam (Ishmael)** Yes – one is more advanced.

**Geoff:** Right – I'll follow one of these gold leads to - it's like a main area. Now, this is north and to the west – North West India – and I can see a large area where there is turmoil. There was a very big central point where this energy was stored – like a main center – and it is now in a state of confusion. It is somewhere around Bhutan or Southern Tibet.

**Miriam (Ishmael)** Yes – Southern Tibet.

**Geoff:** Now, what I see is this huge golden circle with so much power but it is now full of rock. Instead of being a perfect circle it is distorted with the rock in the middle – like a vein of gold underneath the ground. There is a lot of power there but has to be brought to full use again. The Lamas and the monks that were there – many advanced in their own ways and because they were brought up to learn this as a way of life from a very young age, there were many that believed.... They might not

have really appreciated it for what it was because to them it was just a way of life, and as they progressed into their later years they could do some pretty outstanding things according to what we know - and they thought of themselves as very high priests and yet they did not deserve to hold this sort of title. Because of what they could do they misused the tremendous power that was there and for about 200 years the balance was not harmonious. Although it is a very spiritual place and there are a lot of very high teachers there, there are also much harder lessons to be learned. You always have two opposites and some who went through these bad lessons misused the power – sometimes intentionally and sometimes not so - which has distorted that particular area.

**Miriam (Ishmael)** You are doing very well so far.

**Geoff:** Good. Next, I will find one such person who misused the power.

## **ENERGY EXCHANGES**

**In this meditation we are learning about group energies. A guide called White feather is channeling through Miriam.**

**Geoff:** Okay, I've got a big, hollow tube going upwards. It's like the inside of a tree trunk. Now it's just changed to a huge, thick forest. I'm going through these trees in this forest. And there are lots of them, I've got to go in and out of all these thick branches all the time. I've gone down a bit lower, these trees are a little bit strange looking, they have very thick trunks. And when the branches start, it is very thick and that's the part that looks different from normal trees. Very thick and knotted. And these trees are more or less the same shape all over. I go farther in, and as I go farther in, things change, I've now got very thin trees and I've got holes sinking in the ground. It's something to do with an exchange of energy from the two types of energy. The energy from inside the Earth is exchanging or working with the energy of nature and divas. The thick trees are on one hand, the opposite of that are the sinkholes. So somehow these

energy's are being exchanged. The diva's need a certain amount of energy to use all the time, and we're talking about, obviously a vast area here – the whole World - now and again there will become a shortage of a certain type of energy and that shortage is created by drawing the energy from the “beneath the Earth” energy.

**White feather (Miriam):** Yes. Now it makes you begin to realise just how many energies there are and you have only touched on a fraction of them.

**Geoff:** Yes, it's quite something.

**White feather (Miriam):** Like so many bobbins of thread, there are, no – I'll not tell you how many there are because you will not believe, (laugh), but there are many. I think we'll leave that for now as I have to go, but tomorrow and Tuesday will be longer sessions. And I think we'll have we something very good indeed planned for Tuesday for you. The next two nights will be good, but Tuesday will be exceptionally good, well, I think so.

**Geoff:** They're always good.

**White feather (Miriam):** I say God bless you. Thank you for being here. And I have made this lady very cold and I must say goodbye now. God bless you and Thank you.

**Geoff:** Thank you.

## **ENERGY THAT CLEANS WATER TODAY**

**This meditation was made in September 1992. This is very interesting. It's in modern times and discusses spirits way of creating energy through nature, which we will use in the future for the change, and are using now. I will be doing the astral traveling to experience the adventure and there will be a Guide called Mr Wu channeling through Miriam for clarity. It's set in Ireland and I've just gone to a picturesque village and it starts from there.**

**Geoff:** I've gone around the streets – there's nothing there or in the hills, and I've now gone into the water in that area. I'm



going along the bottom. I can't actually see very clearly. I've come to a part where the bottom seems to be all mud and flat, but it's one very long strip which looks like it's made of plastic or a very thin material. That's what it looks like – and this is an energy coming from within the earth.

**Miriam (Mr Wu)** Yes. For a specific purpose, do you think?

**Geoff:** It has to do with clearing the water. The waters are getting more and more polluted. This energy cleans what is around it, but then it flows out to sea, and it is at the point where it is taken out to sea. It goes in a huge circle around the Atlantic and is basically doing a cleaning job. Nobody is going to know – that is why it is positioned at this particular point.

**Miriam (Mr Wu)** That's right. Nature will only go so far to help the pollution in order that the species will not be lost all together.

**Geoff:** Yes. A lot more is being done with this energy than we would think – it's being going on for a long time because spirit knew of the pollution problem...

**Miriam (Mr Wu)** Yes.

**Geoff:** ...and this particular area where the energy flows - this huge circle around the Atlantic is actually very healthy, and very active with fish and life and so on. Some just pass through it and get revitalised, and others are living in it permanently. And their natural ability is so tuned they would know once they started to go out of this energy area. And there are a lot of fish and creatures, and entities living in this, but it is very deep and that is why nobody has discovered it and probably nobody will.

**Miriam (Mr Wu)** No, only the likes of you from other circles.

**Geoff:** Now, when a species is getting... like the whales for instance are becoming extinct, or used to be, a lot will be rounded up by the divas of the sea, or the helpers, and brought here to start and start to breed in this energy level; so that in later years they can continue once things have corrected themselves. But that will not be for some time the way things are going.

**Miriam (Mr Wu)** I think you understand it is not necessary to do this, but all living things can be created again if necessary.

**Geoff:** Yes, but this simplifies things.

**Miriam (Mr Wu)** Yes, it does.

**Geoff:** And there are some very unusual creatures down there as well, I'm seeing .....

**Miriam (Mr Wu)** Things you haven't seen before.

**Geoff:** ...Yes. It's in the form of a giant jellyfish - orange, yellow and brown stripes just pulsating - but it is large – it's probably the size of a house. It carries its own light around it – luminous.

**Miriam (Mr Wu)** You are looking at the energy strip. Would you like to enter completely?

**Geoff:** Okay. This huge jelly fish thing is there, and some small forms of energy sort of light blue and white which sparkle. They seem to be minerals in the water.

**Miriam (Mr Wu)** And how do you yourself feel?

**Geoff:** It's comfortable. I can see a lot more now. I'm seeing - I know I'm obviously down in the depths and it's dark, but I'm seeing light, and everything has colour, which means I'm either seeing it spiritually, or creatures of that depth have different vision so they can see in the dark and see these different colours.

**Miriam (Mr Wu)** Yes, they can. Which means that you are seeing spiritually their colour.

**Geoff:** Spiritually – right.

There seems to be a lot of rose-pink as well. I've come across a – it looks like an underground cave. It's like a dome shaped building made out of vegetation, and inside there is nothing but energy, and as the energy goes around in this large circle it filters through this dome shape where energy is drawn and stored. Only so much can come out of the earth's stream at one time, or in this particular one, so there are several points – there are many points around this vast circle, hundreds of points, where energy is stored and created as it passes through. It's a bit how a hydroelectric dam works- as the water passes through it creates turbulence, but in this case it creates energy which I saw

just now. There are the minerals going through as well, it creates a physical energy as well.

**Miriam (Mr Wu)** It does.

**Geoff:** Now, after the earth turns on its axis, and the seas aren't in turmoil and so polluted, etc. this energy will be released all at once, but it is very, very deep. So the energy will be released all at once, and the waters down there will start to – the waters, the animals, the amoebas, the bugs, everything will start to make those waters clearer.

**Miriam (Mr Wu)** Yes.

**Geoff:** That will take a long time to happen but it is the start of the new process.

**Miriam (Mr Wu)** That is it. You were guided to Ireland because it is the clearest one for you to see.

## **ENERGY TO CREATE MARINE LIFE**

**This meditation (1992) is a follow on of the above article about Energy that cleans water. I've just gone back down below and found a cave of energy.**

**Geoff:** I can see another form of energy cave. I'm not sure where it is, but I'll go inside. It's under the water and the walls again are reds, oranges and yellows, but they are so embedded with energy that it seems that they pulsate and glow. They do glow. You can actually see all this concentrated energy and, of course, the lights make it look very bright. Yes, now this is interesting. I've tried to go through the walls of energy, and it's very difficult to travel through energy.

**Miriam (Mr Wu)** It is.

**Geoff:** Is that right? I suppose that's because it's all concentrated. Now, to get out of this cave, I can just "think" my way out of it, and appear somewhere else, but to actually be in the cave and try to get through the walls is really very difficult.

**Miriam (Mr Wu)** Yes.

**Geoff:** Right. There's a central shaft going down this cave also going down the center of the earth – another energy outlet.

There seems to be an individual one somewhere. The cave I'm in at the moment, the same cave, there is a center portion which is very white. What this does is create, when a certain species or whatever, or something new is needed, I'm talking about fish or mammals or whatever, it is actually created here.

**Miriam (Mr Wu)** Yes, it is.

**Geoff:** That's why the energy is so concentrated.

**Miriam (Mr Wu)** It would not do to release that energy.

**Geoff:** But how it works is - if for instance that particular area was becoming over populated with fish, then it could create sharks to eat the fish and that's just as an example.

**Miriam (Mr Wu)** That is so.

**Geoff:** Good. So that's a way of controlling the growth and balance in the sea.

**Miriam (Mr Wu)** Yes, man has no need to do it.

**Geoff:** Alright. Let's go look at the next one.

## **ENERGY USED BY SPIRIT WHEN VISITING EARTH – 1994**

**In this meditation a guide called Ishmael is channeling through Miriam.**

**Geoff** - So I started going away from the tower, going towards the horizon, I saw a lot of energy coming from the horizon to the direction of the tower, the energy is sent by a different department. When a spirit has to come down to address a circle, he needs two things, he needs information which he gets from the tower, and he needs energy to firstly access the information, and secondly to do whatever he has to on earth.

**Miriam (Ishmael)** – Yes he has.

**Geoff** – So if I now trace this source of energy, I think I know where it comes from, well I have seen one of them, yes now I have been to this place before, there are many of them, but it looks like just rocks with paths in between, and there is every colour imaginable inside the rock, the colouring on the outside is a basic shiny steel colour, dark shiny steel is the best

way to describe it, but it moves, the colour seems to pulsate, and that is on the outside, but the colours on the inside, there is the most phenomenal array of colours on the inside, I am looking inside now at all the pulsating colours, it is like a giant nerve center or giant brain, it is very easy to access a specific colour.

If I went there and knew the colour I was looking for I could access it simply by thought, and that colour that I wanted could be directed to where I wanted it to go, it would find its own route there. Whether it be to the tower or directly to the person that I am going to meet, or whatever I have to do. If I am unsure of the colour that I want, there are teachers there that will help me on specific colours, very high up colours, so the basic, run of the mill colours, if I didn't know them, there are clouds of memory banks there where I could pick it up from very quickly.

The teachers that are there, they look after specific colours for something new, and something very unusual, a lot to do with group emotions, planet emotions, and universal emotions. These specific colours are awesome in power of what they can do, therefore they would only give it to the overseers of the planet or country, those are the only ones who are able to request these colours, they need the experience and the wisdom to use them the right way.

**Miriam (Ishmael)** – They have a great deal of training.

**Geoff** – Yes, the teachers as well seem to have pointed hats on, a bit like we would imagine a wizard, and this is a very high form of recognition, it is how they are recognised as being a specific type of teacher. But they are such experienced people, they themselves have each controlled whole planets, they have been trained, they have gained the experience and they have gained it successfully, and these are the only people that are suitable to teach the new without mistakes being made.

**Miriam (Ishmael)** – Yes, and you are privileged to see this tonight.

**Geoff** – Hmm, now I have said that I have seen an area like this before, but there seems to be just one area again in a different dimension, but it is accessed by millions of spirits in different dimensions, they each use the same, so I can stand and

look at it and see little activity but there are thousands, even millions of other dimensions. Where people are coming backwards and forwards all the time, and that is why I can see the teacher as not moving, because he appears the same in all the different dimensions. That is quite awesome.

**Miriam (Ishmael)** – Do you not feel honored?

**Geoff** – Oh yes, well and truly.

**Miriam (Ishmael)** – Then you must thank Diana for giving you that extra power, she has joined me.

**Geoff** – Oh that is brilliant, thank you. Okay I can see Diana as – two ways, symbolically as a tall elegant woman with blonde hair and a white robe, that is symbolically, her actual energy, she doesn't have a physical body, she is pure energy.

**Miriam (Ishmael)** – That is true, she is from high.

**Geoff** – Well and truly, and the energy that she has is like a silver, continually exploding silver flashes in a cocoon shape with larger flashes of gold, mainly around the outside, that is the energies that she uses, that she retains to do the work that she is doing.

**Miriam (Ishmael)** – Yes, not easy for her.

**Geoff** – No, a constant source of energy. I am getting a sort of insight into how she lives and works, and to do this she is slowing down and letting me see a portion, or showing me a portion of her life so that I can understand it, it works at a much higher speed and there is far more to it, but I would not be able to comprehend if I saw the whole thing because she is on a mental level. And again it is very difficult to describe, but she has gone through an area of total love and total giving, total purity, but when you get past this stage of purity you are able to give and teach and train and so on 100%, but at the same time you have the ability to enjoy a leisure time, for want of a better word, enjoying music, arts, giving, feeling, emotion and so on.

**Miriam (Ishmael)** – On a spiritual level.

**Geoff** – Yes, on a spiritual level because of your past and everything else, and it is all done with the mind, there is no physical body involved, it is all done with the mind. And she is showing me she is connected to other similarly advanced high

spirit where there is no such thing as jealousy or envy or whatever between them, it is a total universal giving kind of level of purity – very difficult to explain.

**Miriam (Ishmael)** – Total harmony.

**Geoff** – Total harmony, yes, now when she looks down upon our lives here as being very primitive, she has to it doesn't matter how developed we are on the earth, it is still very primitive compared to the level that she has reached. She can obviously train and communicate with hundreds of people at the same time, but the level at which she teaches, I can see this fingerlike thing coming down into this circle here. I am trying to explain how she is doing it, but there are not words to express what I can see.

**Miriam (Ishmael)** – No there are not, it is sufficient that you know, and you will recall that feeling.

**Geoff** – Yes quite amazing. Alright now she will withdraw with that lesson over with. Okay now I feel very humble compared to all of that.

**Miriam (Ishmael)** – And so do we – you are not alone.

## **FAT MONK CALLED TARON – 1992**

**Geoff** – Right, on to the next one. There is a character in Thailand I think, quite a modern building, two storeys; it looks like ten flats on the ground floor, and ten flats above. It is set in nice wooded surroundings, sunny, it is like some form of modern day temple or college, the twenty rooms are occupied by people learning a religion. I was attracted there by the character on the second floor, at the end of the second floor is a big balcony, maybe twenty foot square. And it has got nice views around it, and sitting with his back to one side of the balcony where there is a fence, is this enormous person, but this is fat beyond belief. It is impossible for him to move, he is moved by the students who come there to learn, he just has rolls of fat which are enormous, I mean he is sitting, it seems to be, cross legged and his stomach is hanging past his knees on either side and touches the floor. We are probably talking about 350

kilos, he is just enormous, but he is very happy and he eats, eats nonstop, now he is some form of teacher or leader, spiritual leader.

Now the young men who are occupying these rooms are trainee monks who live very Spartan lives, they have one cot in each room, they have their begging bowls and they go out each day, they have no possessions at all except for the saffron robes. And every day each of them comes to this man, either separately or in groups to learn. He constantly eats while they are there, which are luxuries that they could never afford or attain, and this is all for a purpose. To discipline themselves as to feelings and emotions.

**Miriam (Iffy)** – Yes it is something he has undertaken to become so gross, to achieve that.

**Geoff** – Very strange, but such a happy guy. He does have a lot of wisdom, and what he does teach will benefit his students and benefit mankind, as they go out and spread his word.

**Miriam (Iffy)** – He must be very uncomfortable.

**Geoff** – And for some reason I am running my hands over his chest. His chest area is very weak, his upper part of his body is very weak, because of this immense burden he is carrying. His spine his neck and so on, he is showing me quite a few things but he can control the majority through, his dedication and his meditation he is learning ten hours a day so he is able to achieve the continued well being, for want of a better word, of his body and his ailments can be controlled, and the pain, and when necessary should any part of his body collapse or need repair, he can fix it personally.

**Miriam (Iffy)** – Yes he can.

**Geoff** – What he is saying is because he has been doing eight or ten hours every day for many, many years this is what he can do, and he can do far more things than I would actually believe at the moment, but knowing what I do, with the little experience that I have had so far I can accept and imagine what he can do with forty years of solid experience of so many hours a day.



**Miriam (Iffy)** – Yes, but I don't think you would have to do anything like that.

**Geoff** – The name that we can remember him by, is Taron. It's the nearest we will get, it is okay. He is pointing to Miriam, he will talk with you later, he wants to come and talk and chat another day.

**Miriam** – Good, he will be welcome.

## **GEOFF GIVEN EXTRA ENERGY TO CREATE GROUP EMOTIONS (By Geoff Hindmarch) 1992**

**In this meditation a regular guide called Ishmael is channeling through Miriam.**

**Geoff** – Now this is something that I have had twice, when I first got it, it was very clear but it can always be the mind daydreaming, then I went and saw a few other things, nothing in particular, and I have come back to this first event. What happened was, I saw a pile of rocks, like slabs of limestone, the size and shape of a house and they were completely covered in chains, so because I thought I was daydreaming in the beginning, I automatically broke the chains.

I started to go through it to see what was there, and the walls sort of all collapsed outwards and in the center is a big piece of metal, which I thought at first was a spaceship but it is not, it is shaped a bit like an anvil, that sort of shape and it is solid. I went inside to see what is there and there was nothing it is empty and just solid steel. Now why this has been shown to me like this I don't really know. It is a piece of metal, which is as yet has no memory, has not been used. It is something, which I am going to use and it is being shown to me for the first time.

**Miriam (Ishmael)** – You are quite right, this is Ishmael speaking, and welcome back.

**Geoff** – Oh thank you. Now I am sort of kneeling next to this piece of metal to feel what it is and I am running my hands up and down it, I feel that it belongs to me, it is just like

ordinary cold metal, not all that smooth, it is a bit worn and pitted, I have used it before in, not in lives on earth, but in lessons in astral.

**Miriam (Ishmael)** – Yes.

**Geoff** – And now the memories have been taken out of it again, it is back in its original state and it has been given to me to use. It is shaped like an anvil, one end is pointed and the other end is rounded. And it is such an immense weight, the tip of this point is very black, it is like a crystal, dark, purplish crystal right on the end, and I can see inside this tip is energy, and the energy is needle-like when used – precision.

I am running my hands over the rest of it, and now it is beginning to take on a better look, with my mind I am cleaning it, washing it, filling in all the little marks, making it stronger, making it look better, and I can make it hover off the ground, it has no weight, although it is solid. I can walk through it.

**Miriam (Ishmael)** – That surprises you?

**Geoff** – Hmm, no it has become, I can operate it with my mind.

**Miriam (Ishmael)** – Yes.

**Geoff** – It looks like this because I was taught to use it like this, but it can take on any shape necessary.

**Miriam (Ishmael)** – That is it, that is what I wanted you to say.

**Geoff** – I have absorbed this shape into me and the point ends up where my third eye is. And with this I will be able to see with much more clarity and definition. Now I am to take this now and keep it with me, it will from now always be a part of me.

**Miriam (Ishmael)** – It will.

**Geoff** – I will be reminded how to use it bit by bit in astral because the power that it can create is very, very strong and it is going to take me a few months to be able to handle it adequately.

**Miriam (Ishmael)** – Yes, you must do it slowly, but you will, you will, no doubt about it.

**Geoff** – I am trying to see how it will be used, as examples, and I have started off by going through a forest or just above the forest and I can see the outlines of the trees clearer and also I can see not so much sense, but see and sense together the condition the trees are in and condition the area is in. I have taken a flower... it is to help me create!

**Miriam (Ishmael)** – Yes, for using your mind!

**Geoff** - Yes, because I went to take a flower and suddenly it appeared in far more detail, definition and so on.

**Miriam (Ishmael)** – And you were wondering what you would be learning this time over, something completely different, but more advanced.

**Geoff** – Yes, so it will help me create and what I will be creating is not physical things on earth, I will be creating attitudes, emotions, always things to do with the mind, again becoming more sensitive and being able to understand people and feelings and group emotions a lot more.

**Miriam (Ishmael)** – Yes, and to work with Verna when she has a difficult task, for you will be able to create what that person is trying to express, many things you will be able to do, and it will be good.

**Geoff** – Hmm, I can see Verna with a patient, and I will be able to see what that person is feeling, and how that patient is suffering.

**Miriam (Ishmael)** – Verna will not always want you there, but with difficult cases you will be able to help more.

**Geoff** – Yes, and also I can pass on that information to Verna in a different form, telepathy.

**Miriam (Ishmael)** – Yes, of course you can.

**Geoff** – That is very clever, so it is like me seeing in a different dimension, a different language, and then translating it and passing it in to Verna with telepathy that is great.

**Miriam (Ishmael)** – And your father has already been told he must practice telepathy.

**Geoff** – Yes, very good.

**Miriam (Ishmael)** – Just a little of what your future holds for you in your work.

**Geoff** - Now what I have been sensing over the last few months, only slightly, but it is getting stronger, is group emotions in an area and area emotions.

**Miriam (Ishmael)** – Yes, and they will expand, and you are going to need them, very much so.

**Geoff** – Yes, especially in Africa.

**Miriam (Ishmael)** – That is so.

**Geoff** – Now apart from just sensing and feeling these group emotions, I will be able to create energies in return to smooth out the problems that can arise by putting the right emotion in place in that group, but I must practice on groups of animals.

**Miriam (Ishmael)** – Oh yes, very much.

**Geoff** - Yes there is a lot I am seeing of what I can do with nature, flowers and so on and animals. And communication with divas.

**Miriam (Ishmael)** – Yes, and they are watching and noticing how you are progressing.

**Geoff** – Yes, I can see an awful lot that will be done and to such a high degree of awareness, a higher level of development. Now I have got Verna directly in front of me and I have got my arms around her, standing behind her, and spreading out around me in a circle is what I will sense and just below that is an identical circle of what Verna will sense, but a different type of sensing, that is why we will work so well together.

**Miriam (Ishmael)** – Yes.

**Geoff** – Yeah it is different. I can see the differences but again it is difficult to explain what they are, Verna's is a sort of people-loving-sensing, and mine is a emotional group sensing, that is the best way I can put it.

**Miriam (Ishmael)** – Yours is more practical.

**Geoff** – Yes, Verna's is more people. And this is still quite a few years in the future.

**Miriam (Ishmael)** – Perhaps quicker than you think.

**Geoff** – But the practice will start now, a lot of the practice will be done without me knowing it, you tend to do it automatically, the reason I am being told about it now is because the senses can develop over a period, and if you didn't know

about it you would automatically assume that everybody else could sense the same sort of thing.

Now in the distance I can see quite a few spirits who are in astral but who will be working with me, and each one has a different type of specific power, and they will work through me if they want to get this specific type of power, or recognise what is needed and they will supply that type of energy. And so I will have many different types working through me, normally one or two at a time.

**Miriam (Ishmael)** – It is like tapping into your own electricity, isn't it?

**Geoff** – Yes.

**Miriam (Ishmael)** – And you will find the difference to be vast, so difficult to understand at first because they are so different, but you will come to understand.

**Geoff** – Yes, I can see or sense the development as well and the learning, a lot of things I am experiencing I can't get across in a few words on a tape. Because it is experiences and emotions that have never been felt before, so there are no words to describe it.

**Miriam (Ishmael)** – That is so, just the same that you cannot describe heavenly colours, because there are none to compare with on earth.

**Geoff** – Yes, different forms of sensing. Also distance is going to come into it somehow, when I am on the ground physically, I will be able to operate in that area, but I will also be able to think of different areas, and sense in those areas, as an example if I picked up Ethiopia on the news, where they were starving, I would be able to project to that area and sense what was happening in that area.

**Miriam (Ishmael)** – Yes you will.

**Geoff** – I am busy at the moment changing landscapes and recreating them. I am seeing a different form of energy come down, it looks like water, it is very thin, there is whole sheets of it, pure and strong, and that will be from a source which I will just have to tap into, there are no guides there specifically giving that form of energy, it is a reservoir of energy that I can call

upon and then utilise. Now there are several different types of energies, from the very thin, to the very coarse and different colours and effervescent, and bubbly and all sorts. And I must learn all of these to learn which ones to use and it is the same with the colours.

**Miriam (Ishmael)** – You will learn to surround yourself with them and become completely submerged and it will be so much clearer, not as easy as you think, but you can do it.

**Geoff** – In a way it is a bit like being a spirit sorting out problems on earth.

**Miriam (Ishmael)** – Yes.

**Geoff** – The physical connection, if this energy goes through somebody with earth vibrations, it has not necessarily more strength, but it is more compatible for the job to be done than spirit energy.

**Miriam (Ishmael)** – And you will have a lot of help from your higher self when you do that.

**Geoff** – Hmm.

**Miriam (Ishmael)** – Not necessarily asking, but it will be given.

**Geoff** – Communications, colours, energies, distance, emotions, all sorts of things, it is like having a new toy to play with.

**Miriam (Ishmael)** – Oh and what a toy, much better than your computer.

**Geoff** – Yes too true. And crystals too, working a lot with crystal and sending energies through crystal to where they have to go, it is like a booster, and also when you send energy through crystal you can sort of program it to send out that energy for a long time to come, constantly.

**Miriam (Ishmael)** – You can.

**Geoff** – I am getting something about memories as well. Now I have gone to an area, which looks very strange, not unusual in meditation, it is on the side of a hill, there is long grass and trees in the distance, and there is this like mechanical thing in front of me, it looks like a Christmas tree in a way, but it is made out of metal, lots of arms and joints that are moving.

It doesn't really make any sense at the moment, yes it is a form of communication, this is something that somebody created as a form of communication, when they created it, they created it as a beginner, and when they imagined something like an aerial and it had to be several hundred feet tall, and therefore had to be made out of thick steel so it didn't break and bend and so on, and that is why this sort of monstrosity ended up here, to correct it we know that there is no weight or stress and you can create whatever you want, and you can create the size, the colour, and the strength and all sorts of things.

So I have changed it to thin colored rods and the metal has disappeared and these thin rods are replacing it, which are doing exactly the same job, when you create, knowing that you can create in your mind, have got this faith that you can create in your mind, because your mind can keep it there, it is not something which you have had and experienced a failing.

If for instance on the earth plane and I built a tower of bricks, eventually I know it will fall down, because I have done it before and I have seen it fall down, in astral I have never seen that happen, and therefore it is something which won't happen unless I make it happen.

**Miriam (Ishmael)** – The thought has to be there continuously otherwise it will disappear.

**Geoff** – The thought has to be there continuously...

**Miriam (Ishmael)** – Or rather, let us say it has to be used continuously.

**Geoff** – Right, so by using it what you mean is that you know that it is there.

**Miriam (Ishmael)** – Yes, as long as there is a thought going to that whatever it is, it remains, but if after time if there is no thought, it just disappears.

**Geoff** – Right, so if I create something in astral, and keep it there by continuous thought then eventually it would materialize.

**Miriam (Ishmael)** – Not materialize as.....you mean to bring it to earth to materialize?

**Geoff** – Yes.

**Miriam (Ishmael)** – It has to have a very special power to be able to do that, and you have not reached that stage yet, it can be done, but not yet.

**Geoff** – Hmm, but that is the format of how it is done, visualise it and then create it. Well if I can create energies and use energies, I am bringing those energies from astral to earth, and making them materialize as such on earth in the form of energy, and that is the first step to creating something else, something solid like a loaf of bread. Now the more that I create and see the results of my actions on earth, the closer I will be to creating something like a loaf of bread, because the faith is being built up and strengthened, so eventually I will know how to create more and more.

**Miriam (Ishmael)** – Yes, is that not what Jesus did with the loaves of bread and the fishes?

**Geoff** – Yes that is right.

**Miriam (Ishmael)** – True he had the power that he had from the beginning, but it can be done.

**Geoff** – Yes, he had the power because he had the faith.

**Miriam (Ishmael)** – Yes.

**Geoff** - But to get that faith, it is not something that is just given, you have to learn to have faith, to have blind faith, it is not the same.

**Miriam (Ishmael)** – No it is not the same, one must understand the faith.

**Geoff** – So if I started by say taking a patch of lawn and making one patch go green through putting energies there, I would be able to see the results of my actions, that would give me more faith and therefore I would be able to create something a little bit stronger, and so it continues.

**Miriam (Ishmael)** – Yes, that would be a good beginning.

**Geoff** – Now I have got three children who have created an animal, which is an absolute abortion (laughs), and they want me to fix it. And I am not going to fix it, all I am going to do is show them a form of how it should look, so that they can fix it.

**Miriam (Ishmael)** – Yes.



**Geoff** - Right, so we will leave them to play. Now creating limbs, changing physical bodies, healing. Internally, if for instance I saw somebody who had weak kidneys, I would sense that they had it, the minor step, one above creating the patch of grass and one below creating a loaf of bread, would be to know that I was fixing that kidney, but I would not be able to see the results of that action. But I would know that I did it, it is like an in between step.

**Miriam (Ishmael)** – And did you not learn at the beginning of your lessons, how to build up flesh and muscles?

**Geoff** – Yes, that is right, so if you got somebody who for instance lost an arm, and you wanted to recreate that arm, you wouldn't do it immediately, you would do it little by little, for their benefit as well as others. So it would seem like it was natural.

**Miriam (Ishmael)** – Depending on the circumstances and if it was allowed for that person.

**Geoff** – Yes.

**Miriam (Ishmael)** – A step further than your healing that you do now.

**Geoff** – Yes, now if you take the healing that I do now, such as when Verna has a headache or fluid on the ankle or whatever, I have always been concerned that I can't actually see anything happening, although I have been told on numerous occasions that it has been fixed but you are still doubtful whether it is mind over matter, or whether they are just being nice or whether you have really done it, because there isn't any real proof of doing it in the physical, now I will be able to see that a lot clearer. I will also be able to feel a lot better because I can see it clearer, and because I can see it actually happening.

**Miriam (Ishmael)** – Yes you will know whether it is a genuine discomfort or hurt caused by something wrong or whether it is something emotional.

**Geoff** – Hmm, right.

**Miriam (Ishmael)** – Emotion can bring as much pain as anything real that is caused by something wrong.

# HAPPINESS ENERGY IN ASTRAL

**This is a continuation of tape 187.**

**Geoff:** Right – we’re going to go somewhere else with him and we’re going to leave the cave now – part of him, of course, stays there. Now, what I’m seeing is as I – he’s showing me as I leave through the entrance I came in and as I do that what fills up behind me is like an energy force of blackness, simply to hide what is there and anybody passing now even in spirit form do not see the entrance to the cave.

**Miriam (Ishmael)** That is why I said you were privileged.

**Geoff:** Makes you think what else is out there.

**Miriam (Ishmael)** Many, many things to amaze you.

**Geoff:** Okay now that is safely sealed and put away..... and let’s see where else we are going to go with him.

He appears in different shapes and sizes depending where he is, and what I’m seeing now is a – it looks like a beautifully colored jelly-fish. Instead of a jelly fish with tentacles hanging down, it’s tentacles go up and down, they’re wavering and somehow or other there’s no gravity, but the colours surrounding this are beautiful – they’re orange, yellow, reds and they’re a luminous, strong colour. They’re also a shiny colour on the outside and translucent on the inside. Again, it’s difficult to explain. I can pass through this and feel.....It’s a wonderfully happy feeling.

**Miriam (Ishmael)** A different happiness?

**Geoff:** Yes, I walked into it and it ran from my head down to my spine all the way down to my feet so I could “feel” this particular feeling. I’m going to try and describe the feelings a bit more – that’s most important. It’s a beautifully funny...um...a beautifully funny feeling – it’s got everything. It’s a stage of happiness, which is achieved only once you’ve left the earth plane. The happiness that we achieve on earth is very basic and very course compared to this.

**Miriam (Ishmael)** Yes, that is why I said it was different happiness.

**Geoff:** Yes. You cannot describe it – it's like being in a treasure trove. It's just impossible to describe. There are so many different colours and feelings and experiences.

**Miriam (Ishmael)** All rolled into one.

**Geoff:** Yes, so much better than your common or garden happiness on earth.

We are going to leave that one. There's nothing else I can do there because there is nothing else I can say. But I will always remember that feeling.

## **MOUNTAIN OF MECHANICAL ENERGY**

**Each meditation is getting more and more exciting. In this one I am being taken in Astral to experience various forms of energy and sensing. A visitor guide is channeling to me through Miriam. January 1998.**

**Geoff:** There is something else here and I keep going in the same direction over these mountains..... and I go down on the left side and there is a huge mountain covered in greenery, and it is very solid and big, must be forty or fifty miles across. It is a mountain in a group of mountains and very sort of flat instead of tall..... when I land on top of this mountain, I have to go inside I go downwards inside the mountain. It is very dark but there are circles, orbs of floating energy and they are a white creamy colour, slightly pink. There are a lot of them, okay I've gone inside one..... and this is stored energy, it is dormant, it is waiting to be used. So it is simply a holding area for energy and it can be activated to a variety of different energies.

**Miriam (Guide)** Can you get what you think they will be used for – in the distant future

**Geoff:** It is a superior form of intelligence, a higher form of life, sort of mechanical. Yes - it seems to be a mechanical form of life, because they will be controlled by advanced spirits who will use them. I can see them open them up and they just

sort of blossom and they go up. It is pre-constructed energy that is used, that has been made for specific purposes. So it is already made..... they don't have to think it through, they just call out one of these things, they open it above where it has to go and it does the job automatically. So it speeds up the whole process, instead of going through an area and thinking what has to be done to it and working it all out, it's already pre-done, it's like a frozen dinner in other words.

**Miriam (Guide)** Can you get an idea of when they will be used, or not. I don't mean the year or what specific purpose.

**Geoff:** Okay, after a catastrophe.

**Miriam (Guide)** Hah that's it

**Geoff:** Yes, so once there is one, they just send a lot of these out and they can re-build the area, or balance it the way it should be balanced.

## **ENERGY SOURCE IN FJORD**

**In this evening's meditation I am being shown various energy sources around the world.**

**Geoff:** Okay, now I'm back to a Norwegian Fjord. It's several miles wide, huge cliffs on either side. And there is a narrow entrance and the cliffs are the other end. Basically this fjord represents a huge basin and it's the shape of a bowl, a slightly oblong bowl. It must be, I don't know, 10 – 15 miles in length and 5, 6 or 7 miles wide. And there is nothing on the water and nothing on the cliffs and above is just the sky. And there are just these basic elements, which again allow the vibrations - which can pick up vibrations very easily. In the center of this basin, maybe 500 yards up from the water, is a ball of golden light. You could say this is like a satellite dish. This ball of golden light in the center. And this ball of golden light is small. Now, it is there permanently, people cannot see it, but spirit can. It's another sort of relay point to send energy in different directions....

**Iffy (Miriam):** Yes, it is so.

**Geoff:** ...because the area is so vast. Now this golden ball is higher than the cliffs, a little bit higher. I can see energy coming down to this ball and it shoots out tiny little streams of golden light, very fast, in different directions. And that energy center looks after a huge area. It can only do this because it is so cleansed of vibrations, there are very few vibrations there and nice big open spaces. If that same energy were in London, for instance, where there are so many vibrations it would only have a range of a few miles.

**Iffy (Miriam):** Yes, it would. It is pity man has polluted his home environment.

**Geoff:** Yes,

**Iffy (Miriam):** But it will be cleansed.

**Geoff:** Right - onto the next one.

## **POWERFUL ENERGY FOR THE FUTURE**

**In this next one (1992) the guide channeling through Miriam is White Feather.**

**Geoff:** I'm sensing an awful lot of power. The power is being shown to me, I'm not feeling the power. I'm in an area where there is a village, behind that there are a lot of trees and behind that there is a castle. I don't know - sort of an Austrian scene, but what I'm sensing is that I am several hundred feet in the air, and going down from me in the form of a giant umbrella encompassing all that I can see is an energy coming through me which is red and very powerful.

**Miriam (White Feather)** You are right.

**Geoff:** It's energy that I will be able to use in the future.

**Miriam (White Feather)** As you were talking just now about giving energy for good.

**Geoff:** This is a very strong form of energy and I can use it for controlling wars, if you like, but not to just immediately stop them, because that would be a waste – they wouldn't learn their karma and so on. It would be used in a case where maybe things got exaggerated and got out of hand, and there is no real

need to have a war, then I could convert the energy to patience and understanding and a calming down of tempers....

**Miriam (White Feather)** Yes, that is it.

**Geoff:** .....so they could sort it out between them.

**Miriam (White Feather)** It gives them breathing space.

**Geoff:** But having that amount of power is quite – perhaps not scary - but when I think of giving somebody that amount of power to use, it is an awful responsibility and those people must be highly qualified or trusted to be able to give them that power.

**Miriam (White Feather)** But you will not be given that power until the time is right.

**Geoff:** Yes, but it will be in this lifetime?

**Miriam (White Feather)** Oh yes, it will.

**Geoff:** I'm not scared of abusing that power, but what surprised me was the amount of power that is there, and which again is only one step on many levels when that power will get stronger and stronger which makes me feel very special – chosen, strong, or whatever you like.

**Miriam (White Feather)** Did not Jesus come and show you himself?

**Geoff:** (pause) When, you mean in....?

**Miriam (White Feather)** Did you not see him when he agreed with what you were doing.

**Geoff:** Yes, that's right.

**Miriam (White Feather)** You had forgotten.

**Geoff:** Yes, that's right.

**Miriam (White Feather)** You would not have done that if you had not been chosen. You will link up with many such as you. (*HENCE THE WEBSITE*)

**Geoff:** Yes, indeed. This is where material things are a nuisance – concentrate too much on work then forget things like this, which you should never forget.

**Miriam (White Feather)** It is not given lightly for you have proved yourself.

**Geoff:** Good. That is quite something, all this energy.

There are a variety of different colours of energy and this is just the first one that I see. The next one is even bigger which is yellow, and it's stretching off into the distance again getting bigger all the time, and the colours are changing all the time. I needn't go and look to see what they are because when the time comes for me to use those energies, then it will simply be a matter of seeing and understanding....

**Miriam (White Feather)** Yes

**Geoff:** .....and putting those energies to use.

**Miriam (White Feather)** And always at first you will be under supervision so you must rest assured. Just as any soldier who goes into battle, there is someone over him until he is ready to take charge. Brother, I feel for you for I know what it is like.

**Geoff:** Oh, there is nothing wrong with the feeling – I love it.

**Miriam (White Feather)** Nothing wrong at all.

**Geoff:** If it were possible I would start today and forget the material side of life but...

**Miriam (White Feather)** Not to be.

**Geoff:** Unfortunately, not to be.

**Miriam (White Feather)** Oh, no – it will be some time yet

**Geoff:** Yes.

**Miriam (White Feather)** Quite some time.

**Geoff:** Also what I am sensing in the future life when this does happen, I can see a great change in my life for myself and Verna, and immediate spiritual friends and so on. Mainly Verna and myself – the life opening out and expanding – I've seen this before – it is not far down the road – two or three years at maximum when the material side will be totally finished. Whether that means that I can make a lot of money have peace of mind, or whether I can forget all about money, not have any, and still have peace of mind, I don't know which it is.

**Miriam (White Feather)** I'm not going to tell you either. That is something for which you must wait, but it will come.

**Geoff:** Because what I can see is this expansion ahead – it's a bit like a wine glass. You go up the stem, and then

suddenly it balloons out. The peace of mind colour which is also a yellowish-beige colour starts in the stem and that is starting now, right now, the material side and material worries and problems is black which his on the outside of the stem, and the peace and so on is in the inside, and I think it is Verna who is taking the center path while I finalise the material side. Then, within two or three years, it just opens up. The material side is totally forgotten and we concentrate fully on life and spiritual matters, and helping others and development.....

**Miriam (White Feather)** Yes.

**Geoff:** .....and really blossoming.

**Miriam (White Feather)** I will tell you now that you will never be as rich as you once set your mind to. (laughter) It is not in you to have that. You will be rich in other ways – so much richer.

**Geoff:** Yes, which is what counts and so many clairvoyants have told me the same thing - that I will go back to a country and make more money than they could imagine but again if dimensions change, so could that, but that is immaterial. What will happen will happen. It's not important to know the future but it is nice to see that peace of mind, and spiritual development and harmony and being able to help other  
.....

**Miriam (White Feather)** It will link up.

**Geoff:** .....will happen shortly.

## **PUTTING BACK HARMONIOUS ENERGY INTO A VILLAGE USING COLOUR - 1993**

**In this meditation Miriam is channeling.**

**Geoff** – Yes, I can see that what I have learnt just in the last few months is going to take me a lot longer to learn and then use, and I know there is an awful lot more, and it is going to take me many, many years just to absorb all of this an put it into practice, or I suppose it is what I believe it will take, so we will discuss that one later.



**Miriam (Channeling)** – When you think how long a doctor studies, you can also expect to take a while before you will be fully accomplished. I am not saying it is going to be the six or seven years, but you will take a while.

**Geoff** – Now I am in an alley way, with old fashioned brick walls on either side, the ground is very rough and it is sloping downwards, the bottom of this alley way is an arch and it seems to be in an old Jerusalem type city, clay walls, a lot of sand, lot of heat, and this big fellow who is with me brought me here to show me something. Below the ground in the particular place is a lot of dark energy, and it has just opened up to let some out and as these different bits of energy came out he changed the colours of them, and the energy is moved off, and the colours will be put to use.

And I think what he is showing me is that although this is dark energy he is at such an advanced stage that he can utilise the power of black energy for good.

**Miriam (Channeling)** – He can.

**Geoff** – Now the colours aren't the higher colours, not the whites, pinks, golds, silvers and so on, but they are a dark green, a dark brown, black. And I can see these bits of energy floating off as he has changed the colours, and there is one piece in particular which I will follow. Now it has gone to an area like a thatched pergola, a round one. And it went around underneath the thatch and got absorbed into the thatch, and it is now an energy or vibration which will be put to use there, and what it does is, it stops arguments, its energy will just be used to make people sit and discuss what they have to instead of arguing.

**Miriam (Channeling)** – It will calm them down.

**Geoff** – Hmm, yes, the lighter colours are much higher, finer and stronger energy, but the darker colours are coarser and lower, still used for a variety of different things. Now I have a snake, a big python type of snake, and two or three times it has slipped out of my hands and gone down to the ground. I will go down to the ground and underneath it is quite honeycombed, a strange experience, I think water ran through here in the olden days, underneath all the buildings, water, used to be water, there

isn't now, every few feet in each direction there is a little archway or pillar which supports the floor of the houses above, and this is how they got access to their water.

And sanitation, lots of canals down here, I don't know why I am here, so I will move on, I come to a dead end, where there is a sandy type wall, I push a hole in the wall and go through, and there is a huge cavern. I can hear my voice echoing in the cavern, I can hear drops of water, and it is very still, this is where the water stopped flowing. It was tapped from here to go into these under water canals. The water itself contains a lot of phosphorous, as I run my hands through it, it sparkles, and lights up.

If I move my hands through it very fast it creates a glow in this cavern and you can actually light it up, I have got some spirits doing this and this cavern is becoming lighter, and I am going around the walls to see why I am here and up to the roof. It is quite a natural dome shape, I don't think it was manmade – but it is possible. Now the source of this water is an underground lake, this is just where it ends up. This is one of the ways in which the spirits used to control this particular village, as far as emotions, learning and so on goes. Colours were put into the water by spirit much farther upstream, and it used to come to this outlet here and down through the tunnels beneath all the houses. By controlling this water, the spirits could control the harmony of this village. Now this they didn't always want to do because everyone in the village had to learn, I am back out in the village now, I can see the village as it used to be. A bit like a market town, I think it was Persian.

**Miriam (Channeling)** – A hamlet.

**Geoff** – A hamlet, yes, but was it in the Persian era? I can see these massive turbans which are round. Almost ball shaped. Everybody in the village is very happy, there is a ruler, and it is very peaceful. Now I have got a cave and the cave is another entrance down into the cavern where we were just now.

**Miriam (Channeling)** – You were taking the long way around weren't you?

**Geoff** – Yes, this sort of big pit I am looking at inside the cave, it goes down into the roof of the cavern I was in just now, there were bodies thrown into this cave who all died in terror, it was a form of execution, some people came from outside of this village, a tribe of bad people, they went through the harmonious village, and they took several people and killed them by throwing them in this huge pit. They went through the bottom of this pit into the cavern below, which contained the water that ran through under the houses.

Because when these people died they were surrounded by such dark and negative energy, these vibrations got into the water and created negative energy beneath the houses. The people therefore got more depressed, the vibrations got worse, and then in turn as a group they created worse energy. That village then went from being very harmonious and happy, to a very depressed and unhappy village, and eventually next to nothing was left.

**Miriam (Channeling)** – That was very good indeed, you picked that up well.

**Geoff** – It was certainly complicated.

**Miriam (Channeling)** – It was complicated but you got there.

**Geoff** – Now the reason why the water stopped flowing was because some of the villagers sealed the entrance to the cavern to the ducts because of all the bodies in there, and made it a form of burial chamber, so therefore the water was sacrificed. Now that did help the vibrations going through the village, but without water it was not such a desirable place to be anymore, and eventually most people left and went elsewhere.

**Miriam (Channeling)** – Do you think there was a special reason why the people in that village had to live in harmony?

**Geoff** – To create group energy.

**Miriam (Channeling)** – Yes.

**Geoff** – Now the spirits that were putting the different colours in the water up in the mountains, were actually giving the right sort of energy to the group village, so that the group

village would create the right sort of energy that they could use for what they wanted in the future.

**Miriam (Channeling)** – That is it, you are progressing very nicely.

**Geoff** – Thank you. Now this force created through this energy of harmony, is a gold colored energy, I can see several types of energy and you can't say one is higher than another, there are three colored lights, three energies which are special, white spirit light, which is pure energy, gold which is harmony, and pink which is love. They are the base colours, there are more to them, and those three at this stage, seem to be the three most important colours. And what this village is creating is harmony.

**Miriam (Channeling)** – Wouldn't it be nice if there were more villages like that in the world?

**Geoff** – Yes it certainly would.

## **PUERTO RICO RECEIVING ENERGY**

**In this next meditation I'm experiencing different types of energy and there's a guide called White Feather who channels through Miriam.**

**Geoff:** There is a dirt road with palm trees either side and an ocean on the right and it is a very nice area. It comes to a dead end at the end of an island and I can see it is a nice day, light wind, clear water. It seems to be somewhere in the Caribbean. I know the island – I'm just trying to remember the name of it. Well, it doesn't matter – I'll remember that in a minute anyway.

Let's see why I'm here. There is a lot of energy coming on to this island. The island does have its problems and the energy that is coming on to the island is created by spirit, and this is an example of when you send your energy to the "The basket in the sky" and they can use it.

**Miriam (White Feather)** Yes.

**Geoff:** It is assembled out at sea, and then it is "watered down" and made to the right mixture. Then it comes as a huge

wind and then it comes towards me, through the island to the place where it is needed, which in this case is as a group to get rid of a feeling. That is how it is moved around. Now, as it comes towards me it passes through me or around me - the feeling that is remaining is having more pride in yourself, in your race, in your culture.

**Miriam (White Feather)** Yes, instead of relying upon others.

**Geoff:** Yes. The island Puerto Rico.....the Puerto Ricans used to live a very comfortable life, a nice island life, and then they started to move over to America – there was a lot of drugs, a lot of poverty and as so many went to America they could see the vast difference between their island, which at that time was “happy poverty” and America where there was so much wealth and opportunity. The islanders began to feel envious in a way of the American way of life, but the Puerto Ricans were sort of looked down upon by the Americans because of their way of life and so on - it seemed very low class to the Americans, and the poor Puerto Ricans began to get a complex – not just individually but as a group that they were like a third class nation, and not worthy of being in the presence of somebody like America and so on. And this is creating a lot of animosity and bad vibrations which is building up and building up till eventually, unless it was sorted out, the relationship between the two countries will get very bad – between the two races you would end up with a typical sort of ethnic war as you have in Yugoslavia. It is very similar to what has happened there. The guides know this and it is not anybody’s karma that this should happen. It is a group energy that has built up and the two groups being America and Puerto Rico. So the guides who are overseeing the karma on the planet have decided to import this energy to calm down Puerto Ricans and keep the balance more harmonious.

**Miriam (White Feather)** You are quite correct in that.

**Geoff:** That is not something really an individual would see or do, but is left entirely to the spirit guides who look after each area.

**Miriam (White Feather)** It is just beginning to take effect (*1991*) – they are beginning to realise that they are just as good, but many went without permission to go.

**Geoff:** You mean, to America?

**Miriam (White Feather)** Yes.

**Geoff:** Okay, so now we know how energy is used that way, by managers of countries which would – a nicer term would probably be gardeners of the earth, which you’ve heard of before as.....

**Miriam (White Feather)** Yes.

**Geoff:** As they look after Countries and groups.

## **SENSING ENERGIES IN ASTRAL**

**In this meditation Verna and I are being shown situations in Astral by a Guide who is channeling through Miriam.**

**Geoff:** I’m going to stay in Tibet. I’m in the area now at the bottom of the mountains. There’s lots of greenery and it’s very harmonious and very peaceful, and what I’m getting is ---- vibrations from sound. I can recognise what I’ve just experienced with this sound – I’ll try and put it across to you. Imagine being by the side of a lake when the sun is going down – it’s beautiful, harmonious and you’re sitting there quite content and you hear maybe the call of a bird “only” breaks the silence and that one sound is very beautiful. Because of the environment you’re in that sound is very beautiful. That triggers off or links with the harmony around you to give you this beautiful sound vibration. I think that’s the best way I can explain it at the moment.

**Miriam (Guide)** Are there not many sound vibrations in Tibet with the prayer bells and wheels.

**Geoff:** Yes. I think what they do is they build up...a...um?

**Miriam (Guide)** They’re absorbed into the rocks.

**Geoff:** Yes, and they in turn give off harmony.

**Miriam (Guide)** Yes.

**Geoff:** I'm still at the bottom in this valley and there are many monks working on the hillside. They're cutting long grass – looks a bit like sugar cane, and I cannot hear any sound but I can “feel” the sound.

**Miriam (Guide)** Yes – a different vibration again which, as you have sound whistles for dogs that can hear but you cannot hear and how the deaf sometimes pick up the vibrations more than you do.

**Geoff:** Yes. I've a monk with a shaved head at the side of the road and he is hovering. So he is in spirit form on the side of this hillside where the monks are working cutting the cane and the majority of monks can see this one hovering. The one hovering is showing me is that he can be seen. Now, I'll go closer and stand between him and some of the people that can see him - and there is a ray coming from or hovering to the others. It's not a light ray – it's a “feeling” ray. I've just passed through this ray and you can see it with your third eye but you can feel it more than see it physically. Now, I'll leave that one for the time being.

I'll go closer to this guy. He comes to visit and teach the monks at a certain level and the level he's teaching at, the students that he is teaching, can see him physically. Now, he doesn't materialise when he teaches them, but they can see him with their eyes open and this is part of tonight's lesson. Seeing with your eyes open - and that is why they can see him hovering from the fields that they are working in.

**Miriam (Guide)** Much as you are beginning to see.

**Geoff:** So, if we open our eyes now – keep our eyes open – we may be able to see something in the center of the room.

**Miriam (Guide)** I'm sure your lady can. It is something you have not seen before?

**Verna:** No, well, yes, it's made of energy – not material – I mean, it's not stone or anything, it's just small molecules if anything....

**Miriam (Guide)** Vibrations.

**Verna:** And as the energy sprays out the top....

**Miriam (Guide)** There are so many vibrations so much to learn about vibrations.

**Verna:** As it sprays out the top so it loosens up like water, goes into a spray so it covers a wider area. And it spreads completely around – I think it is symbolic of how energy is used. The color is orange.

**Miriam (Guide)** It is but the colour will change.

**Verna:** I wonder if that's the storage – that's the colour of the stored energy and now people are now taking the fountain of energy away and changing the colour to what they want.

**Miriam (Guide)** Yes, that is it. For what is needed, you change the colour.

**Verna:** Now some spirit came and picked up his fountain and walked away – I could see them all taking a bit of it and all changing it into different colours for what they needed it for. It's like picking up your work tools.

**Miriam (Guide)** That is right – that is a very good description.

**Verna:** And also in the middle of the room, there is like a stick man – you know, how you draw these hanging men – these stick men?

**Miriam (Guide)** Why do you think he is there?

**Geoff:** Like a matchstick man with a round head. He's not doing anything but he's very joyous. So much joy it makes me want to laugh – oh, that's ridiculous. The sort of joy you get from watching clowns from what I can pick up from him.

**Miriam (Guide)** It is what Lillian has brought, and that is why this lady is coughing – she will insist on coming with a sore throat. She hoped you could have pick up her vibrations or sensed her first. (*Lillian was a family member that died several years ago with cancer of the throat*)

**Miriam (Guide)** Yes, Lillian does come like that – she is sorry – she is saying.

**Verna:** She brought us much joy – lots of joy.

**Miriam (Guide)** She's so pleased to be here.

**Geoff:** What made me laugh was when you said about a stick man, I immediately thought of a stick insect when they



appear they are so comical because they have eyes that like stick forward. They've just come to see what is going on. Lovely characters.

**Verna:** When I saw this – sort of stick man I thought maybe this is the stick insects that you see but then I got, you know, this absolutely round head definitely like you would draw.....

**Miriam (Guide)** Like a child would

**Geoff:** Yes – because I double checked that it wasn't.....I never saw them.....I'm seeing them now.

**Miriam (Guide)** They always bring joy.

**Geoff:** They're showing themselves.

## **SENSING THE ENERGIES CREATED IN COUNTRIES**

**This is a very long meditation where I am taken in Astral to various Countries to try and sense their energies. A Guide called White Feather is channeling through Miriam. (1998)**

**Geoff:** I've got a big city and the city is empty. It's a road and then it goes into a Y or a fork. I can see black railings and old buildings, but the city is totally empty. There are loads of pamphlets, pieces of paper on the road, which are all blowing around. It's very desolate. And now I'm getting a second thing: outside the city somewhere is a road running round the edge of a field. It's a plain mud road, it curves round and goes into a wood. There's a connection between the two, and I think that this is Ireland. And I think the street has been deserted because of a .....bomb scare?

**Miriam (White Feather)** You are right.

**Geoff:** Thank you. Okay. And the guys who planted the bomb have actually gone off on this path into the wood. Now, I presume that area has been evacuated. But I think what I have to see, though, is the people who did it. So I'll continue down this path and into the wood, and I follow it along, and there's a black car with the guys who did it in it. And it's behind a tractor

and it's sort of going along slowly down the lane. Okay, it's ..... on the right. The black car turns in there and the tractor carries on going. And the black car is a bit out of character because it's shiny and newish, etc. But I don't think that's too important. Let's see if I can see the people. Okay, I'm being shown – it's a very hard one tonight! (WITH A LAUGH) – What I'm being shown now is a type of museum again...

**Miriam (White Feather)** Yes.

**Geoff...** This is an event that HAS happened. In the museum, the main thing I see inside one of the cases is like a lot of blackish, dark spider webs, like a lot of webs spun together...

**Miriam (White Feather)** And that is why you laughed.

**Geoff:** Yes. (LAUGHING) And that's the hatred that these guys have – the three of them that did this. It's hatred but it's also the emotion... what's the word? It's fanatical.

**Miriam (White Feather)** Yes.

**Geoff:** And that fanatical emotion takes them over. They don't think logically any more. It's been bred into them so much that now it's just the way... They believe in everything they say; and convince themselves even more that that is why they're doing it. So they believe more and more that they're right. And they isolate themselves from the rest of the community. They think everybody else is normal but that they're the true ones who know and understand what they must do, what they have to do. And they think that this sort of thing of planting bombs and evacuating the area and so on is furthering their cause – but all it's doing really is bringing out more anger against them.

**Miriam (White Feather)** Yes. A lot of anger.

**Geoff:** And they sort of feed on that anger because it's also a negative, which makes them retaliate stronger and become more convinced that what they're doing is right. Because you can't SEE this anger. They don't feel that anger, because it's group anger; they only feel a part of it. Now, what will happen in the future is, when they go back eventually, they'll go back into a town where for instance there is a lot of anger, and that anger is in the form of thought forms, and they

will travel through these thought forms and be connected by the group mind – although they don't know the group mind. This group of angry thought forms will all form into one. And as these guys go back in there, it will feed them very negative vibrations, and they will feel like losers, and they will start to lose the desire and get fed up with it. Because they've got all this energy around them. And that, in a way, will push them out of the area and will make them re-think. The way they will think is, 'To hell with this; I've had enough of this life. I'm going to go and do something else. It's so unfair.' And off they'll go, and they'll do something else which is not particularly productive but it will stop them on this very bad, damaging path.

**Miriam (White Feather)** Like a treadmill.

**Geoff:** Yes.

**Miriam (White Feather)** You have that right. Now, where do you think that is?

**Geoff:** I'm pretty certain now that it's Ireland.

**Miriam (White Feather)** Yes, of course it is.

**Geoff:** Yes. Now, what the younger generation sees is their heroes, if you like, are going out and doing all this damage, then the heroes disappear. But the younger generation – the lower ranks – look up to their heroes and they try and do the same thing. They think this is the right thing to do. So, as one lot moves out, the next lot moves in. So you've got this continual cycle of new bad guys coming in to plant bombs and so on. The only way to reverse the cycle is for the higher bad guys to go back to the lower ones – but it doesn't allow, at this stage, for that to happen.

**Miriam (White Feather)** Not yet.

**Geoff:** Because I can see it... The mould is so set, and they're so set in their ways, that they can't go back. The soldiers have to leave and the next lot comes forward.

**Miriam (White Feather)** Yes, you have it right.

**Geoff:** Okay, that's very interesting. It does that. And yet the group mind doesn't know it's a group mind – or the people don't know that they're part of the group mind. It's their

thought forms. So where you get something like a prayer meeting, where everybody's believing that they're doing good things – they send out good vibrations, good thought forms which also join together and therefore a lot of good CAN be done – because the same thing happens. It certainly happens in a positive way instead of a negative way.

**Miriam (White Feather)** It will come, but it will be a long time yet.

**Geoff:** Okay, now I'm above a city..... North of Europe. It looks something like Petersburg, a Russian city or something like that. And the area is very cold. Inside I can see all the people inside the houses. And there is NO group mind there. They're all individual; each one is sort of isolated. There's no... You know, when I was looking at Dublin or Ireland just now, I could see the group negativity above it – but there's NOTHING above this city. It's very empty. I think the people here have just said, 'Well, this is our fate, this is how life is going to be', and they've just accepted it. And they have no drive or ambition. They just continue day by day. I think this is like the aftermath of a communist country.

**Miriam (White Feather)** It is. You are quite right. They have been pushed down so far that they have no fight left in them.

**Geoff:** Yes. Because being a communist state they had everything set out for them. What they had to do, they were told, if you like. They've forgotten how to be individuals. But, as time goes on, that again will start to change and these individuals will start to emerge and they will become the leaders and carry on from there.

**Miriam (White Feather)** Not before that country is devastated in one particular area will they come to their senses.

**Geoff:** When you said devastation, I saw a devastation, but I didn't see any particular thing; what I saw was... I'm looking like the whole of Europe and the Russian states... In one corner there's this big black patch. Now, that black patch is the same as I saw in Ireland. What it means is if there's some devastation in a particular city, all the people around that city

give off this same thought form – whatever it might be – and all those thought forms in all the cities surrounding it, they will link up. And that has a tremendous influence on the rest of the people because when somebody’s mind comes into contact with that huge 50 000 or 100 000 or whatever group minds, all with the same thought, they feel the impact, and it makes them react or respond to it.

**Miriam (White Feather)** They make things happen.

**Geoff:** Yes.

**Miriam (White Feather)** It’s very clever of you to see that.

**Geoff:** It’s a very clever idea! So that influences the people; very much so.

**Miriam (White Feather)** They have to learn to exploit and use what they have instead of reaching out for what other people have, which is not really suitable for their environment and their lack of funds. They have such a lot that they can offer other countries.

**Geoff:** Now, I’m still looking at Russia at the moment, and in Russia there are so many individual countries, very isolated from one another, all thinking different ways, with different ideas. But they are all very low and depressed. Around Moscow I can see orange lights in different places and that represents individuals starting to think and create and do. And it’s only really in the Moscow area. I know they’re only showing me a comparison but that’s how it is.

**Miriam (White Feather)** That is good, what you are seeing.

**Geoff:** It’s like seeing it from the gardeners (The main Guide for Earth) point of view. Now I have a lot of, first of all, motorbikes going down a freeway, followed by other vehicles. It’s a mass exit. It’s the city of Paris. And for some reason it’s all motorbikes in the beginning.

**Miriam (White Feather)** Is there a reason why that association?

**Geoff:** I’m seeing a group of people. In Paris there are several levels of people. As an example, you’ve got all the

bikers, for instance, then you've got all the pensioners and all the middle class and the politicians, the religious people, and so on. That's the group I'm seeing. And this group has, again using a group mind and all thinking the same way, created something – because that same circle of thought forms is there. They've created something and for some reason they're all leaving. It seems to be a sort of a demonstration.

**Miriam (White Feather)** It is. Can you find out what?

**Geoff:** Okay. Something was done in Paris and then there was this huge trek. I saw the beginning of it, and I still see them leaving Paris, and the roads are just chock-a-bloc. Nobody's going towards Paris. It's a threat to the government using, I think, chemical warfare.

**Miriam (White Feather)** Yes, it is.

**Geoff:** For some reason this group all believe it's going to happen – but all the other groups DON'T believe it's going to happen. So the guys who... The leaders of those who are leaving conned all the other people in their group to believe it would happen, to try and get a political point across, to persuade the government to do whatever they wanted. And they created this fear amongst everybody – but that fear only extended to that particular group. The reason why it only extended to that group and not to any others was because the thought forms above the heads of this particular group was very secretive – the group was doing it very secretly – and therefore other people can't read those thought forms and don't feel the fear, and that's why they don't respond to it.

**Miriam (White Feather)** Yes, it is.

**Geoff:** Isn't that amazing!

**Miriam (White Feather)** That's very good. I think your powers are increasing tremendously.

**Geoff:** Yes, I'm surprised every time. Great! Now, if I were able to do this at home in South Africa...

**Miriam (White Feather)** Oh, you will, you will. Perhaps nearer the end of the year.

**Geoff:** Good!

**Miriam (White Feather)** Because it should be only a few years before you have your proper sanctuary.

**Geoff:** Ah, brilliant. Okay. Now I've got a huge building. It's covered in snow. The side of the building facing me has hundreds of arches – windows with arches. It's very old. It looks a bit like a huge railway station. And this is in Germany. And it's a huge shed of some sort. Now, I go inside and there's a collection of energies in here. They're like hiding up in the roof. And they're like scared energies. These are thought forms of fear.

**Miriam (White Feather)** Yes.

**Geoff:** Now, they're attracted... They started to collect here, and they attract other 'fear' thought forms. Other fear thought forms are automatically attracted to THEM...

**Miriam (White Feather)** Yes.

**Geoff...** and the group gets bigger and bigger.

**Miriam (White Feather)** Like a magnet.

**Geoff:** Yes. Now, the fear thought form is not a BAD thought form but it must be disposed of. The person who had that thought form will get over it; doesn't need any particular help for that thought form. That thought form hasn't called for help, it's just been created. So I needn't worry about the person who created the thought form. These thought forms must be dispersed because they will start to collect, and as they collect... the group will just get bigger and bigger, and the people around that area will be influenced.

**Miriam (White Feather)** That is your task.

**Geoff:** And it's quite an easy one! (LITTLE CHUCKLE) Because then I've got a loving white light, and they feel what I feel, and they all just burst and disappear into nothing. Okay, now the inside is nice and clear, and other thought forms will now gather elsewhere, but it was just something which you wanted me to see and I had to move them. Okay. Now we go to a building – it's a very special building, it's in America. Outside there are very tall green trees. It's in a quiet town, not a city. It's a very special building. As I go round, you want to sort of stroke it and pat it. It's got a straight roof; it's a very old

building. There are very nice vibrations. I've gone all around it, now I'll go inside it. What is inside is a collection of very nice thought forms. These are very... The feeling is giving and loving; they're thought forms to HELP people. They are very nice thought forms, not a thought form where somebody falls down and you send them love, but where somebody loves somebody else and gives him a hug, and creates a beautiful thought form.

**Miriam (White Feather)** Very well put.

**Geoff:** They HAVE to go somewhere; they're happy thought forms. So they all gather in this particular building and because they're happy thought forms they can be used. So when a child, for instance, is unhappy because the mother is out of the room or whatever, Spirit can take a happy thought form, because it's all created into energy, and just put it around the child to make it feel comfortable and loved till the mother gets back, for a certain period. But these happy thought forms are used all the time. They're also used with absent healing – not so much for healing but for sending happiness to uplift people and so on. And people meditating will automatically have a thought to send some love to somebody when they need a lot of energy for some specific thing – like a child that's lost its mother. They will then take a lot of these thought forms and surround the child with them, and that makes it feel more comfortable while it adjusts to not having a mother.

**Miriam (White Feather)** That is good. Do you think you'll be using that in your sanctuary?

**Geoff:** Aha, I'm sure we can!

**Miriam (White Feather)** Why not?!

**Geoff:** Yes. Now, what we CAN do as well... That building, for some reason, attracted the thought forms there... What we can do is create our own building. Our sanctuary will become a building which attracts those happy thought forms.

**Miriam (White Feather)** Of COURSE you can! And don't forget there are plenty of spirits waiting to take away, as they do with your absent healing.

**Geoff:** Yes.



**Miriam (White Feather)** You just have to learn to harness the amount you need, and where it has to go, and we will do the rest.

**Geoff:** Right. So our sanctuary will become a very happy area.

**Miriam (White Feather)** Oh, yes. It will not all be happy; there will be... There's bound to be when you have people coming to you.

**Geoff:** Yes, there have to be.

**Miriam (White Feather)** But that will be a special area.

**Geoff:** Yes. Which makes the feeling good, which raises people's vibrations and makes it easy to work and so on.

**Miriam (White Feather)** People will be able to go there and relax.

**Geoff:** Yes, that's nice. Because you're not really using up the energy.

**Miriam (White Feather)** No, you're not using it.

**Geoff:** It's just to feel it, to be there. Like lying in the sun. Great!

**Miriam (White Feather)** So that is one room marked out. (LAUGHING)

## **SENSING ENERGIES IN NATURE**

**In this meditation a Guide called White feather is showing me various forms of energy in Astral. He is channeling through Miriam. (Continuation from 225)**

**Geoff:** Yes! Right, now I have two divas, and between them they've got a type of bee. They're taking a bee somewhere. I think they flew... the divas took a bee into this happy area and out again. Is that right?

**Miriam (White Feather)** Yes, that's right. (WITH A LAUGH)

**Geoff:** Okay. The bee seems to be dead, or it's the spirit of the bee that they've got. The bee itself is out in the woods somewhere. These two divas have taken the spirit, which is

dormant for some reason, over to this area; they've made it feel better and brought it back with the energy, and then they place it back inside the bee. The bee then starts to sort of come alive again.

**Miriam (White Feather)** You are right. But there is a little more.

**Geoff:** Yes. The spirit of the bee, why does it look dead? That's what is sort of puzzling at the moment. Okay, the spirit of the bee is part of a group spirit.

**Miriam (White Feather)** Yes.

**Geoff:** And then, on its own, it only comes alive again when it gets back in the group.

**Miriam (White Feather)** Yes.

**Geoff:** Oh, this is great. (CHUCKLING) So, we've been looking at all these different group energies and so on, so with divas we've got divas everywhere who are all doing these little jobs, on plants and on trees and bees, and all sorts of things. And the same sort of thing applies. I'm now in a wood... There's a little country road, like on a big estate, and there's a wood of huge trees, and there are just divas everywhere. And they're like mischievous little fairies peeking out from everywhere. And I can see all the things they're doing, all the love that they're putting into nature, because this orange light of movement is everywhere. And they're just... The whole wood is alive with these little things.

**Miriam (White Feather)** How much better would the world be if only people would go back to Nature?

**Geoff:** Yes. Too true.

**Miriam (White Feather)** They will have to. When they get catastrophes, which occur then they have to through necessity.

**Geoff:** Yes. And they'll be able to learn to appreciate it again.

**Miriam (White Feather)** Yes.

**Geoff:** These divas have little areas of their own. They're showing me one nice area where you can go along and if you get to that area you're in a very happy area. But it's a much

lighter vibration, and it's a Nature comfortable and in harmony with the world type of vibration. So you feel totally at peace when you get there – totally loved and content when you're in this area. What it is, the divas made this area – it's about a ten-foot circle on the ground and a dome above it – and it seems to be sort of filled with golden light. And it's filled with a very light vibration which the divas give off – a light gold vibration of energy – and you just feel so great; you're at peace with the world when you're in there. They have that, not just for humans but for animals as well.

**Miriam (White Feather)** Yes. They must protect that area well.

**Geoff:** Hmm. Right, so the same sort of thing occurs, but on a Nature level, with these groups minds and so on. I know divas communicate with a group mind, and information can be passed from one to the next very quickly, very rapidly, as all divas are connected. But this information can be passed to where it needs to go to – each diva passes the information on to the next.

**Miriam (White Feather)** Telepathic? Almost?

**Geoff:** Yes, except they don't need to speak or send particular words. It's like now I'm sensing things: they do exactly the same – they SENSE.

**Miriam (White Feather)** Yes.

**Geoff:** Like fish swimming in unison; they all move together. So the information is passed through SOME form of sense. So energy can be passed very quickly around a whole area. I'm seeing like the size of Dorset at the moment, a huge county, and if the energy is, let's say, very evenly spread, and if there's some sort of disaster at one end, where they need more help, they simply pass the information and more energy is sent from all over, to this particular corner.

**Miriam (White Feather)** Yes. And in no time at all.

**Geoff:** Now, if with the human race that could happen, it would be ideal, because we could draw in the energy that we needed to mend whatever needs mending.

**Miriam (White Feather)** And it may come. Not just yet, but it will come. I'm not saying all over the world, but in certain areas that will develop quicker.

**Geoff:** Now I've gone to a place where I can see a stone wall with two big pillars either side and a square plaque in the middle. It's some form of memorial. And again it has a very nice feeling. The memorial doesn't seem to have an entrance.

**Miriam (White Feather)** Well, it HAS. You have to look very closely. Or rather you have to work out how you get in.

**Geoff:** Yes. Okay. It's hollow. You've got to go in through the earth underneath, through the actual earth itself – there are no passages. Inside... I think this is symbolic, isn't it?

**Miriam (White Feather)** Yes, it is.

**Geoff:** Okay. Now, this is energy from the earth, which is collected at central points. Energy throughout the earth is very soft but very strong. The individual energy is very soft but because there are such vast amounts of it, it's very, very powerful. And it sort of flows all the time, backwards and forwards. The thing I was looking at is like a collection point where you can tap the energy from. And this would be mountain ranges. So if we wanted a vast amount of earth's energy, instead of going down into the earth, you actually go to a mountain range and draw the energy direct from there.

**Miriam (White Feather)** Yes, we would.

**Geoff:** Right. The earth energy that you use would then be thrown downwards onto the earth. Now, Okay. The earth energy of, for instance, hurricanes – A hurricane is a strong wind which we assume starts with the air, the clouds, etc. But it doesn't! It's part of earth's energy. It comes from beneath the ground and that energy is now sent out and starts to create that hurricane. It's like a thought form of energy.

**Miriam (White Feather)** Yes, it is.

**Geoff:** Oh. And the energy is vast! There's an unlimited amount of this huge energy. So when the time comes, the chosen spirits or groups or whatever can create these massive hurricanes or tidal waves or whatever they want to, to clean areas of the earth.

**Miriam (White Feather)** Yes.

**Geoff:** Now, that is... I'm seeing the difference in spiritual vibration and an earth vibration, because spirits can't really do it on their own, normally; they would have to go through a medium that would change it to an earth vibration. But in this case ... We normally talk about earth vibrations, so this is now a beneath the earth, a world vibration, for want of a better word. And it can be used by spirit because of the type of energy it is. It's not a physical – what we would term 'earth' – vibration, it's not. It's an energy that can be controlled through thought.

**Miriam (White Feather)** Right. I think we'll give you one more, if you wish.

**Geoff:** Yes. Most definitely.

**Miriam (White Feather)** And then I must depart .....

**Geoff:** Okay. I've got a big hollow tube going upward. It's like the inside of a tree trunk. Now it's just changed to a huge, thick forest. I'm going through these trees in this forest and there are lots of them but I'm in and out of these big branches all the time. I've gone down a bit lower and these trees are a little bit strange looking. They have very big trunks and where the branches start it's very thick and that part looks different from normal trees – very thick and knotted. And these trees are more or less the same shape but at the farther end things change. I've now got very thin trees and I've got holes sinking in the ground. It's something to do with an exchange of energy, two types of energy. The energy from inside the earth is exchanging or working with the energy of Nature and divas. The thick trees are on one hand and on the opposite hand are the sinkholes, so somehow these energies are being exchanged. Okay, the divas need a certain amount of energy to use all the time, so we're talking about obviously a vast area – the whole world. Now and again there'll come a shortage of a certain type of energy, and that shortage is created by drawing energy from beneath the earth's energy.

**Miriam (White Feather)** Yes, that's right. Now do you realise... does it make you begin to realise just how many

energies there are, and you have only touched on a fraction of them?

**Geoff:** Yes. It's quite funny.

**Miriam (White Feather)** And it's like so many threads. There are obviously... no, I'll not tell you how many there are but there are many.

**Geoff:** Mmm.

**Miriam (White Feather)** I think we should leave that for now because I have to go but tomorrow will be a longer session.

**Geoff:** Good.

**Miriam (White Feather)** And I think we have something very good indeed planned for Tuesday for you. I think you will not be here Wednesday evening.

**Geoff:** Ah, yes, that's right. I'm going away. Okay.

**Miriam (White Feather)** Tonight was good but Tuesday will be exceptionally good. Or I think so.

**Geoff:** They're ALWAYS good!

**Miriam (White Feather)** God bless you and thank you for being here

**Geoff:** Thank you.

## **STARVING AFRICAN TRIBE – CHANGING THE ENERGY**

**Geoff** – Now I have a black child here, holding his hand out, he is begging, he is starving, very, very close to death, well close enough. And this will be my first experience in doing this, the child leads me towards a tribe where there is tremendous starvation, it is not important where it is, there are probably fifty or sixty members of this tribe, who have gathered in an area no bigger than this house.

There are woods all around them, and there is fighting going on between two main tribes just a few miles away, they are fugitives, they belong to neither side of this fighting, and the fighting has been going on for so many years, they have lost their homes many, many times. They have no possessions, they just do not exist anymore, if they do get possessions they just

get stolen or lost, as more fighting occurs. And there are three main men in this tribe, who we will call the elders, and they have looked after the tribe for many years.

Now there is starvation, nowhere to live, no future, the biggest thing is that they are losing hope. They are becoming so depressed, and this group is sending out negative vibrations all the time, and this is becoming a collective negative energy, and it is killing the tribe, and this is an ideal case where we can put harmony back into the group, so that they may progress in their lives.

**Miriam (Dr Chang)** – Not an easy task when one is hungry.

**Geoff** – No, but by putting optimism back into their lives, they will look harder for food, they will take a few more chances and they will achieve more victory in their search for food, homes and so on. So I will sit with the three elders, and I will invite my group of spirit friends that were with me just now, to bring forth their love and their energy and to put it into this group of people. And let it spread throughout this immediate area, so that the tribe, I know they will be here for a while, overnight or whatever and they will absorb this harmonious and optimistic feeling.

And I ask them to start giving this energy now and describe what happens.

**Miriam (Dr Chang)** – And the energy from your father is changing to help with the situation.

**Geoff** – I am seeing a different form of energy being used, it is like glitter, multi colored glitter being thrown over this area in blankets, and it drops down onto the ground where I can see it sparkle and shine and radiate and it has the affect of reflecting emotions. Now the spirits are now going to send a lot of love and optimism into this circle of people, and the rays will bounce off them, and then it will reflect back to them from this glitter on the ground. I can see already the colour of the vibrations that this group was in, is beginning to change, whereas before it was a very dark gray and patchy, it is now getting like a gold mist appearing in places, and it is pulsating and it is starting in different places and are expanding as they move through the

people. Each person this gold mist hits, has a different reaction from the mist, some absorb immediately some don't, some will take a long time to get through, but I can feel the mood of these people changing.

And their feeling inside, their determination, their love of life returning, their optimism, and although it will take a while until harmony is there, we have raised them out of the doldrums, they are no longer negative and lethargic, they are beginning to stir and smile and think, and feel. Everybody can sense vibrations but they don't use this sense as they have never been taught, but these people are feeling so much better now, it is beginning to work, and it will just continue.

Now this is all we have to do, spirit is leaving now, the group of spirit who gave this energy, and what it has left behind is making like a dome over the people, and surrounding them, and the energy is reflecting off this glitter on the ground and it will just continue to do so. This group of people will stay here at least overnight, and they will regain their strength and optimism every minute. The three leaders I am with, I am sending them a tremendous love for each other, for they must work together for there is strength in unity, they must work together to look after the tribe, and they are also improving and feeling and becoming stronger.

And in amongst them is one lady who is a guide, a spiritual helper in an earthly body and she is there to temporarily look after this group, she moves through various groups, she has seen what we have done and gives thanks. And will call me when more help is needed, she is our link to this group. And she will just be known as Nan. And she thanks all of us in this circle and now we can leave that one.

**Miriam (Dr Chang)** – And you will be able to use that group and the power in many different situations. That is excellent, it is very good indeed.



## **STORMS AND ENERGY**

**This is a very interesting one about storms and energy. I am experiencing the lesson in Astral, and a Guide called John channels through Miriam.**

**Geoff:** I'm seeing a storm at sea. It's a dark night – lots of boats – all coming in from the storm. The storm in the distance is huge, really immense. I'm going towards it now and it is just full of thunder, lightning and wind but the strongest feeling is of energy. There is such a strong force here and.....

**Miriam (John)** It is very strong.

**Geoff:** ...I can see it in the form of giant black crystals. It's just mountains high, and all this energy is about to be released. I'm seeing something from the past – it is not now. Now I know that, apart from your normal storms, you get a collection of negative energy which all goes to one point which creates hurricanes and so on. This is a similar sort of thing, but this is one off the English coast and it was many, many years ago. It built up and, there was no radio in those days to monitor with as you can now.

The storm was in the middle of the English Channel. Everyone could see it building up and avoided that area. In those days there wasn't radar so ships couldn't communicate with each other. But nobody realised how big this storm was. When all this energy collected, sort of reached its peak, it's all released at once. There were phenomenal winds – not exactly tidal waves but there was a lot of flooding all along the coast, and the same in France. It was almost like an explosion - it was that powerful and sudden.

**Miriam (John)** Was there as much life lost as there is today?

**Geoff:** Not at sea – that's pretty clear. One or two small boats, that's all. I can't actually see if there's any life lost. I presume there was but I can't see anything exceptional.....

**Miriam (John)** Not so much because in those days people could read the weather. They were more in tune with nature.

**Geoff:** Aah, I see. That makes a lot of sense.

**Miriam (John)** They were more prepared for that reason. Now you rely upon what you hear or see, and it is not always correct.

**Geoff:** Yes, very true. Yes – that’s interesting because people get used to...when there is no other means, then they get used to using their minds.

**Miriam (John)** Yes, that is it. They could tell the signs much more easily not only by the clouds, but by the birds, the animals, how they behaved.

**Geoff:** Of course, the first scene I saw with all the boats coming in this direction away from the storm.....

**Miriam (John)** Yes, because they knew.

**Geoff:** Yes, they would have seen it building up and that’s why there was little life lost at sea.....

**Miriam (John)** Yes.

**Geoff:** ...because they avoided it. Energy can be released – it doesn’t have to be released close to land. What I’m seeing now is in the middle of the Atlantic – huge storms building up, and again it’s in those days – where it builds up then it just sort of explodes, and releases all this energy and that becomes air, wind, rain, thunder, lightning and so on.

**Miriam (John)** Yes.

**Geoff:** So it’s a form of release – form of release for nature, but so much power. Of course, before the days of radar and so on people wouldn’t know how big these storms could be out at sea, because the ships would automatically avoid them, steer a different route, and maybe only see them from a distance – a long distance.

**Miriam (John)** As long as their ships were capable of getting to land quicker, then they did. Remembering, of course, that they didn’t have the same power, but they always tried to aim for shelter.

**Geoff:** What I’m seeing at the moment is like in the middle of the Atlantic and the force that is released is enormous.

It’s far bigger that what happens today isn’t it?

**Miriam (John)** Yes. Would you like to go in to the center of the storm?

**Geoff:** Okay. Here everything is buzzing – vibrating – and that’s just the energy building up. Now, once the energy is built up to a certain degree – it’s like being compressed, there’s more negative energy coming in all the time being drawn in to the center, and the center is becoming more and more compressed. When the center is so tightly compressed it creates, like crystals. The crystals create friction. Now, this is just the energy side of it, which sets off a chain reaction, which releases all the energy at once.

**Miriam (John)** Quite right so far.

**Geoff:** You see, I can see how this can be lightening, but what I’m seeing is the whole storm – this enormous storm, all setting of at once from this one spark right in the middle. It starts to crystallize, it glows and then it just literally explodes.

Now, storms these days don’t work that way.

**Miriam (John)** No, no they do not. That is why I wondered if you wanted to go to the middle and see.

**Geoff:** Okay, so in those days it was just a quick release of energy created by nature – the Divas and whoever was looking after it. There was, as you know, no loss of life because everybody avoided that area, and nobody saw it because it was out over the sea. Some ships saw it from a distance. They would have got the after effects, which would be strong winds, rain, etc. but the energy would have been lowered because they were so far away. Now, if we look at a modern day storm where.... (pause).....You have two types of energy in modern day storms. One is in the clouds where it builds up and so on the same as before, but one is covering the surface of the earth and by the earth, I mean the sea as well. It’s like an aura around the earth a few feet off the surface, and this is where the energy moves around when negative energy builds up.

**Miriam (John)** That’s the answer.

**Geoff:** The same as it does with a storm above it. One acts as a catalyst, and that’s when the storm breaks.

**Miriam (John)** So much negative energy.

**Geoff:** And that will account for so many more storms, tempests, hurricanes, earthquakes and so on that are going on at the moment. The negative energy is getting worse, and therefore the storms in nature are getting worse. So, if we had a perfect world ...if tomorrow everybody loved each other - that means that the weather would improve.

**Miriam (John)** It would – definitely.

**Geoff:** Makes a lot of sense.

**Miriam (John)** Does make sense.

**Luke:** Then it is man made?

**Miriam (John)** Yes, it is indeed. Man is destroying his own environment and he cannot see it. Not yet.

**Geoff:** Yes, because he doesn't think like we do.

**Miriam (John)** But you'll have to pass the word around.

**Geoff:** Yes. It's going to take a long time to teach these people.....

**Miriam (John)** Yes.

**Geoff:** .....because everybody has to start on the first step of the ladder. Also as people are getting taught so many will go off on tangents and deviations. There are so many dangers of people in the beginning thinking they have psychic abilities, and not developing it any further and changing direction, which can all bring bad things to the spiritual movement. So it's got to be done very carefully and very controlled.

**Miriam (John)** Very carefully, and I think that is a very good note to end on tonight.

**Geoff:** Yes.

**Miriam (John)** We had not expected to come but we heard that you were going to be around, and we gathered up what we thought would be interesting and a little bit more for you to learn.

**Geoff:** Thank you – that's very good.

**Miriam (John)** That is not to say that we put these things there just specifically there for you but we paved the way for you to see them. I'll say goodnight now and tomorrow will be a different night altogether.

God bless you.

**Geoff:** Thank you – and bless you.

## **SUPER NEGATIVE ENERGY 1992**

**In this meditation a guide called Ishmael is channeling through Miriam.**

**Geoff** – Right I am moving out of this dark area, and I am going to the right where there is a very strong reddish glow, a bit like molten lava, and as I get right up to it, I find that this is active energy, very fast vibrating, very strong and very active. What we have experienced so far on earth is as I was saying before black and white, good and bad energy. The worst energy that we get on earth is dark, black, and negative, whatever you want to call it, this active energy is something that we have never come across yet.

It is a negative energy from the future, a super negative energy if you like. Now I know nothing about it and what it can do but I will learn more about it in the future, but at the moment I have walked up to it surrounded it and understand again that this will be an energy that will have to be learnt about and conquered in the future but again it is not a worry because of what I know, and my protection and so on.

**Miriam (Ishmael)** – Just to show you something different.

**Geoff** – One thing I will be dealing within this lifetime is a variety of different creatures on earth that already know of my existence. As we have seen before creatures that live in mountains, such as Tag, and the creatures that hover and all sorts, I will be dealing with them in some way, helping them to progress or whatever, I can't really see at the moment, and the majority of them already know this.

**Miriam (Ishmael)** – Oh yes they do.

**Geoff** – I am a symbol or a link that they know will come to them in the future, and at that stage we will both learn more. I can see all these creatures below me and myself and behind me is this bright yellow energy, which is animal associated energy from spirit, which includes of course fat boy, Mutts standing

there. (My dog that has passed over) There is no more to be learnt there this evening.

## **ENERGY SPHERE THAT CREATES CHANGES**

**In tonight's meditation, I am being taken in Astral to some very strange places. A Guide is channeling through Miriam to make sure I get the correct answers. January 1998.**

**Geoff:** We are now at the bottom of the ocean, we were talking about an octopus earlier on – I have just seen one. But we are now going down on the ocean floor and it is going quite steeply, and there are various fish and so on that I recognise swimming in different directions. I don't think it's important where it is, big rocks. .... I am just going downwards and I come to another hole and I think this is just being shown as another entrance to another world.

**Miriam (Guide)** Yes

**Geoff:** So I will go down through it and now I am going down a tunnel, which is like a giant sea anemone. .... there are fibers on either side going from one end to another... I keep on going through this and when I come out of the other end I am in a very strange place.

The walls are covered with cables for want of a better word, they look like cables but they are also something like a sea anemone. .... they are tentacles. I am in a passageway, an intersection and all around me is like a brown. .... it's like I am in water but there are patches of brown ink in the water, that is the best way to describe it. I will go on past that and I am going through more various tunnels. .... there is coral, lots of different undersea creatures I seem to be just winding along the bottom of an ocean.

**Miriam (Guide)** You are, and I think you have someone to see

**Geoff:** I have got to one particular place where there seems to be a sort of coral statues in the middle, just going around this and then upwards with the water and I come out at a

cave, an undersea cave and as I come out of the water, I am in a big cavern and the base of the cavern is like a luminous yellow and above that is aluminous orange which is where the light comes from. There are some man-made structures here..... it could easily be a very old temple or whatever, but it was man-made..... it is been in the water and has got very old and covered in algae and so on. There is one man here and he is showing me, he has got long white hair, a long beard, bit of a father-time figure, and he looks a bit like an alchemist, don't know why that came to mind, but a wise old man.

**Miriam (Guide)** Yes, very wise, very old

**Geoff:** I've gone over and sat on a stone seat almost facing him, but partly looking towards the water. And he can change his image..... he has just changed into a different type of sea creature. Difficult tonight, not easy. And he is taking me even further now..... I go back down into the water and as we go down the water goes down as well. Then we go under it, and I am now swimming through caverns of water, with him, completely under water, there is more of the sea bed, great rocks above us and now I am coming to, some form of craft, man-made craft under water, it is shaped like an old fashioned airship. It is very big, and it is stuck in the rock so it must have been there for centuries. But it doesn't have to be..... it could have materialized sort of partly inside the rock. Now I go inside and I seem to be in a stone cavern.

**Miriam (Guide)** And that is what you must look into

**Geoff:** My guide has gone away again and left me there. There must be a reason that I am getting all these weird and wonderful shapes, I know we get strange things but I have been transferred from one place to the next, I see things, I swim through things, I have got a guide, different people, different creatures, there must be something, why all this is happening.

**Miriam (Guide)** Yours is not to know the reason why just yet

**Geoff:** Okay. So I am inside this shape with stone walls, seems to be very blank very empty.

**Miriam (Guide)** Not quite

**Geoff:** There was a yellow ball of light that appeared and then disappeared, then a very strange creature that appeared in front of me and disappeared.

.....This is where I use my mind to create things.

**Miriam (Guide)** Yes

**Geoff:** Hah gotcha, right

**Miriam (Guide)** Don't you think it was worth going down there?

**Geoff:** It was indeed. Right. Now whatever my thoughts are, I can create, but the trick is to create the right thing. This sphere is imbedded in the rock and that is because the last person that used it was creating different things and tried to move the whole thing and it ended up there, And that is where his lesson stopped, if I can use my mind, I can take it out of there and take it to a clearer place where it will be used many times.

**Miriam (Guide)** Easier access

**Geoff:** Easier access yes. So it is simply a matter of using the mind to create, so I will make the shape more spherical, I will make the outside smoother and the inside smoother and so it's automatically extracted itself from the rock but it is surrounded by all sorts of other different shaped rocks, so there is no ways I can escape for the moment. So to do that I must simply go through the rocks because as it is all thought anything is possible, and I can take it through all the rocks without it losing any shape and the rocks simply pass through it, and we go to an area where it is much clearer.

I am now in very clear water and the base when I look down it is like looking into a huge basin and at the bottom there is a hole. Like a plug hole and this round ball will now go downwards and I put it into that hole in the bottom. The reason that it is that shape is because of what we were discussing earlier about water energy.

**Miriam (Guide)** That is the reason, and that is something that you will use they tell me



**Geoff:** So as the water swirls around in a uniform pattern, it is easier to draw off the energy that you need to create what you want to create..... so how it would work is I would go into meditation, take my mind to this particular area, and use the water to create something which I need back on the physical earth plane

**Miriam (Guide)** Yes, that is very clever

**Miriam (Guide)** Now, I think you must leave there

**Geoff:** Yes, I have left and it is sort of turning gold and I am going away again and I come straight up to the surface. And go on to the next thing, which again looks as strange as can be.

## **WORKING WITH DIVAS IN PEACE VALLEY – PAST LIFE 1994**

**In this meditation, a regular guide called Ishmael channels through Miriam, and Geoff learns about energy and nature.**

**Geoff** – Right I have got a fence that has been blown down, and behind it is a little cottage set in trees, the cottage hasn't been in use for some time, the trees have overgrown it. It has got a thatched roof, white walls and it is very small, a bit like a garden cottage or granny flat. There are leaves and earth right up to the doors, there is no pathway, it has windows with curtains inside and there is something been stored there for a long time. It is on the top of the hill, the hill is covered with woods and at the bottom is a valley.

**Miriam (Ishmael)** – It once was a beautiful valley.

**Geoff** – Oh, it seems to be English but that is not important, okay I will have to go inside to see what is there, it is just a single room, as I walk in the door, there is a window on the right and one on the left, there is a fireplace directly in front of me, and on left of the fireplace is the loo and on the other side is a store room. There is no actual bedroom in here, they obviously just slept in front of the fire.

It was a meditation center, a peace center. And the people used to come there when there was such a beautiful valley

because it was such a peaceful setting. There used to be, in front of the door on the outside, a cleared area which had the most beautiful views with a canvas cover of sorts over the top so that on really nice days they could meditate outside and be close to nature.

**Miriam (Ishmael)** – Yes, which was why it was such a beautiful valley.

**Geoff** – Yes.

**Miriam (Ishmael)** – But there is more.

**Geoff** – I am picking up something to do with the energy from the trees and nature. And they did work to keep the surrounding nature in peak condition, they worked with the diva side which is unusual, because you normally get the divas on the one side and spirit on the other, but in this case the two combined as a lesson for both sides. The people who used to go there were in a way being trained as teachers and it was important that they learn the diva side, the same thing happened from the diva side – the divas who taught them or the higher spirits on the diva side were also training to be teachers and that is why the exercise was so good.

**Miriam (Ishmael)** – Very good. I think you may recognise one of the teachers.

**Geoff** – White Feather.

**Miriam (Ishmael)** – Yes.

**Geoff** – Being in that position on the top of the hill, in front of them was miles of air, you look downwards into the valley with the river at the bottom, and way over the other side were steep hills, it was like a canyon, so between the meditation center and the canyon walls there was a huge volume of air and what they could do was project energy into like a mist over that whole area, and that was the object of the exercise.

**Miriam (Ishmael)** – Beautiful, wasn't it?

**Geoff** – Yes, now divas, they have, they can use energy but the energy that they use is very light, because plants and animals take in a lighter form of energy than humans do, it is a different wave length. The energy that we use, that spirit uses through us is much, much stronger, so it was easier for White Feather and

his other teachers to project energy in the form of mist over this whole valley, it was easier for them to do it than it was for the divas to do it. That is how they could keep the valley in such a beautiful condition.

**Miriam (Ishmael)** – You got that very well, you have not lost your touch, it is just a question of re-awakening.

**Geoff** – It is getting the energy to do it, I can never do it when this group is not here.

**Miriam (Ishmael)** – But you will.

**Geoff** – Good. Only on rare occasions. Right there is something else here. There were six teachers, White Feather and five others who were the main ones who came. And after they learnt this particular lesson, they all went to their own areas to put it into practice, that was part of their lesson.

**Miriam (Ishmael)** – That is so.

**Geoff** – I can see them meditating and sending out this energy but they are surrounded in a very unusual colour, it is a combination, it is one colour but it looks like a combination of three other colours, yellow, orange, and plum or mauve, the whole thing is one colour, you see it and it keeps changing, like silk.

**Miriam (Ishmael)** – Iridescent.

**Geoff** – Yes.

**Miriam (Ishmael)** - I am glad I got that word right, it is not one that I often use!

**Geoff** – Now I want to see what this colour is specifically for, there is a tremendous amount of warmth and love in this colour, it is peaceful, that is what it is, it is a peaceful colour, when you get in this colour you will just totally relax and be in total harmony with nature, it is a very beautiful feeling. So when you can get into this colour and meditate you become so relaxed it is so easy to project energy to a vast area.

**Miriam (Ishmael)** – And will not this be of use to you when you wish to do this and your father is not here?

**Geoff** – Yes! That is such a good idea, such a beautiful colour, I must remember that. The six teachers who were there seem to be addressing me at the moment, accepting me as one of

them and saying that I must do the same thing, saying that I am on the same path and that is what I must do, it is as if I know these six very well and I have been on a separate lesson, and that when I go back there is a slot for me in their circle, I can see the empty space.

I can also see it filled, so I have done this, is that right?

**Miriam (Ishmael)** – That is right.

**Geoff** – So I did this a few lifetimes ago!

**Miriam (Ishmael)** – Wonderful isn't it?

**Geoff** – Yeah, excellent. It is like remembering a feeling. So with a memory like that which is quite something, if I can use it in this life and remember it again, and get more detail and remember how to do it better, now if that is the case then there are many other lessons and experiences that I have had, that I should be able to recall when necessary, so a lot of things which I think I must learn I probably already have learnt.

**Miriam (Ishmael)** – You have.

**Geoff** – So therefore if I call upon my higher self to guide me in a specific venture, or specific task then I have got to have faith that he will supply me with the right information based on my experience in past lives.

**Miriam (Ishmael)** – That is right, you must have the faith. And you have the tape to start you off, but in time you will not need the tape.

**Geoff** – Are you talking about this tape here?

**Miriam (Ishmael)** – Yes - you will be able to go straight into that power if it is your own wish.

## **WORLD ENERGY BENEATH THE EARTH**

**In this meditation we are learning about group energies. A guide called White feather is channeling through Miriam.**

**Geoff:** Now I've gone to a place. I can see a stone wall. Two big pillars either side and a square plaque in the middle. It's some form of memorial. And again, it has a very nice feeling. The memorial doesn't seem to have an entrance.

**White feather (Miriam):** Well it has, but you have to look very closely. Or rather, you have to work out how you get in.

**Geoff:** Mmm. It's hollow. You've got to get in through the Earth, underneath. Through the actual Earth itself, there are no passages. Inside.....Now I think this is symbolic isn't it ?

**White feather (Miriam):** Yes, it is.

**Geoff:** It's not an actual 'thing'. Okay now, this is energy from the Earth, which is collected at a central point. The energy throughout the Earth is very soft but very strong. The individual energy is very soft but because there are such vast amounts of it, it can be very, very powerful. And it sort of flows all the time, backwards and forwards. The thing I was looking at is like a collection point where you can tap the energy from. And this would be mountain ranges. So, if we wanted a vast amount of Earth energy, instead of going down in to the Earth you would actually go to a mountain range and draw the energy direct from there.

**White feather (Miriam):** Yes, you would.

**Geoff:** The Earth energy that you would use would then be thrown downwards onto the Earth. The Earth energy of, for instance hurricanes, a hurricane is a strong wind which you assume starts with the air the clouds etc. but it doesn't – it's part of Earth energy, it comes from beneath the ground. That Earth energy is sent out and starts to create that hurricane, it's like a thought form of energy.

**White feather (Miriam):** Yes, it is.

**Geoff:** And the energy is vast in the Earth. There's an unlimited amount of this huge energy, so when the time comes, the chosen spirits or groups or whatever, can create these massive hurricanes, tidal waves, whatever they want to, to clean areas of the Earth.

**White feather (Miriam):** Yes.

**Geoff:** Now that is a – I've seen the difference in a spiritual vibration and an Earth vibration because spirit can't really do it on their own, normally they would have to go through a medium to change it to an Earth vibration, but in this case the – well, we normally talk about Earth vibration, so this is now a "beneath

the Earth vibration” – a World vibration, for want of a better word. And it can be used by spirit because of the type of energy it is. It’s not a physical, what we would term Earth vibration, would be physical, it is not, it’s an energy that can be controlled through thought.

**White feather (Miriam):** Yes. I think we can let you have one more, if you wish.

**Geoff:** Yes, just getting warmed up here.

**White feather (Miriam):** And then, I must depart.

**Geoff:** Okay.

## **YELLOW COMMUNICATION ENERGY**

**In this meditation a Guide called White Feather is channeling through Miriam – and showing me various forms of energy. January 1998**

**Geoff:** What I am seeing now resembles.....I don’t know, an industrial spinning wheel.... I can see lots of yarns spinning on bits of metal, a bit like you would see in a carpet manufacturing business. There is a big circle of them and all this wool is being taken off – it is all yellow, for some reason.

**Miriam (White Feather)** Yes, but why

**Geoff:** Yellow is communication, isn’t it?

**Miriam (White Feather)** Yes

**Geoff:** So again it’s symbolic, it’s group minds, the wool is the individuals, individual people, and when it is mixed or bound together then it becomes a group mind, not quite right?

**Miriam (White Feather)** Yes, that is right

**Geoff:** Okay, so its links..... let’s say I had to connect for the first time to somebody else in a different area, that establishes a link and that link now becomes part of the whole carpet of communications. So each individual.... I would link onto one or two people and they would link into one or two others. But we could think and could move energy as a group mind.

**Miriam (White Feather)** You, could yes

**Geoff:** Now the decision to move energy for a specific purpose would have to be made not so much by an individual but by the group mind. Like the majority would have to agree to it.

**Miriam (White Feather)** But there is something else there

**Geoff:** I can see it continually coming off, and it ends up like a thick rope, and it's just going on and on.

**Miriam (White Feather)** You've almost got it

**Geoff:** The rope seems to be extending up into the stars, oh so it's a connection, right?

**Miriam (White Feather)** That's it - yes

**Geoff:** It's a connection between spirit and the people. Right.?

**Miriam (White Feather)** That is what I wanted you to see.

**Geoff:** Okay. Now there is..... in time I am just trying to think ahead what would happen. If you had a whole group of these people, in time they start to cross over and they become spirit but the connection would still be there, wouldn't it?

**Miriam (White Feather)** Yes

**Geoff:** Right, so the longer this group goes on, the stronger it becomes, or the more wisdom the group will have.

**Miriam (White Feather)** Which makes it look thicker.

**Geoff:** Yes, because it gains wisdom all the time and that wisdom is not lost because it is kept in the group.

So it becomes wiser and therefore can make the better decisions.

**Miriam (White Feather)** Yes, and always there is an overseer, (*Gardner is another name*) once you start these sessions to make sure you are doing it right.

**Geoff:** Right

**Miriam (White Feather)** Not to interfere, just to be there

**Geoff:** Yes, so I think what will happen is circles will start to get together and expand and form a group, but there will be lots, hundreds of these groups all over. And they will grow and progress and expand but when one group links to another group then it can become..... it will be two individual groups,

but plus it will be a larger group, so you can communicate with your own group, or with the two groups together. And eventually more will join in and as more join it becomes stronger and therefore can make wiser decisions.

**Miriam (White Feather)** Yes, that is the answer

**Geoff:** Right. That is very good.

## **ATTRACTING NEGATIVE ENERGIES**

**This tape (1992) is about one of my relatives doing an unusual form of healing in astral. Her name is Lilly. She died about seven years after this tape was made.**

**The Guide channeling through Miriam is Ishmael.**

**Geoff:** I'm getting an old house with a tin roof, and concrete walls with pebbles in. White window frames, and it's a bit old and battered. It seems to be a few houses up from where Aunt Lilly used to live.

**Miriam (Ishmael)** Yes.

**Geoff:** The event that we are going to see took place in the 1950's – in 1953.

**Miriam (Ishmael)** That is so.

**Geoff:** There seems to be a bit missing from this house. I've gone into the roof where there is a loft, and Lilly is there, and the sort of connection from one room to this loft seems to be missing.

**Miriam (Ishmael)** But you will find what it is.

**Geoff:** It's very strange – it seems to be a sort of walkway, which was on the outside of the house, leading from one room to the next. Very confusing, but I'm going into the loft where Lilly is to see what is there. Now, she's sat down in some form of chair and she's surrounded by blackness - which is a disease, I think. It seems to be when the disease started she was there with her guides....

**Miriam (Ishmael)** Yes.

**Geoff:** ...and her guides and her higher self decided that this is what was going to happen for the rest of her life, and this



gradual disease started then. I can't see what this disease is. I can see my granny in the house on the corner with white hair. I'll ask my higher self to tell me more. Lilly volunteered at this stage to go into this illness and see what she could do in astral....

**Miriam (Ishmael)** Yes, that's what I wanted – in astral.

**Geoff:** What she agreed to do was attract the negative vibrations in that whole area to her. Is that right?

**Miriam (Ishmael)** Yes, that is so. But the place you saw was in astral – that's what confused you.

**Geoff:** Was that the symbolic part about the distance between the two rooms?

**Miriam (Ishmael)** Yes.

**Geoff:** But why was it a house just up the road from her?

**Miriam (Ishmael)** You forget that in astral you can have this thought of anything you wish.

**Geoff:** Oh, I see – so she thought that

**Miriam (Ishmael)** Yes.

**Geoff:** .....and that's why it was- because she was probably comfortable with that surrounding.

**Miriam (Ishmael)** Yes.

**Geoff:** Okay, so she chose to do healing in astral by attracting all the negative vibrations towards her.

**Miriam (Ishmael)** Yes.

**Geoff:** This must have made her – well, it must have affected her physical.

**Miriam (Ishmael)** It did.

**Geoff:** So that is why since 1953 her character has been more relaxed, because she knew the specific job she had to do but the physical took on a lot of negative vibrations, and therefore she deteriorated quite rapidly.

**Miriam (Ishmael)** Yes.

**Geoff:** Now that she's moved out of there, she's left behind the bulk of the negative vibrations. Although the house was cleaned all the time by spirit, she's left behind that negative environment, and that is why there is an improvement in her condition. The improvement will stay but it is really the sort of

final years - she will now recover – she will be more comfortable mentally – become more balanced and more stable and then she will pass over.

**Miriam (Ishmael)** Yes, but she did not wish to know about it in this life.

**Geoff:** I see.

**Miriam (Ishmael)** I should say she did not wish to retain the memory.

**Geoff:** Yes, I understand. Why she's now having an easier life is that when she passes over she won't have so much - when people pass over to the other side they take with them - surrounding them - a certain amount of their negativity or problems from their last period on earth....

**Miriam (Ishmael)** Yes, they do.

**Geoff:** ...and unless they learn how to shrug that off, which we've seen before in various spirits, then they will take it with them. So what spirit is doing now is basically preparing her to pass over by giving her a more peaceful life.

**Miriam (Ishmael)** But not for some time.

**Geoff:** Right.

**Miriam (Ishmael)** Always something different for you.

**Geoff:** Yes, certainly is.

*She did pass over seven years later. When somebody comes back from the other side, if she came to channel through me now, the first thing she would pick up is the negative vibrations that she left behind, her earth energy – and if for instance she had a stroke, she would start channeling as if she had a stroke. It would take her awhile – a few minutes – just to adjust and realise that she doesn't have to speak like that. It's simply picking up the vibrations she left behind.*

## **GROUP EMOTIONS**

**In this meditation we are discussing group energies. I am seeing and sensing the lesson is Astral, and there is a guide channeling through Miriam.**

**Geoff:** If we look at individual problems – I'm looking at basic criminals and violent action, soccer hooliganism and that sort of thing. Firstly soccer hooliganism is now easier to understand because again it's a group energy. Group energy creates more energy and when those individuals leave the stadium in small groups a certain amount of anger and excess energy is built up which now needs an outlet and that is why so many fights start between rival teams – it's an outlet for all that negative energy.

**Guide:** And if it's a good energy the same thing applies. It must apply.

**Geoff:** Yes, that's quite right. It does indeed. Yes, so it's a bit like a lot of people leaving a sort of Billy Graham revival. They go out and spread love in all directions. That's the way they feel. So people can be influenced by groups. There are very few individuals who understand the true reason behind a lot of the emotion.

That is true. You must understand whether it is a false front or not which the false messiah will be doing as you've been told.

**Guide:** Yes.

## **EMOTIONS OF DOCTORS AND NURSES**

**This meditation was done in 1992 and is covering emotions. Spirit are showing me what is going on with comments by the Guide Doctor Lee Chang who channels through Miriam.**

**Geoff:** I am looking at the practice and patients. Again you get the two types – the high street type doctor whose concern is more status and finance, and the basic doctor whose main concern is healing his patients. Again you've got to have both to get a balance. One learns from the other.

The majority of those in the medical practice want to give and that is why they choose to become, especially nurses. Nurses are very giving. And doctors – at the time of their training – few, very few, want to become a doctor so that they

can give. Most want to become a doctor simply because of the status and career – this is the main thing.

During their training and in the first few years of practice they come across and awful lot of pain, suffering and emotions. Emotions can be very rewarding when their work is done satisfactorily and maybe lives are saved or people can be helped. That becomes very satisfying to them and they start to give more. Others will start their practice but will feel – will pick up all the negative vibrations surrounding each injured patient or an elderly patient. They are surrounded by this so much that eventually they shut it all off and become emotionless and that is because they cannot handle all the negative vibrations.

**Guide:** I'm glad you picked that up.

**Geoff:** They become quite emotionless. But that doesn't mean underneath they don't feel – it is their way of protecting themselves.

**Guide:** It is.

The nurses on the other hand are, the majority by far, are very giving. They're not too concerned about financial matters. They have an understanding of how the doctors feel but they give an awful lot of themselves to the patients.

**Guide:** Yes, they do.

**Geoff:** Also – a lot of Spirit work through nurses to pass on healing and to pass on upliftment to patients.

**Guide:** Yes, they do.

**Geoff:** When a nurse, for instance, goes to a patient, she automatically wants to give with the heart – this is a part of nursing. As she does Spirit increases the energy that is given to benefit the patient.

**Guide:** And it is good that it is now allowed for Spiritual healing to be done within your hospitals.

**Geoff:** Yes, that's right. Now that's mainly because – the biggest advantage of that – is when spirit pass energy through a nurse who knows nothing of spiritualism the doorway or the gap through which they pour their energy is very limited whereas with a Spiritual healer who understands and wants to give, all his energy centers are open. Far more different types of energy

can be given – a far greater variety and a far stronger energy can be given through a spiritual healer.

**Guide:** And how this was used during the first and earlier wars when they were out in the fields!

**Geoff:** What do you mean?

**Guide:** Without realising, because many were not fully trained, they gave from the heart and Spirit was able to use them more.

**Geoff:** Yes.

**Guide:** As it is now in many primitive places.

**Geoff:** Yes, with primitive tribes they have a lot more time for each other. Therefore a lot more time to generate emotions and therefore the powers can be a lot stronger. Have more time to cultivate their great understanding, and therefore they are more open to receiving and giving of energy.

## **EMOTIONS OF GOVERNMENT**

**In this meditation we are discussing emotions. I am seeing and sensing what they want to show me. The spirit guide talking through Miriam is Doctor Lee Chang. Made in 1992.**

**Geoff:** In between royalty and the public you have a government. The government is elected by the people to run the country and the government can be seen to make mistakes because they are after all just ordinary people and not royalty. The royalty however cannot be seen to make mistakes, for each mistake that is made makes the royalty or the royal family look weaker and therefore not so much in control.

**Guide:** Quite so.

**Geoff:** If this happened too much, obviously the people would exercise their will to remove royalty and have a different form of – probably remove royalty altogether and have just a government running the country which would create an awful lot of greed, because the people in power would use that power. There would be far more people trying to get into government to

obtain that power, whereas they know at the moment the power is limited because above the government is the royal family.

**Guide:** Quite so – that is very, very true. We have only to look at other countries to see the difference.

**Geoff:** Yes. If we look at the emotions of Government. Again you get two levels in government, and again it is good to have both levels because it brings in the emotional side and the disciplinary side. With the two levels, first of all you've got the ordinary public - or a Minister that has been voted in by the public because of his beliefs and his sincerity. The other type of Minister you have is someone who is born rich, sent to the right schools – does not need to consider too much of the financial aspects of life. And he is a person who is like a miniature version of royalty, who also considers the people to be the sort of average public and believes himself to be far above that level because of his breeding, his heritage and his education. So, in government you get these two types of people and the two types create a reasonable balance between dictatorship and democracy.

**Guide:** Yes, they do.

**Geoff:** Well that is something I never realised.

**Guide:** Do you think you would liked to have chosen to be a politician when you chose a life? Well, I tell you now you never were.

**Geoff:** Hmm? I think it could be very interesting – it could be.... There is one thing I dislike and there's one thing I like. I like the fact that I would be able to change a lot of lives for the better, or have the opportunity to do so or attempt it. What I dislike is the amount of greed, conspiracy, and "back-handers" ..that surrounds all politicians. Very nasty vibrations.

**Guide:** Yes, a lot to put up with and with those vibrations it makes it so much harder to make the right decisions without becoming angry.

# EMOTIONS OF ROYALTY

**In this meditation (1992) the guide is Dr. Lee Chang channeling through Miriam.**

**Geoff:** It seems that the topic for tonight is emotions.

**Guide:** It is, friend.

**Geoff:** I'm now getting a rather overweight person - looks very much like Henry the 8<sup>th</sup> sitting in a wooden alcove. I've taken his position. I think he was just shown to me like Henry the 8th so I would understand that he is a type of Royalty so as to understand the emotion that Royalty has. Right from the beginning, Royalty has not had a simple family life where it can understand simple emotions. There is etiquette and decorum and they are trained from very young to accept this. If they were brought up, for instance by a very loving family or loving parents, their emotions would be a lot more developed. They are brought up normally by nannies with a variety of names that treat them more coldly than a parent would.

**Guide:** Much more coldly as you yourself have experienced in the past.

**Geoff:** Right. This is to make them not depend on emotion in the wrong circumstances. They cannot go to their families for sympathy or to speak to them – that sort of attitude. Each successive year they are taught more and more about how they should act as regards to their position and they are denied a lot of basic emotions and experiences that other children would have. This makes their view when they grow up a lot stricter and also separates them from the ordinary people. I can see a strong figure looking at the public and thinking of the public as just people, and they are not thinking of them emotionally as people – not understanding them as people. The decisions that they make are for the good of the whole and the whole being Royalty and public combined, such as the whole of Great Britain.

Although they don't make so many decisions these days they must still have that in their makeup. Because they cannot understand emotion, they rule without emotion which can be a

good thing. They rule with the mind rather than the heart so that their decisions are based more on financial matters and long term planning, than on emotion and how other people feel. This can cause them problems as well because when there are upsets in the country such as war, drought, famine, poverty, they tend to make these very impersonal decisions which at time can anger the people. In the olden days on many occasions, when the gap was a lot wider, the people would plan the assassination of Royalty or their removal from power. How they did this was through a group emotion. The group emotion would create an energy force, which a small group of people would use. If you had for instance a dozen people wanting to remove Royalty from power, and they had the support of ten million people they would receive energy from these ten million through thought forms, creating a very strong determination and power to use. Although at most times people didn't realise that this power was there, but it gave them the encouragement, motivation, strength, to go ahead and proceed with the will of the people.

**Guide:** You are doing very well indeed.

**Geoff:** Good.

**Guide:** There is more for you to see.

**Geoff:** I have put myself back in a position of Royalty and I'm looking at it changing. For instance with the current Royalty in England they are becoming more and more in tune with people, and as it progresses they will become closer and therefore more understanding of the people.

**Guide:** And do you think this will be a good thing.

**Geoff:** Um..not really.

**Guide:** Yes, you're quite right. There has to be a difference.

**Geoff:** Yes, you must have discipline and somebody who is a figure of authority, but their experience will give them wisdom, which will help them to do what's best for the people, and the Country, without causing emotional upsets.



## EMOTIONS OF WARS

**In this meditation (1992) I am being shown emotions. The Guide channeling through Miriam is Dr. Lee Chang.**

**Geoff:** If we look at wars from what I know of them, the modern day wars seems to be far more full of anger than wars of old.

**Guide:** Yes, they are.

**Geoff:** They are also far more mechanical. There is not the – not so much closeness of combat for it is all done at a distance. In wars there is so much energy created. First of all I'm seeing a sort of first world war battle field where people are shot – the conditions are appalling and each man tries to help the wounded and the suffering as much as possible. There was far more giving in that sort of war.

**Guide:** Yes, there was.

**Geoff:** They were much closer and that is why you saw such things as on Christmas day both sides would cease the fighting and join some form of celebration and then continue the following day. Today there is so much more anger, there's more equipment and ....

**Guide:** So much more greed.

**Geoff:** Yes, hatred and greed.

**Guide:** And so much more false religion.

**Geoff:** False religion?

**Guide:** Religion which is not true, but mainly for greed.

**Geoff:** Yes.

**Guide:** They wish to amass fortunes for themselves and they are not concerned with the people of their congregation.

**Geoff:** Yes. And also in these holy wars where the people are told that it is their religious law ....and so on, so that the people will not give in, which only creates part of their karma experience. They go through all that.

Just going back to something I saw just now in something like the Second World War where I saw "groups" of emotion – group minds creating one emotion. The rescue we did at the beginning (See chapter on Rescues) is a good example of that.

Where greed has taken over, and power, and they commit these atrocities because of the power. The greed aspect and the wanting power becomes so strong, and where there is a group of people who all think the same way, it creates a group energy which makes each of their energies stronger or their desire stronger.

**Guide:** It does.

**Geoff:** Going back to the second world war where you see a group of people who are all saying to themselves – you know, why should we continue this war, it's not our war, there's no reason to kill other people – sympathisers – they will form a group and...okay...a group emotion is formed which gives strength to their thinking.- additional energy to their belief. And then you have got a group which is determined to win the war, wipe out the enemy at all costs and they as well get a lot of strength from group energy.

The groups are not only individual groups of soldiers but you get much larger over all group energies. You get armies and even Countries where there is group energy, and Yugoslavia is a very good example.

**Guide:** Yes, a very good example.

**Geoff:** But some can do the most harm.

**Guide:** Yes, it certainly can be at all levels.

**Geoff:** Right, we're talking about Yugoslavia and how that all started. Now that was only a year or so ago. I'm not sure what started it but a rift was caused which created two sides fighting each other and this spread, intensified, because the group of people on each side created a group energy which increased their desire to make war – to get at the other side or whatever.

**Guide:** Yes, just so.

**Geoff:** On one side of the war, it again split into two – two people – two groups - with different beliefs, and again two energies were formed so that there were three groups fighting the war and so it spread to four and five. The more energy that was there – the more conflict there was. And the more public it was, the more this fuelled emotion, which created more group

energy, and so it started to grow. To combat the war between two groups - you actually need a third party to come in and calm the groups down to stop this group energy from increasing by using words of wisdom.

As you were saying even the tiniest words can be the strongest power for both good and the bad.

**Guide:** Yes. Good and bad. It is the most powerful weapon, for why would any war have started if it were not for words to begin with.

**Geoff:** So, by getting in experienced negotiators, even if their values were not quite right, just the fact that they were experienced negotiators they could calm down both parties and bring about a start to the end of conflict. If it continued escalating what would happen is one party would – one side – would eventually totally dominate the other. The atrocities, war crimes and killings would get worse until eventually one side dominated the other. And if it ended up at that, the side that lost would forever feel antagonistic and hatred towards the side that had won, so it would become a hollow victory.

**Guide:** Yes and it is escalating all over the world. But you and your group and the other groups are spreading the word of love, which is essential. Again it is words and the words are followed up with the emotions.

**Geoff:** In this case we have circles all over the world that all have the same common goal, and all channel a uniform energy. The more the world is divided into warring parties the weaker it becomes, and the stronger we will become.

**Guide:** Yes you will.

**Geoff:** But there is no fear of our getting – well I suppose there is basically but, as in Atlanta where it got out of hand. But I understand that overall we have the energy and the right motives, and the right power and love and energy, etc. so that eventually we will break down the warring parties, and teach them the better way of life, and progress from there.

**Guide:** Yes. As you have demonstrated. But it will be on such a vast scale that you cannot imagine.

**Geoff:** Because it will multiply and reach a peak, all these different group energies ...and even if one side did conquer the other it still wouldn't end the war- the hatred and antagonism would still be there. So it must be ended through negotiation. Very interesting.