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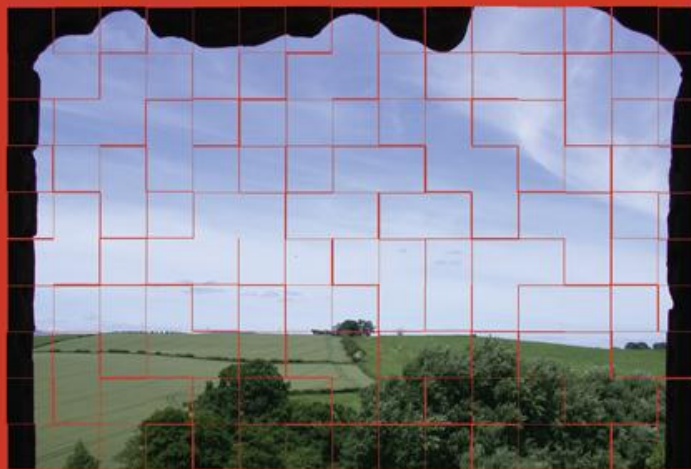
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Understanding Your Life



The Spiritual Dictionary: Book 1



For those who are ready to learn

The Basics And Development

Geoff and Verna Hindmarch

**Spiritual Trust
Umdloti, 2010**

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ACKNOWLEDGEMENTS

Our thanks go to Miriam for channeling so many Guides and Teachers over the years – to Luke whose sole purpose it was to supply the extraordinary energy needed. To Helen and Leanne for years of patiently translating audio tapes. And to Sharon, Steve, Cindy, Di and all the other mediums, healers and helpers in our meditation groups too numerous to mention.

And lastly of course to the “Spooks” who have shown us so many lifetimes of experiences starting at beginners level and going on to beyond different planets, dimensions and the imagination.

Geoff and Verna Hindmarch

UNDERSTANDING CHANNELING & HOW THIS WAS WRITTEN

Sitting in meditation I made contact with a young girl of about 6 years old. “Can you help me?” she said. I was a bit taken aback – I had heard her with my mind – it was like remembering someone speaking. I replied the same way that I would help if I could. She showed me a group of newly born kittens – eyes closed, pink and helpless. “They have lost their fur” she said “and will catch cold unless we do something.

They haven’t grown any fur yet I thought back – but their Mommy will keep them warm. Instantly a large Tabby appeared and took charge of the kittens.

The little girl was happy, said “Thank you” and left. Her Guide appeared and said “Yes – we have to teach children over here too” She had answered my question before I had even asked it....

I was so excited at what I had experienced – I ‘knew” I had experienced something special.

The next stage I learned was to allow a spirit (We call them Spooks as they have a great sense of humor) to use my mind to operate my physical body so that they could operate my voice-box so that they could talk through me to others – I would then listen to the spook talking through me to the meditation group. This is called channeling and that was 30 years ago.

Since then hundreds of Guides and Teachers from different dimensions and different planets have taken me on Astral trips through various time zones in the past present and future, so that I could actually experience different adventures and gain an understanding of what life really is all about.

Each new adventure became bigger better and more rewarding – and each would have been unbelievable had I not actually “experienced” them.

Verna joined me on this fantastic voyage of understanding, and she now spends her time teaching others and giving Spiritual guidance to those that are directed to her by their own

Guides. Or as her niece once whispered to her friend “My Aunty talks to dead people”

The Spiritual Dictionary has been spread over 7 books so far. It is ESSENTIAL that you read them in order....otherwise you will not be able to believe what you will experience.

Without a doubt you are reading this for a reason.

Geoff Hindmarch

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FOREWORD

Ghosts, Angels, Channelings, near-death experiences, Aliens, God, Mohammed, Buddha and who we really are, are all easily explained – once you know where to look.

In the 1980's when we first learned how to "Talk to people on the other side" we were told that we would write this book. Over the years we have recorded hundreds of hours of "Channelings" directly from them, which explains what life is really about, where we came from, why we are here and where we are going.

For the last few years we have published this information on our website www.SpiritualDictionary.com where over 100 000 people have accessed the information so far.

...and without a doubt, you are reading this for a reason.

Geoff and Verna Hindmarch

CHAPTER 1

THE BASICS

CHOOSING A RELIGION

People, not God, run religions

Let's start with what we know. Whichever Religion you follow, we are all a part of God.

Your upbringing was probably based on what your parents believed and some of their experiences. You took this for granted and followed the plan they set out for you. They were doing what they believed was right. If your parents were Cannibals and living in darkest Africa, you would probably be a Cannibal too.

The important part here is that you would be doing "What you believe is right"

Spiritualism is not a Religion; it is an understanding of life! Who we are, why we are here, and what our purpose in life is amongst the many answers you will get.

The foundation of most people's lives is based on Religion. And the Religion is probably the one that your parents recommended\followed. But have you looked at the full picture? Here are a few examples:

- The real God is God, Jesus, Allah, Mohammed, and Buddha...?
- You cannot worship God in other Churches...only ours.
- Birth control, Divorce, Gay people and eating meat on a Friday is a sin.(Subject to periodic change)
- You cannot eat Pork, or Prawns or meat or Fish etc
- You cannot get to heaven unless you confess your sins.
- You are a sinner unless you go to Church at least once a month.
- Unless you confess you will burn in hell for the rest of your afterlife.
- Talking to "Spirits" is dealing with the devil.

- Give us a share of your wages every month...and God will look after you.
- Don't save your child's life with a blood transfusion...trust in God.
- Make 3 cuts with a knife on your Child's face when born to keep away evil Spirits.
- Black people can come to our Church but not hold office.
- You cannot hold office if you are Black, a Woman, un-circumcised or without a hat on.

Who makes up all these rules? God or religions?

Do you believe for one minute that our all loving, all forgiving God wants us to burn in a fiery pit for the rest of our days, along with a heavyweight with a forked tail, pig's feet and a pair of horns?

Do you believe that saying 3 Hail Mary's on a regular basis will get you a 1st class ticket to heaven, or that God will disown you if you do not pay one of the Churches a share of your hard earned income?

Religions have come and gone over the years, new ones are starting every day based on what people want to believe, and the rules change all the time. People, not God, run religions. Many priests fervently believe that they have the power to forgive you your sins, and save you from Hell. They truly believe it, but once again based on what they were taught

Religions are mainly "Fear based Mythologies" They are designed to keep you "In fear of" God, and therefore tied to your religion.

Do you think God wants to keep you living in fear? Fear that you are a sinner? Fear that you have broken one of the commandments?

Do you think God wants you to pay Churches (You cannot pay Him) for forgiveness?

Do you think God made the various conditions listed above? The answer can only be "NO"

How did this all start?...there are many many examples. In 400AD for instance Emperor Constantine was having a hard

time keeping the Roman Empire together with its Pagan religion, so he abandoned their sun god (Sun-day) and made a deal with the followers of Jesus who was more popular at the time... to merge the 2 religions and call it Christianity... hence the start of Roman Catholics.

They didn't have a picture of God so they used a picture from one of their most popular gods being Zeus. It can still be seen in churches today.

How many times have the Catholics changed their rules since? They change to suit the beliefs and morals of the day. And who makes the changes? Is it God or the Pope?

In the 10th Century Pope Urban 2nd was asked by the Emperor of Constantinople to send a few Knights to oust the infidels (Followers of Islam) who had recently invaded Jerusalem. Being a bit over-enthusiastic he suggested a Holy Crusade which any good Christian could join in – and offered the following benefits.

If they re-captured the invaded land, they had to hand it back to its owner, but could do a bit of looting at the same time.

They would get all their sins absolved and a guaranteed place in Heaven.

The church would turn a blind eye to “Thou shalt not kill” as long as it was “infidels” which translated as non-believers in the Church.

Around 6 000 took up the initial offer, and started the long trek to Jerusalem – and warmed up their skills by slaughtering a few thousand Jewish people along the way – after all, Jewish could be classified as infidels at a pinch.

When the New Testament was written in the 17th Century, King James gave 1400-year-old scrolls written in ancient languages to a group of scholars and basically said "Make this into a book to control the people based on today's standards and our beliefs"

They left out many Gospels (unsuitable for the period's beliefs) and there are gaps when Jesus spent time in India and Tibet. They translated the word "Gehenna" which is a rubbish dump outside of Jerusalem to the word "Hell". Criminals who

were executed were thrown into Hell (Gehenna) which continually burned as people burned the towns rubbish there... so, go against the Church and you would burn in hell for the rest of your afterlife.

The New Testament was created to suit the standards and beliefs of the 17th Century.

The Kings and Queens were the Heads of the Churches, and therefore could get the "blessings" of the church to rule as they wanted to.

Let's say the same job was to be handled by the Pope, Barack Obama or Nelson Mandela; do you think the results would be the same?

If your religion is the one you want to follow then that is OK... You are doing what you believe is right, therefore it is right for you!

But what happens when you realize that there is more to religion than meets the eye... You search for the right answers, and you will find them.

If you want some advice, get a copy of "Conversations with God"...and get some direct answers.

It will certainly open your eyes.

HOW TO ADDRESS GOD

Well, this is a very personal thing. How do you feel about God? Is he up there on a pedestal to be worshipped, or is he your best friend that you can talk to?

How do you feel when you see a Priest in his finest robes, with his Gold ornaments "representing" God?

Compare that with a humble Guru sitting on a mountaintop talking to God his way.

I can only tell you my way, and how I feel about God.

God is my best friend. I can talk to him (I really can) and I can get truthful down to earth answers. So this is great for me. I have all I want there.

Imagine if you were God for a moment...and that you could perform miracles, heal with a single touch, and love everyone

for who they are. You would feel great, you would feel magnificent, you would feel on top of the world.

But, would you, like those that you have healed, to kneel before you? Kiss your feet? Call you Savior, Divine father or The Lord God almighty? (Even though you may be)

If you were in that position what would you like your friends to call you?

I would say that I am just me...and the fact that I can perform miracles is a blessing, and I love to give, and share, and help....I do not need more.

So I respect God 100%...I love God in my way, which is all he asks...

Quite often when I need to speak to him, or ask a question, I do not start with "Oh Heavenly Father etc etc" I say "OK God, I need some help here" and he responds in the same way....

God has a great sense of humor too...after all he invented it.

This is only my opinion, which is all I can give. You must do what you feel is the right thing.

And what you believe "IS" the right thing.

WHAT HAPPENS WHEN YOU PASS OVER

The real you is still “upstairs”, your Higher Self, and you chose this life and the experiences you wanted to go through

Let me first give you an example of an old lady I knew who knew nothing of life after death.

I never had a chance to tell her what really happens. Her Church had told her she was to be judged, and would either end up in Heaven or Hell. She was scared, and very very insecure.

She was fading fast, and her family had been called. She was in and out of a coma, and they did not expect her to last more than a few days.

Let me explain how that happens. If you were to verbally tell me about your days at school, it would take you hours to get the message across...and then it would only be the highlights. Yet you have ALL of those experiences in your head. To simplify things lets say that you could transfer the part of your brain with those experiences to me, then I would have complete knowledge of your schooldays...and in only a few seconds.

This is what happened to the old Lady. She received an "Instant understanding" of life after death.

The next day her real family gathered around her bed and saw that she had suddenly perked up, she was lucid and very happy. But could she tell them what she had experienced? And if she did, would they believe her?

What we see in meditation, when we are helping someone to pass over, is a rainbow of colors coming from their head connecting them to spirit. Their soul moves along this rainbow, and up into the higher dimension.

Sometimes, if we have astral traveled into their dimension (during meditation) we can hold their hand, help them across, and hand them over to their spiritual family and friends.

This is a fantastic experience as we are able to feel just a little bit of the beautiful love that they have over there. (They restrict how much we can feel; otherwise we may be tempted to pass over ourselves!!!)

What a person sees when they pass over is different.

They start to see Spirit around them that they recognize. A single spirit that they recognize may take their hand and just walk around the hospital and into a different dimension. Or they may look upwards into a tunnel of light and feel the tremendous love coming from it, and just start to float upwards.

As your vibrations rise, you cross over into another dimension (Heaven?)

On arrival you will be a bit disoriented, and it will take you some time to adjust to your new\real life...and also what you can do in it.

Thought is the beginning of creation, and you can create whatever you want because you are no longer in a physical world.

When you arrive you will not know this, and because you "think" you are wearing the same clothes that you passed over in... you are.

Fishermen catch the biggest marlin and Mr. Moneybags will create the biggest pile of gold you have ever seen.

You still have free will, and if you want to catch the biggest marlin every day, then you can. Whatever you think makes it happen.

So you see it takes quite a bit of adjustment.

Once you have settled down then it is time to finish the lessons that you started in your last life on Earth.

You are taken by your Guides to re-view your past life. Did you make the right decisions? And did you experience what you wanted too? You re-view your whole life, as seen by you, and as seen by everyone that you came into contact with,

So you judge yourself, and you decide if you learned the lessons well enough. And when you choose your next life on earth (when you are ready) you may elect to experience the same lessons again, or graduate to new ones.

WHY YOU CHOSE THIS LIFE

It is all very well having an "Understanding" of life, but you will understand far more if you experience it.

So you choose to experience it, and you choose the lessons too.

You may well go through several hundred lives on a physical plane, learning different lessons with each one, before moving on to a "Mental" plane where a physical body is no longer needed.

When you choose to learn more lessons, your higher self creates a "You" to experience it with. This "You" is then born, experiences and returns to the higher self.

You may choose to be born male or female, and you may choose easy lessons or hard ones. You have free will up there too, but with the greater knowledge you have there, you can make far better decisions.

Let's say you want to experience losing a loved one, and dying of cancer. You look in the Akashic records (the future) and see that a child will be born that will have those experiences. You then choose to be that child.

You need certain characteristics to experience this the way that you want to, so you choose to be born when Planets are in certain positions. When you are first born, the first energies that your new Spiritual body (and therefore your physical body) picks up are from Planets. Each Planet gives off a certain energy or vibration which becomes the basis of your character.

(Have you ever wondered why some Women spend 20 hours in labor, and some have premature babies?)

Before leaving on your new Journey you choose some Guides (Normally 2 or 3) that will "Guide" you through the experiences that you have chosen.

You have total free will on Earth, so you do not "Have to" do anything, but your Guides will give you a nudge in the right direction whenever they can.

Normally you will have a Life Guide that will remain with you throughout your time on Earth, plus others that come and go as you experience different lessons.

Once you are on your Spiritual path, you can meet your Guides through meditation, and your direction becomes easier.

It is also possible to connect with your Higher self too. There is a Chakra of white behind your Crown Chakra. Open this every time you meditate, and eventually when the time is right you will be able to connect...but only when the time is right, and that is usually after you have experienced what you chose.

When you decide to come down for a new life, you leave your memories behind so that you can focus on what you have chosen to experience. As an example it would be too easy to experience Poverty when you know it is just for this short life.

You sometimes choose a "Holiday" life, where you sail through life without a care in the World...because you need to experience that too.

This brings us to a golden rule, **NEVER JUDGE PEOPLE.**

So the next golden rule is **UNCONDITIONAL LOVE FOR ALL.**

PROGRESSING THROUGH HEAVEN

How many lives have you experienced so far? They say you have around 700 on planets like our Earth.

We live in an insular World where our scientists are trying to prove everything scientifically and put everything into little boxes. The problem is that they are only working in this dimension, because according to them if they cannot prove anything scientifically then it does not exist... or at best becomes unexplained.

To start with, can they prove any emotion?.. No. Yet we know that love, anger, jealousy and so on do exist.

60 years ago they believed that flying faster than the speed of sound would cause the air in your lungs to explode. They could not visualise a computer, black holes, laser surgery, CD's or cell-phones.

So how far will our technology advance in the next 50 years?

What has been discovered so far is just a fraction of what there is. Take sound as an example. We hear only a certain range; dogs hear a bigger range...is there more? YES, far more.

Did you know that dogs can "see" odors? That fish can sense direction? Or those plants can "recognise" people?

Take colours too, we only know of a certain range, but there are more...far far more.

Take technology as a ladder with 100 rungs. We are only part way up the ladder.

So what has all this got to do with progressing through Heaven?

When you first pass over, you complete your lessons and judge yourself how you handled them. Then depending on how many lives, and how much experience you have had, you progress to the next step.

The lower levels of Heaven (I am simplifying it here) are where you chose your lives on Earth and other planets. You also act as Guides; help in other dimensions, and learn many more aspects at this level.

When you have completed these levels you move on to the "Mental" levels, where you no longer need to incarnate as we know it.

Your body is purely an energy that takes up no space at all. With your mind you can "create" whatever scenario you wish. So if you want to talk to your friends on a beach with palm trees then it is all created through thought. Just daydream here for a minute that you are on that beach. You can imagine things fairly clearly already, so with a bit of practice over there, you will be able to create clearly.

Before we move on let me give you a few examples of senses that you have on this earth plain.

Have you ever felt someone staring at you? You are picking up the energy that they are projecting to you. Have you walked into a room where 2 people have been arguing, and are now smiling at one another? You can cut the atmosphere with a knife...you are picking up the energy in the room.

When you think of taking your dog for a walk, have you noticed how the dog knows before you do?

Or as a mother will tell you, you can look in on a sleeping child and "know" when that child is ill. These are natural senses that we all have. And lastly, have you met someone that you take an instant dis-liking to? You are sensing their energy, which does not gel with yours.

These are senses that most people have forgotten. We all have them, but have forgotten to be aware of them.

So, back to the mental levels where you increase these senses and learn new ones too.

Van Gogh created the most beautiful paintings, and Mozart wrote the most beautiful music, so what can they create in the mental levels?

With their additional senses, and the fact that they would create by thought (Much faster than a paintbrush or pencil) plus their minds being so much more advanced than just 70 years on Earth. They would create masterpieces beyond anybody's imagination.

Lastly we will look at thought. For you to verbalise to me your schooldays would take you months, and I could only visualise what you experienced based on my experience. So I will get a very slow and inaccurate picture...yet all that information is in a tiny part of your brain – if you could transfer that part to me in an instant I would fully understand your experiences. This is how you communicate on the mental levels. It is called instant understanding.

And not only with one person (mind) at a time. You can hold a conversation with many minds, and in just 1 second.

Now imagine the vast amount of knowledge that you can experience and share.

And do you think it stops there? NO! But that is more than enough to start with.

ALL ABOUT GUIDES

Before being born you choose the lessons you want to experience, your parents, and two or more Guides.

The first one is your **LIFEGUIDE**. This is normally someone that you know well, that will stay with you throughout your life on Earth.

Your Life guide is often called your Gatekeeper, and when you become Spiritually aware, you will ensure that only the good entities are allowed into your Energy (unless you chose to experience otherwise).

He (or she) will probably be someone that you have experienced things with before and understands why you have chosen these particular lessons.

You will probably choose one or two other Guides who are more experienced in the lessons you have chosen, and it is their job to "Guide" you through them.

You have total free will, and they cannot change that. But they will try and influence your thinking so that you do experience what you have chosen the best way possible. They may also connect to other Guides to get them to direct "Souls" into your path.

Along the way you may have many different Guides too, as new ones appear to guide you through the various lessons. These are Guides that specialise, as they themselves learn and improve at the same time.

In the beginning you will normally see your first Guides as Indians, Chinese, Monks or wise men. This is to give you a feeling of security that you are being guided by what you perceive experienced guides to be.

So your Guides will start by showing themselves, as you would like to see them.

You start connecting to your Guides through meditation. And you will build up a comfortable relationship with them. They want exactly what you want, and will do their best to help you experience it in the best way possible.

What if you chose a hard lesson? Let's say you get cancer, or lose a loved one. Don't blame your Guides. YOU chose the lessons and your Guides are there to help you.

They can have a great sense of humor too. If you are feeling down, your Guide will give you upliftment. If you are feeling happy, your Guide will be happy with you. And if you lose hope altogether, your Guide will be there for you with Unconditional Love.

Your Guide could even be a Soul mate from a past life.

CLAIRVOYANCE

Seeing beyond the range of normal human vision – known as extrasensory perception. By Verna Hindmarch

Clairvoyants are often called Mediums meaning *the message* or Sensitives meaning *perception through senses* or Psychics meaning *all of the above*. Many years ago we were known as *Seers*. Every soul on earth incarnates with the ability to achieve this level of awareness.

To be a good clairvoyant, if you have not received a natural flair for it, one would need to have patience, meditate, practice and have faith. *You are a natural clairvoyant to a certain degree and with patience and faith one can enhance this phenomenon that lies within us all.*

The degree of your awareness is entirely up to you and your will to achieve. More inner peace than you could possibly imagine enters your body, mind and soul through prayer meditation.

Clairvoyance takes place (or should take place) in God's light and with prayer.

Many churches have members who have visions but they do not carry the label of clairvoyant and so it is said that they work in God's light. There is no defense or judgment in this statement. The simple fact is that a good medium has to work and always will work in God's light.

Mediums have their individual way of how to receive their messages. Tea cup readings, palm readings, tarot cards, automatic writing and psychometry (holding an object belonging to their client and receiving the objects energy) are the most common. I hear voices (clairaudience) and am shown pictures (clairvoyance) with emotions attached to both and so 'sense' and 'feel' the message that is being given to me. That is my medium. Although I have used tarot cards, psychometry and automatic writing the way I work feels more comfortable for me.

Mediums simply "connect" to spirit in a variety of ways to receive messages.

Tea cup readings, palm readings, tarot cards, automatic writing and psychometry are all tools used to connect with the spirit world.

Automatic writing: A pen/pencil is held in the medium's hand so a spiritual guide may use your energy and may even put their hand in yours to begin writing out a message.

Psychometry: Everything has an energy field to it and a client may well bring me a ring or a watch to hold. The energy from the object is then felt and if the ring belonged to a grandmother her energy would be felt and a message would come through.

Clairaudience: The words given to the medium by a spirit guide would be heard the same way as you hear words in a dream state. If you close your eyes and imagine someone is saying something to you, you are using clairaudience.

Clairvoyance: Close your eyes and visualise a family member walking towards you to show you a beautiful bunch of flowers. You 'see' the picture in your mind's eye and you feel an emotion connected to the beauty of the flowers.

When any of these 'mediums' are used there is always an emotion attached so the clairvoyant can interpret the meaning of the picture or the words.

Negative readings: *Never* go to a medium who has not been recommended to you or unless you know that he or she works in God's light. Negative messages can come through from naughty spirits. A client of mine experienced just that! She was told that her sister would die in a car crash within the next three months. Do you really believe that God would give that message to a soul on earth? NO! She never told me why she had come to see me and my message was that her sister needed to get her tyres checked on her car. That was all! A year has gone by and her sister is very much alive today! She never got into a car or went to work for three months and lost her job in the process. No good clairvoyant will tell you of your death – God just does not work that way!

Clairvoyance is not a gift as some say mediums are blessed with but rather a natural part of every soul. It is not anti-

religious. It is your connection with spirits that have passed over, God, the universe and your higher self. We all, each and every one of us, have this sense of awareness within us but it would be a chaotic world if we all were able to use it to its fullest capacity at all times. That would mean all being at the same level of awareness and take away the good and nasty opposites of life. How would we ever learn life's lessons? It would defeat the object of incarnation as we need to experience and live the specific chosen paths of our souls.

I guarantee that you, in some way you have had a spiritual experience of some kind. Your inner voice creating an awareness or feeling about something or someone that left you saying: *I knew we should not have done that, or I knew we should not have come here, or I had a feeling about him or her.*

HOW DOES A CLAIRVOYANT SEE YOUR LIFE?

Everything is energy and our vibration on earth is heavier than the vibration of spirit world. When you are in meditation your energy levels are heightened. After a lot of practice, patience and years of ‘tuning in’ meditation no longer becomes a necessity. One seems to get a ‘mind set’ and is able to, like changing a gear, get into that state of higher energy.

It is as if they are on a wave length of one radio station and we are on another. Eventually you are able to tune into a middle wave length known mostly as astral with the radio stations joining onto one wave length.

Remember that your family in spirit also has to learn to communicate. Again I say that my clients often imagine these dear souls who have passed away floating high up in the heavenly sky. They are here with us on earth. All around us, protecting and guiding us and helping others who are in need. Like those radio waves we simply have different channels and somehow I find it easy to tune into both at the same time. Sometimes it feels like I am in two dimensions at one time.

Imagine your life on earth as a straight line with the beginning of this line being your birth. Imagine, according to your age that you are standing at a certain section of this line. You created the line you have already walked by the choices you and your soul made in the past. In front of you, but for the line, is open space as far as you are concerned. In reality it is full of your soul’s planned journey. You have already written the script of your life and now, on earth, are playing it out.

Let’s say that your line is a road leading from one town to another. Your destiny means that you *will* walk that road but your choices may take you on detours. Some choices, mostly due to your attitude towards life and your own self-worth, may make your journey more difficult than it is meant to be but with a good attitude you may tackle your destiny in a positive manner.

This is what makes NOW such an important time. Where you imagine you are standing on your life line is your NOW! A good exercise is to look back and see all your negatives as positive experiences that you have achieved, survived and can learn from. ALL negatives can be positives. It is your choice as you can either hold onto them and live in fear or change your attitude towards them and allow them to be guidance into a future with greater awareness.

No clairvoyant can truly see your definite future, but can be shown your future choices according to the NOW space. I am often shown two or three roads leading off from a cross road situation. These represent your future choices and I am then shown the journey of each road – guidance for your choices. A good clairvoyant will also be shown some negatives within your ego (attitude) that you could adjust to make life easier for you.

God will never take away your free will on earth, so messages are for guidance with the final choice being yours to make.

As my clients sit opposite me, or if it is a long distance reading I tune in and enter the presence of their now. Their energy can be read as one enters the space (astral) of what was what is and what could be!

To me it often feels like I am floating into a time that is separate to my time – it is your time I have stepped into. I feel and sense and your guardian angels, in God's light, give me their words and pictures. They put emotions in my body so my senses can explain the words and pictures.

While I am in the *space* of your life line I am shown your emotions, your fears, your health and the decisions you are making for your life at that very moment. You may ask about a choice of career and all your different options will be shown to me for guidance.

You are part of the universe – of all that is. We each make our mark, our own life lines, through the universe according to the choices we make. Energy flows from each soul into the universe and connects us to each other until the universe is like one big ball of our connected energy. That is why it is said that

one person can make a difference. You are busy influencing other souls and the universe with every thought and deed you create.

This fact enables a clairvoyant to do distant readings and distant healing. You simply have to learn, and anybody can, to tune into the universe.

Meditation, faith in yourself and therefore faith in God brings one into awareness. If you have true and honest faith in God then you cannot help but have faith in yourself and your life.

A stillness within that shuts off your heavy physical life energy and our conscious thinking mind floats you off into the energy of God's land – all that is - souls!

We have free will on earth as it is in heaven so make your choices wisely and positively.

ALIENS – DO THEY EXIST?

Most people will say "Probably" because they have not yet met one. Although there are many facts, figures, articles and photographs, it is one of those things that you cannot believe until you have actually experienced it yourself.

Let's start with the logical mind.....

A "light year" is the distance light will travel in one calendar year. The time it takes light to reach the moon is just a few seconds.....Imagine how far it will reach in one year!....Hundreds of millions of miles!

There is a Nebula (Star) that you can see with the naked eye, that has been expanding at the rate of 2 000 light years a day.....for 150 Million years.....and we see it as a small prick of light.

That figure is too big for the human mind to comprehend.

To put it in perspective one grain of dust is Earth, and the Nebula is the size of Disneyland.....

The galaxies close by are more than 150 Million light years wide.....we already know of over 1 Billion galaxies that each contain over 1 Billion stars.

Now, let's put that into perspective.

One grain of sand on the Beach is Earth, and every other grain of sand on the beaches around the World are the other planets.

So ask yourself this, with these billions upon billions of planets, could there be life outside of Earth?

Your logical mind would say "There has to be" and you would be right.

So why don't we see them?

We have to assume that the Aliens that have the technology to reach our planet would be mentally superior to us.and have "passed" our level of evolution. To them we are primitive. Would we bother to visit a race of Cavemen? (Except for curiosity)

Also being advanced mentally, would they wish to "Disturb" our growth, as would we wish to disturb a colony of ants?

Lastly, with advanced technology, surely they can visit us without being seen. We already have stealth planes, submarines and ships.

So why don't they contact us?

How do you know that they do not?

What do you think would happen if a spaceship landed in Times Square? Would we welcome them with open arms, or surround them with the armed forces, lock them away securely and analyse them?

Also, suppose you saw that happen on the evening news, would you believe it?

Would America or any Country for that matter want to share its "Aliens" with another? I think not.

Maybe they are wiser than we think, and have been down that road before.

Now, I will let you into a secret.....we are looking in the wrong place for Aliens.

Our logical minds do what they think is best based on experience, and are looking for Aliens on nearby planets.....Are these planets millions of miles away for a reason?.....Yes.

If we look closer, there are Aliens, Planets and civilisations very close to Earth...

You are learning about 2 Dimensions, the Physical one that we are living in and the Spiritual one which you pass over to.....but there are more.....far far more than you realise. Use the logical brain again and say "If there can be 2 dimensions, then there could be, or should be more"

Our scientists must prove things scientifically, otherwise according to them it cannot exist. But, as an example, how do they prove love, or fear, or any emotion?

And when they are faced with UFO's, Miracles, Spiritual Healing and the like, they have to conclude that they are "Unexplained"

Aliens do exist

The first time I met an Alien I was in meditation, and felt someone wanted to channel. I could not "see" exactly who it was, but the feeling was friendly. He came through to chat to the group and explained how he lived and looked etc.

When we asked him for a name, he did not have one, as he communicated with others telepathically, and therefore did not need one. He asked what we thought he looked like, and I answered "Like a beige jelly-bean".....so that became his name on future visits.

He also could not tell us where he was from, because the name that he called his planet was not the same as we would have called it. This first encounter was good, but subsequent ones were much better. We got to know how they lived, ate, entertained themselves and evolved. We also visited his home in Astral.

Since then we have been contacted by many Aliens in all shapes and sizes, and even some who live beneath the Earth right here. (They will show themselves in approx 10 years) Let's see who will believe them then!

We have also learned from them, and vice-versa. There was one race in particular that grew so fast with technology, that they decided that they could do away with emotions, and when they did they realised that emotion is a vital part of life.

Last thought.....If you were reincarnated on another planet in your last life, are you an Alien? Or do we just perceive others who are not like us to be Aliens?

WHAT ARE ANGELS?

How do you perceive an Angel to be? Golden wings, a halo and floating on a cloud?

When you are in the next dimension (Heaven) then you do not need a physical body. Everything is done by thought. You think of yourself, say in Denims and T-shirt and that will be the way you look.

A Spirit can show themselves any way that they wish, and that depends on the circumstances.

Let's say that a friend of mine died recently at the age of 50, but I last saw him at the age of 20. He will show himself to me as a 20 yr old, so that I will recognise him.

If someone else is there who last saw him at the age of 50, he will show himself to them as a 50 yr old.

Also he can show himself to both people at the same time, as both ages.

They do this simply for recognition. Makes sense doesn't it.

An Angel is just a highly evolved Spirit that works on a higher vibration than your Guides (in most cases)

Normally they have finished their physical lives on Earth, and now work on a "mental" plane.

Angels have a high vibration, so that when you meet them say, in meditation, you will sense the higher vibration, and you may physically feel a lot hotter too because of the energy that they project.

Angels also bring a tremendous amount of love. Because they are so advanced, their unconditional love for all is much stronger and you will be able to feel and sense this.

Angels and Arch-Angels are terms that "we" created for what we know as "Higher evolved Spirits" and they just go along with it for our sakes.

KARMA

Karma is a very much abused and often misunderstood word. The general thinking is that if you do something to somebody, then at some stage in this life or the next you will experience the opposite.

So when something bad happens to you in this life, then people say it is your Karma. Not true!

There is a Universal law, which says, "You get what you give" and "Treat others as you would expect them to treat you" This is a Universal law that works with energy. Basically if I abuse you then I can "expect" to be abused back. Or if I am nice to you then I "expect" you to be nice to me. Try it and you will experience it.

So what happens when you have a disaster in your life? You chose it. You chose your Karma!

Let's say that you chose to experience divorce in this lifetime, and that to make sure you learned the lesson well you chose to be divorced "up to" 3 times. You then may well go through 3 divorces. But, if you learned your lesson well the first time, and FULLY UNDERSTOOD the lesson, then your Karma will change, and there is no reason to go through the other 2.

Another and more common example is being taken for a ride financially. This is an important one as today's World and its peoples are centered around material things far too much. It has gone to the extreme where people will lie and cheat on their friends and others just for financial gain.

Corporations will, and often do, ignore loss of human life for the sake of profit. Rainforests are being destroyed, Natural and economical healing remedies are being suppressed, and wars started all in the name of profit. Wealth becomes power, and power can be, and is abused.

The World's financial markets are getting out of control. The rich are getting richer, and yet 50 000 people die every day from starvation. The balance has gone and needs to be restored. So when you choose to lose financially, then it is a valuable lesson

to you, as you understand to what measures others will go to simply for financial gain.

So you must "Live in truth" at all times. If you are true to yourself, then your footsteps through this life are according to the choices that you have taken upon yourself to walk for your Soul while on Earth.

You have free will on Earth, and can change your Karma if you wish, but remember that you chose it to begin with.

HOW SPIRITUAL HEALING WORKS

You can heal with Energy, Colors, Thought, Sound, Crystals, past life regression. There are also many other forms which you will learn later on. This is a huge subject, and we will be covering just the basics here.

We can all heal using the basic form of energy. It is built into every one of us, even non-Spiritual people.

Healing with energy starts with the "desire" to heal.

Imagine a tiny puppy (as long as you love animals) limping towards you with an injured leg, and looks up to you with those big soft eyes that puppies have which say "Please help me, I am a poor defenseless puppy"

Doesn't your heart just melt? Don't you want to just cuddle it to you and love it better? Well, you are loving it better. The love you feel inside you is energy directed at the puppy.

Does the puppy feel it? Yes, it does.

When a child has a pain, then Mommy will kiss it better, and the child goes back to play.

What you have inside you is a natural instinct to help others. Something that most people have forgotten to use unless it is for close family. Plus babies and animals as they seem so defenseless.

DOES IT WORK?

You create energy all the time. It may be energy for your favorite team to win the baseball game, or for an athlete to win the Olympic gold. Or could be anger towards your boss (negative energy) or love towards your partner.

This is called Universal energy, and there is plenty of it. Just a thought creates the energy.

This next creation of energy is the opposite. Let's take Lady Di's funeral. Millions of people watching the funeral procession from their homes. Millions of people feeling so sad at the loss of a special person, and so sad for the children and family left behind. How do you feel now, just remembering the event creates a sad energy. That sad feeling in the pit of your stomach is real, it is you creating energy.

Universal energy is an all purpose energy that you can convert to many things. It has a high vibration, and when you use it you convert it to an Earth vibration which is lower. You will naturally convert it to the energy that you want to create, just through the thought.

When you see someone in trouble, you do not have to go and put your hands on them to heal them. You can just send healing thoughts, and immediately that energy is sent. The energy is general and not specific, but always does some good.

A Spiritual healer takes it a step further. He will ask Spirit for help (And there are always plenty around) to heal better. Let's say that I, as a healer place my hands on your head, and ask Spirit to help me heal your problem. They will bring in more specific energy for the healing that is needed. I am only a channel for that energy.

They may decide to use vibration, energy, colors or sound just to name a few. I watch as they work, and experience what they are doing. This is just one of the ways that you can learn too.

Spirit cannot heal directly, as we have free will on Earth. To ensure that this rule is not broken Universal Energy was created at a high vibration. The only way it can be used is through

someone, where it is converted to the lower Earth vibration. The desire to heal initiates the process.

When I first experienced this I was so excited. I could heal, and I had proved it, so what was next?

I said to my Guide "If I can heal, and Universal energy is unlimited, then I can heal the World?"

He answered: "If you did indeed heal the World, then there would no longer be any dis-ease, and we would therefore no longer need healers. Then you take away the lessons of those understanding healing and dis-ease", take away the lessons of giving and receiving, plus all the lessons that go with them. No-one would experience and then no-one would know. Do you want to take that away from them?"

He continued: "Rather let all experience the gift that they have, so that they may understand it, progress and evolve. That way each would be able to heal, understand and experience this form of love for the future and for generations to come"

Anyone can do hands on healing if they have the "desire" to do so. As you progress you start to find many extensions to this. You may be able to converse with your Guides while healing and they can advise further action.

This basic form of healing is not sent directly to your physical body, but via your spiritual body. To illustrate this lets say that you are healing an open wound. If the healing were to happen instantly, you could create more damage initially. Can you imagine a wound that needs 20 stitches just snapping closed? The bruising would be horrible. So you heal the spiritual body which starts to pass on the "healing" to the physical body, and at a suitable pace that the body can handle it and adjust to.

You will find that the healing process will be speeded up compared to normal.

There are healers that can heal instantly, and do so when needed. But this civilization has not yet reached the stage where they could accept this as an everyday occurrence.

There are lots of other things too, such as, you do not want to heal a cold immediately, it has to run its course. But you can

take away the sick feeling that the patient has, and you can speed up the process.

There is also the emotional body, and the mental body that need healing too. Problems may have been caused by something that happened earlier on in your life, or from a past life. Physical problems may be linked to mental or emotional bodies, so you must be aware of what you are doing.

I do not do the healing, I am merely a channel for those spirits that know what they are doing, and can work through me.

ABSENT HEALING: This is where you simply send energy by thought. Your thought creates the energy, and it is delivered to the one you thought of.

GROUP PRAYER: If you can create energy to heal, then imagine what a group can do (Remember the football game?) Group prayer does work.

VOODOO: This is the creation of a negative energy. As an example you stick pins in a doll that looks like your boss. What you think will happen is that something bad will happen to him **BECAUSE THAT IS WHAT YOU HAVE BEEN TOLD WILL HAPPEN.** So you create this energy and direct it to him.

Luckily you will probably have not had much experience with this, and are not too sure whether or not it will work. The effect will be minimal, as this only really works if the person receiving it believes in it. He will probably just feel a little off color (sensing the negative) if anything at all.

BLACK MAGIC: You should be able to figure this out by yourself now. It is the same creation of negative energy.

Lastly, all our bodies, physical, emotional, mental and spiritual are all created to naturally heal us. If we feel love we heal faster, if our emotions are negative, it is to heal the emotional body so that we may recognise joy. Our subconscious mind is always ready to heal us. In some way or another we will be given signals from all these parts of us that we need to make some changes in our lives or attitudes - so even the most negative things can therefore bring about the most powerful healing!

UNCONDITIONAL LOVE

Part of Spiritual understanding is that we should have "Unconditional love for all" but what does that really mean? In most cases it is far easier said than done.

Can you have unconditional love for people such as Hitler, Sadaam Hussein or Charles Manson?

We tend to judge people on their actions, and according to our morals and beliefs...Not theirs.

We have all heard the story of a Jehovah's Witness whose daughter died because he would not give her a life-saving blood transfusion.

He stuck to his belief...exactly the way that you would stick to yours, albeit opposite.

Up until quite recently the Australian Government "believed" that you must take Aboriginal children from their parents so that they could become more civilized. And in Africa (1950s) you could get a license to shoot the Bushman tribe for sport.

Even today in some African tribes, when twins are born the parents believe the weakest should be killed to make the other stronger. America and Europe used to believe that Slavery was the way it should be, and that the "Red Indians" were an inferior race.

Look at all the Countries today where there are "Religious wars", or just wars for financial gain or power.

Even those that had Jesus crucified believed it was the right thing to do.

If you were brought up to believe in one of the above, you would believe it was the right thing to do too...until you learned otherwise.

These examples only illustrate that we must never judge someone for their actions. (Not an easy thing to do) If they are doing what "They believe is right" then it is right for them. (And that they chose to experience that lesson too.)

Without learning and experiencing, we cannot evolve.

Unconditional love therefore means that we accept people for who they are, their beliefs and their actions, even though it may be the opposite of ours.

Not an easy lesson.

WHAT IS AN OUIJA BOARD?

It is a round board, and around the edges are the letters A-Z plus the words Yes and No.

In the center is an upturned glass. You sit around the board and each person puts one finger on the glass, and one person asks a question. Spirits then moves the glass to spell out the answer.

Séances, Sittings and Circles only started around 1850 (that we know of) and were considered in those days by many as a form of witchcraft.

The Ouija board was one of the first things used, mainly by "Fortune tellers"

The Ouija board does work, **but is definitely not recommended**, as unless you know what you are doing (Protecting yourself) you can easily contact some scary entities.

On Earth we live in an Earth vibration which is low. Spirit has a high vibration. That is how the two dimensions are kept apart.

When you pass over (Die in human terms) you move from a low Earth vibration to the higher Spiritual one.

There are many lost souls who remain in between for a variety of reasons, and they become known as Ghosts and Poltergeist.

There can also be some very nasty guys, who have as an example studied Satanism all their lives.

When you use a Ouija board correctly, you protect yourself first with white light. Then you "tune-in" by raising your vibrations. Spirit lowers theirs and you connect.

It is much easier for a "Bad guy" to connect to you because he has a lower vibration than Spirit, and is therefore closer.

Any good medium can sense whether a spirit is good or bad, and being fully confident and protected there are no problems.

The problems come in when amateurs try it, not knowing what to expect. They "talk" to the first spirit that comes along and can be led a on a wild goose chase very easily, and can be scared out of their wits.

Some are led to believe that they are being taken over by demons and a host of other nasties. As I said, if you know what you are doing there is no problem, but this system of communication is very primitive and rarely used these days.

ARE SPIRITS TRUTHFUL?

Yes and no. (Isn't that the answer you would expect from Spirit?)

ONE: If a 5-year-old asks you to explain about sex, you give them an answer that will do for the time being. When they ask again at the age of 14, they get a better version. And when they have experienced it at the age of say 21 they understand the full version.

The same thing happens in Spiritual Development. You cannot understand all the answers until you have learned the basics, so you are given enough to get you to the next stage.

The Guides and teachers that you have understand at what stage you are in your development, and give you the appropriate answers, the same as you would do to your children as they learn and grow.

TWO: The next possibility is that you misinterpret the answer you get. Many years ago I had just returned to South Africa from living in the USA. I had an offer to return to USA, and several other choices too. I asked a medium if she could help me to make up my mind, and she said "You will be moving back to where you have lived before" I just "assumed" that this was the USA.

The following week I was offered a position in England where I was born, and ended up living there for the next 3 years.

THREE: Let's assume you ask Spirit if taking a new job offer will be good for you. Spirit says "Yes" but the job turns out to be much harder than you think. You end up working 18 hours a day with 10 people who have Aids, and you constantly fear that you will catch it yourself somehow. After a few months you leave. You would probably blame Spirit for giving you the wrong advice.....but it may be that that was a lesson that you wanted to learn.

Another problem is all the books out there. They are not all correct.

Let's say you write a book about your career at the age of 25, then another book at the age of 50.

The second one will be far better, far more comprehensive and you can bet your boots that you can now see a few mistakes in the first book.

This is quite normal. But many on the Spiritual path believe they know it all, and publish books far too soon, and therefore inadvertently mislead their readers. Will they then take the book out of print? This is another lesson.

You will never stop learning in this lifetime. Every day is a new adventure, and every day you are able to see more clearly

Your Guides are there to "Guide" you. The more you can communicate with them, the more they will help you. And the more you will be able to have confidence in what they say.

MEMORY RODS

Where do all your thoughts go?

Thought is the beginning of creation. And thought is energy.

If thought is energy, then it must "be", and each thought must end up somewhere.

I hate spiders, so when I think of an 8 legged crawly; it is a negative thought for me. Once I have thought of it, it is created into a thought form. This thought form will drift around, and as like attracts like, it will join with others and create a larger and scarier thought form.

Being negative it has a low vibration, and drifts with other low vibration forms. When you astral travel (which we all do at night) your body passes through the lower levels on its way to the higher spiritual levels. If you are aware (or remember in the morning) you will see these thought forms, and if you "fear" them they will be attracted towards you.

But this will probably never happen to you, as by the time you are capable of remembering your astral travels you will understand that you are totally safe from these negative forms.

To get rid of them is easy too, you simply cover them with white light (the strongest form of energy) and they disappear...it is a bit like shooting Xylon fighters in Star Trek. Good fun.

Now take a low life bar on the wrong side of town, where there are aggressive and drunken brawls every night. These create thought forms too, and as like attracts like they join together, but they remain in that negative area.

That is why when you enter such a place you can "sense" the bad feeling (Bad vibes).

In a Church it is the opposite. Safe and secure thought forms are created which remain in the Church, hence the safe and secure feelings you sense when you enter.

A graveyard collects sad thought forms.

A Hospital collects sad and scared thought forms.

A Prison collects frustrated, angry and remorseful thought forms, and so on.

In your home there will be a variety of "collections". The study may have "work" forms, the bedroom "happy" forms and the dining room table "loving family" thought forms.

When you move these thought forms are left behind, and if you return in the future you will sense the new owners forms, and also sense your old thought forms.

If you have a room in your home that has bad thought forms, such as the study where you always worry when you try to make ends meet and pay your monthly bills. You can clean the room by using white light. Just use your mind and imagine the whole room filling with a bright white light, and all the bad feelings disappearing, and they are gone. Much easier than you think.

Each home has a memory rod too. This is where all the other thought forms go. It may be in the center of the house, in the basement, in the chimney or anywhere. (I have always found them at ground level..never in the roof or walls)

As your spiritual skills develop you will be able to "tune-in" to the memory rod, and see what happened in the home going back to the day the home was built.

The area around your home will have a memory rod too. Quite often it is an old tree, and that will contain the memories of what went on in the area.

But not only your home. You can go anywhere and tune-in to memory rods. Try an old Monastery or the oldest building you can find. Or go out into the forest and find the oldest tree and sit with your back against it and meditate. You will be surprised what you will get.

The North American Indians used memory rods all the time. When the seasons changed or when they needed to move to another area, one of the wise elders would find the new site long before they needed to move.

He would travel in one direction to start, and tune-in to memory rods along the way. By doing this he could see what the seasons were like in the past, plus the amount of game for food, water supply, and even how well the vegetation grew. Everything he needed to make a sound decision. He would then

return to the camp knowing where the next camp would be made.

Lastly let's look at your past-lives.

When you go back into a past life, either through meditation or Hypnosis, you are able to see what you did, and how you lived. What you are doing is tapping into your old memories, AND tuning in to various memory rods.

So thought is creation, and thoughts can be stored for thousands of years.

WHAT ARE LIFE CYCLES?

What we call Cavemen existed around 4 million years ago.....then disappeared

Then again, a different species around 1.5-2 million years ago...then disappeared

And lastly around 300 000 years ago.

These are called life cycles, and there have been many more than these 3.

When God created life, that life was given free will to evolve on its own. Let's liken that to a gardener planting a garden.

The garden grows, but without maintenance will become over-run with weeds in no time at all. Some plants learn to resist weeds, and some do not. When the garden needs to be re-planted the gardener will take the good plants and plant elsewhere, remove the weeds, and start again.

A novice Gardner would make a better job of it the second time around, and improve in every garden that he plants thereafter.

With our current life cycle here, the garden is becoming very overgrown with weeds, and very soon many weeds will be removed to make room for the good plants to grow and expand.

This is the best way that I can explain life cycles.

God created us so that we could experience ALL, and that means that sometimes we have to be the weeds too. As a life cycle gets out of control (As in Atlantis) it is "re-planted"

So there are life-cycles here on Earth, on other planets, and in other dimensions. A huge Nursery to cater for all plants and all conditions.

As in any form of management there is a hierarchy, with GOD at the top. (Although God is part of everyone, this is the easiest way to explain this one)

So who looks after Earth? To simplify it lets say that there is just one "Gardner"

You have a life Guide that looks after you. There is a Guide that looks after the community that you live in, and another that

looks after the Country you live in. And one that looks after the whole planet, and so the hierarchy goes on right up to the top.

Let's say that Bill Clinton is running a whole Country for the first time? He will gain experience from it, and only after he has gained experience can he progress and evolve.

You have to gain experience at lower levels to be able to progress and evolve, and we are all evolving at our own speed.

Hitler was an advanced soul who chose his lessons and make a complete mess of what he intended to do.

(See articles on channelings by Hitler) but millions of others learnt lessons at the same time, both good and bad.

Several years ago Verna and I were traveling through South West Africa when we stopped at a stony outcrop in the middle of the desert.

We tuned-in to an old memory rod there from several life cycles ago. We saw the people who were a bit like stick-men, more than 2 meters tall and very thin.

The next nearest village was over 100 miles away across the desert, so that it was very rare that they had any contact with anyone outside of their village.

Occasionally there were the adventurous ones who would set out on a journey to explore. Those that did make the next village rarely returned, as crossing 100 miles of desert is quite a feat.

So there was very little news of their outside world, and a lot of myths and legends were created as to what was out there.

SHOULD SPIRITUAL PEOPLE MAKE A PROFIT?

For a long time there were those who thought that people "Doing God's work" should do it for free.

Not a good idea, as they would soon go out of business. It would be great to do it for free, but as we live in a materialistic world we have to pay the rent, the same as anyone else.

Also there must be an "Exchange of Energy". Something for nothing does not have any value.

Years ago I used to run development courses for a donation. The donations were few and far between....that did not bother me, but as it was something for nothing many people booked their seats and then did not bother to turn up...or even worse, did not bother to cancel either. So many people lost out because we were fully booked yet we had many vacant seats on the day.

But, let them pay a fee and then they will turn up to get their "value for money". This sounds a bit harsh, it is not meant to be, but it is a reality of how we react in a materialistic world.

Our benefit from this arrangement is that we can now plan in advance because we know we can afford to, and we can teach more people. It just makes sense.

In Mozambique today there are people "Selling" clothes that were donated after the severe floods they had recently. The bales of donated clothing are held in a warehouse. Each day several wholesalers appear, split a bale between them and sell each item in their respective shops for \$1 each (Regardless of the article)

The warehouse owner makes a good profit, and so do the shopkeepers.

When I questioned the owner about the morals of doing this he said it was a good arrangement for all.

Everyone made a profit, the clothing was distributed throughout the area via the shops, and the person who wanted that "Overcoat" for just one dollar had to do something, however small, to earn that dollar.

That is a good example of an exchange of energy.

WE MUST STAY GROUNDED

A hundred years ago you could have been burnt at the stake for being a Witch if you were caught "Talking to the dead"

Here in South Africa over 1000 people a year are burnt to death for being Witches...Hard to believe in this day and age isn't it.

In rural tribal villages here the local Africans are still very superstitious, and believe that there are those that can cast spells, and perform all sorts of Magic. (Some can use energy for both right and wrong reasons, depending on their beliefs)

If the community suffers problems then it is up to the community to sort things out, and often the blame is put on a village Witch. Her home will be burnt to the ground with her in it, and her family are banished from the village.

How do you think the perception of Spiritual people has changed just in your lifetime?

How do you think it will change in the future?

I think the most important part of our evolvement now is to remain grounded in what we do, and treat Spiritualism as the norm, (which is what it was intended to be) and not the exception.

Although you gain this tremendous insight very quickly as to "Doing the right thing" you can only pass on this information to those that are willing and ready to learn.

There are those that try to project a "Spiritual" image in their dress, (loose flowing robes) Language (may you receive wisdom and blessings from the one that is all that is) and so on.

Some tend to preach Spiritualism instead of just living it.

This tends to create a "far out" image in the eyes of others.

To continue to learn and experience, you must live in truth at all times. And be "who you really are".

Ego is one thing that you must get over too. There is far too much of it in Spiritual circles. I have known several Spiritual Churches where there is jealousy amongst Mediums and Healers as to who is the best, or who knows the most.

There is a major change happening now in the Spiritual World. People are learning faster, and changing their way of thinking faster too. Let's keep things grounded, and teach people that this way of life is just the way it should be.

IS IT OK TO BE RICH?

The answer is YES!

We live in a material world, so if you want material things then that is OK.

What you will realize as you progress through your Spiritual life is that you would rather have peace of mind than a huge bank balance.

We have been brought up in a material world, and were taught to get a good education, make lots of money and save up for our old age. That is what we were taught and that is what most people do.

Let me ask you this question. What if a member of your family was kidnapped, and the ransom was all that you possessed. Would you pay the ransom? Of course you would, there can be no comparison.

Now think of your own life, as it is right now. Would you choose to be rich or have peace of mind?

Don't think that being rich brings peace of mind...It can help, but all things are relative.

I have a friend who is very stressed because he is losing money, and is down to his last million. He used to have almost 10 million, so he sees the comparison, and feels like he is heading for poverty.

Having money can be a curse too. What happens when the money keeps pouring in? What more can you buy yourself? You could move to obtaining power, or you could decide just to do your own thing.

A few years ago Verna and I were in Las Vegas for a holiday. While walking down the main strip one evening we sensed a spirit whom we found out was called China Joe.

China Joe explained that he won a Chinese eating house in San Francisco in the 1850s by playing poker, and that he enjoyed the vibration of Las Vegas.

We "talked" to him several times over the next few days, and he taught us a lot about money.

One evening we were walking through the Sands Hotel casino, when Joe pointed us towards the nearest Roulette table and said "12". We watched fascinated as the ball dropped into number 12.

He did it again, and again.

We knew he would not do it if we took advantage of the situation and bet ourselves. He was just showing us that you can "see" into the future as it already exists.

Later that evening we were in meditation talking to our Guides, and I asked "Why can't we take advantage of this, win a few million and feed the starving people in Ethiopia?"

The Guide replied. "Why not win a million for everybody. Do you think that it will solve the problem?"

After a few moments for us to think about this, he said. "People chose their lives on your Earth to experience. If we simply gave them what they wanted, they would not experience, and therefore not learn. The people of Ethiopia are learning far more about love and caring for one another, than any amount of food or finance could bring."

WITCH DOCTORS AND "TRADITIONAL" HEALERS

By Traditional Healers I mean Medicine-men, Shamans, Witch Doctors and the like. Living in South Africa the "Traditional" healers are the local Africans.

They mainly "throw the bones" to diagnose a patient and can prescribe anything from an herbal remedy to sacrificing a goat.

In the beginning there were 2 types of "Healers", those that used herbs and natural products, and those that used energy.

The North American Indians had a Medicine man that would cure mainly with herbs and natural products, and often would use Energy. Either knowingly or not.

If you "love" someone you are giving them energy. Take a Mom who cuddles her child that is giving love, which is energy. So you are "Unknowingly" giving energy.

When you see a starving child begging in the street, and your "Heart goes out to them" that is sending energy too. But don't make the mistake of giving them pity, that is a negative energy.

Healing energy is created by the "desire" to heal for most people. As you learn about Spiritual healing you understand the different ways, but it all starts with the "desire". The stronger the desire the more energy you can give.

So it is understandable that a Mom can give more energy (initially) to her child than a perfect stranger.

So when you take a North American Indian Medicine man, he is used to giving and healing. He will probably then connect with Spirit (again knowingly or not) and his intuition or gut-feel will improve as he tries to give more. Spirit can connect with him, and improve his gut feel, and also nudge him in the right direction as to a correct diagnosis.

This giving soon expands to a basic hands on healing. By giving he is drawing energy from Spirit, and passing it across to the patient. Spirit knows what energy is needed, and how it is to be used. The Medicine man is merely a channel for that energy, and converts it from Spiritual energy to Earth energy (Spirit

cannot send energy direct as it interferes with free will amongst other things, it always has to go through someone on Earth)

As the Medicine man sees the results, he "Believes" more, so his faith is increased and he can then channel more powerful energy.

If the Medicine man understands Spiritual life then he can talk direct with his healing guides and do even more. Now you can understand the Red Indians "Talking to their ancestors".

Now look at that same tribesman when the Witch Doctor says, "Your headache will go away"... In most cases it will go away, simply because the tribesman believes it will.

So your traditional healers can work in different ways, and do not always understand why or how a patient is healed.

One last thought is a trigger. Lets say a healer is taught to "Clap his hands 3 times to summon the spirits" before healing. He will then believe that this is what is needed. It is not. It is merely a trigger that he believes will initiate the process. That is why some throw bones, and some summon their Ancestors or sacrifice a Goat.

Let me finish with a story about the newly wed who made her husband roast lamb for the first time. She broke the bone and folded it across the joint. She asked her mother why she had to do that. Her Mother said, "That was the way I was taught" so let's ask the Grandmother. The grandmother said exactly the same, so they all went to the great grandmother, who replied:

"Because I had a small oven."

NATIVE AMERICAN SPIRITUAL BELIEF

These days it would be a dream to live as a “Red Indian”. Their life was so simplistic, peaceful and rewarding. Firstly there was no pressure to “keep up with the Joneses” Whomever was the best at leading became the Chief, whomever was the best hunter provided the food, and whomever was the best at washing the dishes became the dishwasher – all the positions held the same rank – one wasn’t perceived to be better than the other. So would you feel inferior if you were just the cook, or would you feel Superior if you were the Chief.....No. What an excellent way to exist with others.

The tribe was one big family – whenever there was a crisis, everyone helped. When one was sick, everyone sent them love. Everything was shared and everyone was looked after. When it came to mealtimes, you may want to join one group or the other – everyone shared what they had, and nothing was expected in return.

The Elders had the most wisdom. Because they were good at what they did, they did more of it, which made them even better. Because they were working mainly by gut-feel and experience when making decisions, they made themselves open to receiving “suggestions” from spirit. This became second nature to them, and they got better and better at that too. Hence the elders “Talked to their ancestors”

As old-age set in, those with physical jobs were less able to do them, so would naturally hand over to the younger members of the tribe. The Elders, trackers, and healers etc that used their minds more, would start to lose their memories (typical old age) and therefore naturally hand over to their apprentices. And when they got too old, they were looked after comfortably until it was time for them to pass over.

In today’s world the average person works 8 hours a day, to be able to maintain a reasonable lifestyle – to pay for their homes, cars and socializing, let alone saving for old-age and retirement.

In an Indian village there was far less to do – just 1 or 2 hunters could provide meat for all. Just 1 or 2 cooks could cook for all and so on – so there was far more time for relaxing and socializing. One of their favorite pastimes was telling stories, which was a great way to pass on experiences and wisdom.

The grandparents mainly looked after the children, as they had the wisdom to teach, and left the more demanding work to the youth.

And lastly, look at the setting. Beautiful nature.....sunsets and sunrises.....birds, flowers trees and animals in abundance. No set bed-times, no set mealtimes, no ego, one big family.....just a beautiful lifestyle.

AKASHIC RECORDS

All time is now.

This is a statement that you will find very difficult to understand. If you go into meditation you will be able to understand it a lot quicker.

When you chose this life you chose a series of lessons that you wanted to go through. You have free will on Earth, and may choose many ways to experience your lesson.

Let's say your lesson is to go from A to B. You do not have to go in a straight line (You have free will) You can take as many detours as you like, but you will eventually end up at B, simply because you chose it before you started the lesson.

Let me simplify it this way. Your life on this Earth is like a computer game on a CD. **ALL** the possibilities are there, but it is up to you to choose which path you take because you have free will.

So no matter which path you take you **WILL** end up at the end of the game.

So when you chose this life, before being born, you chose a CD\Game to play.

Now you can see how free will works.

As to seeing into the future (The Akashic records) there are endless possibilities. If you were to ask a medium what they see in your future, they will see which path you are on at the time, and will then advise you accordingly. But you still have free will, and can change that path.

The Akashic records are all there for this life you chose, and the Akashic records are all there for your past and future lives too.

HOW DO I FIND OUT WHO I REALLY AM?

One of the great questions, and one I could spend hours and hours writing about.

Let's start with what we know... Whichever Religion you follow, we are all a part of God.

The answer is within you... Who you really are and how you live your life is what really counts.

What is more important to you, Money or your friend next door?

Are you really honest? If you found a roll of \$100 bills on the floor of your local Supermarket, would you hand it in, or keep it.

If you see an old lady trip and fall in the street, would you rush to her aid or quickly look the other way?

When was the last time you helped someone ... (without getting paid for it).

HERE IS HOW YOU FIND OUT

You must be truthful with your answers...after all, it is YOU that is looking for "Who You Really Are".

Switch off the TV, Radio, phones etc, and find somewhere quiet where you will not be disturbed.

Sit quietly in a comfortable position (Not slouching or you may fall asleep) Upright in a comfortable chair or cross-legged if you can sit that way.

After you have done this for a while ask yourself some basic questions, such as the \$100 bills on the floor. Would you have done it differently today?

What would the real you really want to do...or

Do I portray a different character to others...

Do people see the real me.

After a while you will find out "Who you really are."

HOW TO FIND A PARTNER

There are many variations here.

Firstly you chose this life, and you may have chosen to live it without a partner (Very rare) or that you wanted various experiences\lessons before meeting your soul mate (Common) or maybe you even chose to make mistakes, or experience divorce.

You have total free will on earth, and you chose the lessons you wanted to learn.

When you fall in love you know it...there can be no mistake.

A common mistake is some one who thinks they are in love, because they have not experienced real love.

Let's say the range of love goes from 0 to 100%. You love someone 70%, but because it is the highest you have ever experienced you think it must be 100%.

If you have ANY doubts, then it is not 100%...tricky, isn't it.

You also give off an energy. You have met people who you take and instant dislike, or liking too

You will really know when the right person comes along for you.

As to how you will meet that partner...there are no directives.

One thing is for sure is that you must be yourself, your real self...not the image that you think your partner would like to see. You must not change for your partner either. Be aware of their likes and dislikes, that is fair, but always be "Who you really are"

This way, when you find your soul mate, you will be 100% content and happy...Plus the love, and SO WILL THEY... And that is the way it should be.

WHO IS MY SOUL MATE

By Verna Hindmarch

We incarnate in each lifetime to create ourselves – to become the person we would truly love to be.

Finding a soul mate is a wonderful experience – it took me a long time to find myself, and so it took me a long time to find my true soul mate.

Open yourself up to be loved and to love completely (both yourself and your partner).

Know that you are worthy of being loved – by yourself and your partner.

We are never quite sure of the journey our souls are taking in this lifetime, but there is love for you out there – your soul knows that!

Make sure that your need for this soul mate to appear to you is not due to an energy you NEED from them – but simply to love someone and to share with someone all the beautiful pleasures of life.

A relationship is a partnership of two souls – not having to ‘belong’ to each other, or to ‘need’ anything from each other, but simply to WANT to be together.

Giving specifics (like where to go and what to do) for you to meet your soul mate is impossible.

So I say this:

"Ask and ye shall receive."

Go within yourself – in silence, like meditation or prayer. Take a look at your deepest self. What is in there that you have to attract your soul mate to you? What can you change to be drawn to him/her?

Everything is energy – like when you go into a room full of people and you instinctively know that you dislike or like someone before you even meet them.

So just be you.

When you find your soul mate you will know, there will be no doubt.

SOUL MATES

Everyone has a soul mate, and most have more than one. Normally only one (as above) appears in each lifetime.

You could for instance have a soul mate from a past life as your child, or close friend in this life.

A soul mate could also be one of your guides in this life... During the many times that you re-incarnate you establish more than one. You probably also have a soul mate\ on the other side.

The ideal would be to meet your soul mate and live happily ever after, but it depends on the lessons you chose to learn in this lifetime...You may have chosen lessons with or without your soul mate, or that you will meet him\her at a later stage in your life AFTER you have completed your chosen lessons.

One thing is for sure...When you meet your Soul mate you will know it.

The reason you have soul mates is to experience things together...I have had many lives with my soul mate (My wife Verna.) We have been in many lives together, as Man, Woman, Lover, Son, Daughter and Father. I have experienced losing her several times and Vice-Versa.

There is an extremely strong bond between us that we both recognise. We are the best of friends too.

It does not mean to say that Soul mates live happily ever after...You have total free will on Earth, and you can make mistakes, and sometimes choose to.

How better to experience say the loss of a partner than with a Soul mate...the experience is far greater than losing someone you are not "in love" with.

There is no need to look for your soul mate...If you chose it, then it will happen.

WHO AM I?

By Verna Hindmarch

First and foremost you are a Spiritual Soul. A soul incarnated into this lifetime to go on a journey. This journey is one you chose to travel so that you may enhance and create your soul into a more perfect state.

The soul chooses a physical body state to help it live this life and to achieve whatever path of knowledge you have chosen – a path leading you to a higher place of love, understanding, compassion and kindness.

You are part of God, as are we all, and as you are further creating your soul, so you are doing God's work and so the work of the entire universe.

You do make a difference!

Each one of us is connected to the other and – we are all from the same energy and all energy put out into the universe creates an energy field that can change the patterns around us. Energy can be transformed, but not destroyed.

THE PHYSICAL LEVEL CHAIN

You are part of a family on earth; you have grandparents, parents, maybe siblings, then a partner to create the family of your own. Your children create their family and the part you have played as a parent effects the parental behavior of your children. The energy travels down the chain, changing as ideals and beliefs continue to change with evolvement.

In the same way that the influences and experiences from way back into your ancestral past effects who you are now due to influences down the eternal family chain, so it is in the spiritual sense.

THE SPIRITUAL LEVEL CHAIN

Nothing is new!

All is an evolvement of God's creation.

Your soul has been on many journeys of knowledge and now it is on this one.

Your soul is here for you to evolve and you are your first priority in life.

WHATEVER YOU WISH TO GIVE TO OTHERS – YOU NEED TO HAVE IT WITHIN TO GIVE

When I say that your first priority is the self, I do not mean this in an egotistical manner. That would mean that you would hold yourself in a higher or lower esteem than others. We are all souls on a journey and some have very serious and difficult lessons to overcome.

So, to give from your heart the highest unconditional love, you need to be able to feel and have that love in your heart and soul.

To give strength and courage to others, you need to have that belief system with yourself.

To understand suffering, you need to have healed from your own suffering.

Getting to know yourself, in truth, is one of the most difficult tasks in life, but that is evolverment.

Learning to love yourself means becoming aware that you are a child of God and a part of God – of creation. Love yourself as God loves you – unconditionally and without judgment.

Making mistakes in life and changing due to them is a process of growth.

Not forgiving yourself for those mistakes means that you are in self-judgment and please remember: God does not judge!

It is the love of God you live with, not the fear of God!

EVERYONE SEES THROUGH THEIR OWN EYES

You have an image of yourself according to your growth patterns in life up to now.

You see yourself through your eyes.

Who are you to your mother, your father, your siblings, and your grandparents, your friends and associates?

Believe me when I tell you that although you may imagine that they see you as you perceive yourself to be they do not!!

You are a different human being to each soul who knows you as they are seeing you and your nature and character through their eyes and emotions and there is a different role you are playing to each one of them.

Who are you really?

You are the best you can be at any given time for yourself!

You cannot regard the opinions of others towards you by you as a true reflection of your deepest self - as they will give off the energy that they themselves have within them.

If you want to impress anyone, impress yourself!

ON A HUMAN NOTE

Make a list of all the good qualities you can find within you regarding your 'self'.

Make a list of the qualities you would like to change within your 'self'.

To make this list in truth, it has to come from how you feel in your heart, not your mind.

The mind can play tricks on you as, the critical (conscious) mind, judges everything so if creating this list with your mind, it would hold all the key aspects of who you feel others think you are.

Go into your heart and find that part of you, that tiny baby soul, who incarnated at this time, and see the purity within that part of you.

Know that all experiences and influences that crossed the path of that little soul are influencing any negativity and positivity within you, but TRUTH, is that you are STILL that pure soul on a physical journey of growth.

Know that you can survive anything!

That you can create yourself into being the best you can be.

Filled with love and forgiveness, compassion and kindness – especially to yourself so that you may pass it on to others.

Life's knocks are here for your benefit, without them, how would you grow!

HOW TO DEVELOP SPIRITUALLY

When you first realize that you are becoming spiritually aware, you have this impatient urge to devour as much as possible, and as fast as possible.

Quite normal. And everyone will tell you the worst lesson in Spiritual Life is PATIENCE!!!!

You need 2 things to progress from here. Information and Meditation.

Let's do information first. You will automatically be led to people who can help you.

You will be more aware of "Spiritual" happenings around you, and you will see more books, tapes, courses and even movies. Then you will realize that these Spiritual things have been around all the time, but that you have just not seen them.

You must input as much data as possible, but do not just believe it...this is most important.

There are people with just a little knowledge that unknowingly give you the wrong information, or maybe you read something in a book that was written a long time ago and no longer applies.

Meditation is the most important part of your development !

The reason is that through meditation you will be able to get in touch with your Guides and find out (experience) the right answers.

As you meditate and experience these truths you will find that your connection with your Guides becomes stronger and stronger. You can "sense" what they feel about things, and whether you are right or wrong.

If you need an answer, meditate, ask and get the right answer. It may take time but you WILL get the answers.

There will be many frustrations along the way, and many times when you just cannot seem to get the answer you are looking for...but there is always someone there helping you with your progress, and you are never alone.

Patience can be a real pain in the butt, but as you learn it, you will realize that you need patience for balance. Balance gets

you the right answers faster, and the right answers become UNDERSTANDING.

After 20 years I am still learning. But one thing I can promise you is that life gets better and more exciting every single day.

HOW MANY BIBLES WERE THERE?

This is just a bit of history (author unknown)

Most of the new Bibles used today, such as the Revised Standard Version are simply updates of the King James Version.

There have been many versions and translations of The Bible. The first one written in English was in the 1500s. One of the most popular was the Geneva Bible that lasted 80 years, and went out of print in 1644.

The first Geneva Bible, both Old and New Testaments, was first published in English in 1560 in what is now Geneva, Switzerland. William Shakespeare, John Bunyan, and the Pilgrims who landed on Plymouth Rock in 1620, used the Geneva Bible exclusively.

Until he had his own version named after him, so did King James.

He then denied all knowledge of the Geneva Bible.

King James I of England believed in the "divine right of kings," which meant that since a king's power comes from God, the king then had to answer to no one but God.

The reasoning was that if a king was evil, then that was a punishment sent from God. The citizens should then suffer in silence. If a king was good, then that was a blessing sent from God.

This is why the Geneva Bible annoyed King James so much, it didn't agree with that point of view. The religion in James' time was not what it is today. In that era the government controlled religion. If someone lived in Spain at the time, he had three religious "choices:"

1. Roman Catholicism
2. Silence.
3. The Inquisition - reserved for "heretics," or people who didn't think the way the Government wanted them to. To governments of that era, heresy and treason were the same.

England wasn't much different. From the time of Henry VIII onwards, an Englishman had three choices.

1. The Anglican Church.

2. Silence.

3. The rack, burning at the stake, being drawn and quartered, or some other form of “persuasion”

Anyone caught with religious opinions of their own were simply punished according to the royal whim.

Henry VIII, once he had appointed himself head of all the English churches, kept the Roman Catholic system of bishops, deacons and the like for a very good reason. That system allowed him a "chain of command" necessary for any bureaucracy to function. This system passed intact to his heirs.

This system became a little confusing for English citizens when Bloody Mary ascended to the throne. Mary wanted everyone to switch back to Roman Catholicism. Those who wanted to remain Protestant were burned at the stake - about 300 people in all. She intended to burn a lot more, but the rest of her intended victims escaped by leaving the country for Geneva.

The Reformation prospered in Geneva. Many of those who had fled Bloody Mary started a congregation there. Their greatest effort and contribution to the Reformation was the first Geneva Bible.

ARE WE BORN INTO SIN?

Why do some Religions say that we are all sinners when we are born?

This is just another bad translation designed to keep the followers living “In fear” of God. The way it should have been translated is that, when we incarnate, we do so into a world where *there is sin*. We need to do this to experience what sin is, and how to deal with it.

The various “Born again” religions take full advantage of this, because the way they say you can be saved is to stick with the religion and follow its rules to obtain forgiveness. Tithing of course is very popular – but then again, God does not have a bank account, the religions do.

Around the year 620 Mohammed, who was the prophet of Allah introduced another rule – Holy wars. This way they were sanctioned to wipe out the enemies of Islam.

Or did he?

Was it Mohammed, or the Islamic leaders of the day?

Leaders of all religions introduce new rules as and when they deem fit. A few Centuries ago if you were not a Roman Catholic and lived in Spain, you were put onto the rack, and more often than not were executed. And the scary part is that most times these leaders add new rules BELIEVING that they are doing the right thing.

How do you think the suicide bomber felt when he crashed his hi-jacked airliner into the World Trade Center? His belief was that he was fighting the enemies of Islam – and so genuine in his belief that he would give his own life for the cause.

He was taught that to give his life for his beliefs would mean he would spend the rest of his eternal life in Paradise.

So how do we fight such an enemy? They will die for their beliefs – as we would for ours.

The answer is to love them, and teach them – for they are “experiencing”. **That is a hard thing to do – very hard.**

We must have balance in this world of ours, and unfortunately balance is created by having extremes – that way we can find the balance.

There were many lessons learnt through the WTC disaster. It brought New Yorkers together as a family, each helping each other.

It showed the World what extremes terrorists can achieve – and will help prevent many more actions in the future.

It created grief for those who lost their friends and loved ones.

It created an anger around the world - that must be felt by the terrorists.

It strengthened the bond between Americans and many other Nations.

It gave President Bush another experience in the life that he chose. (Someone has to experience being in control of such power)

It gave almost everyone in the World a new experience – and any experience, even as bad as this, is valuable.

You must view all this from Gods point of view. Here we have a world full of progressing Souls that have free will – they will learn all – in time. They will experience all – in time. They will find the right path – in time.

I must just love them – because they are living in a World where “They” have created sin.

PUTTING FINANCE INTO PERSPECTIVE

A bit of humour

An American investment banker was at the pier of a small coastal Mexican village when a small boat with just one fisherman docked. Inside the small boat were several large yellow fin tuna. The American complimented the Mexican on the quality of his fish and asked how long it took to catch them.

The Mexican replied, only a little while.

The American then asked why didn't he stay out longer and catch more fish.

The Mexican said he had enough to support his family's immediate needs.

The American then asked, "But what do you do with the rest of your time?"

The Mexican fisherman said, "I sleep late, fish a little, play with my children, take siesta with my wife, Maria, stroll into the village each evening where I sip wine and play guitar with my amigos, I have a full and busy life."

The American scoffed, "I am a Harvard MBA and could help you. You should spend more time fishing and with the proceeds, buy a bigger boat with the proceeds from the bigger boat you could buy several boats, eventually you would have a fleet of fishing boats. Instead of selling your catch to a middleman you would sell directly to the processor, eventually opening your own cannery. You would control the product, processing and distribution. You would need to leave this small coastal fishing village and move to Mexico City, then LA and eventually NYC where you will run your expanding enterprise."

The Mexican fisherman asked, "But, how long will this all take?"

To which the American replied, "15-20 years."

"But what then?"

The American laughed and said that's the best part. "When the time is right you would announce an IPO and sell your company stock to the public and become very rich, you would make millions."

"Millions... Then what?"

The American said, "Then you would retire. Move to a small coastal fishing village where you would sleep late, fish a little, play with your kids, take siesta with your wife, stroll to the village in the evenings where you could sip wine and play your guitar with your amigos."

PUTTING TODAY INTO PERSPECTIVE

IN THE LAST 600 MILLION YEARS

Dinosaurs, Atlantis and many civilizations have come and gone.

IN THE LAST 100 YEARS

Man has invented cars, rockets, the atomic bomb, Laser surgery, Modern Drugs, Skyscrapers and space flight.

IN THE LAST 24 HOURS...

50 000 people died of starvation, 38 000 were children.
15 million tons of toxic waste was pumped into the atmosphere.

134 species of animal\plant life became extinct

200 000 acres of rain forest was destroyed.

More than 1 Billion people survived on less than \$1

Scary, isn't it.

HOW TO PROTECT YOURSELF DURING MEDITATION

Going into meditation opens you up to other dimensions, and as there are "Bad guys" on Earth so there are "Bad guys" in other dimensions.

In most cases when you cross over to the other side, you spend some time looking back on your life, how you handled it and how it affected other people. You actually see and experience it through their eyes. This is so that you can judge how you handled your "lesson" on Earth, and you complete your lesson and get full understanding of your Earth life at that stage.

When you first die your Spirit is on an Earth vibration. Normally you find some Spirit friends will meet you and help you to raise your vibrations to enable you to cross over.

On the earth plane however you still have your freewill, and can resist. Lots of people who have had near death experiences have reported "Being drawn to the light" this is Spirits way of showing you the direction to go in, and the peace and love that you find on the other side.

You can however resist. You do not HAVE TO go. You remain part way between the Earth dimension\ vibration and that of Spirit...these are commonly known as "The Greylands".

As an example let's take an 18 year old Hooligan who was brought up on the wrong side of the tracks, had a problem respecting authority, and simply did not know any better. He may elect to stay in the Greylands for a while before being "Rescued" or assisted over.

As he is close to an Earth vibration he can "lower" his vibrations to communicate in your dimension.

Luckily this is not a problem if you protect yourself.

We teach beginners to say this (or similar) opening prayer before starting any form of meditation. "Divine Father, I ask that your white light of protection surround and protect us during this meditation" Simple and effective.

Once you meditate regularly, you can just think of saying that Prayer and it is done, no need to verbalize it every time.

Lastly comes the stage of knowing you are protected. Then you go into meditation simply knowing...your confidence in being protected creates the protection.

We sometimes get called to remove a bad Spirit from someone or place. I love doing it as it is an adventure, and you never know whom you are going to meet. Also they are just mis-guided souls who need some help.

So, always walk in God's light, and never fear.

DEVELOPMENT THROUGH MEDITATION

Throughout your Spiritual life, the majority of answers will come to you through meditation.

It is the way to finding inner peace, communicating with your teachers and Guides, and visiting different dimensions through astral projecting and travel.

The first time you meditate should be with a teacher or a group. It can be a little scary on your own as you do not know what to expect...the fear of the unknown. But once you have started you will find that there is nothing to fear.

Let's say you are starting with a group. You must first sit comfortably. Undo any tight clothing such as belts or ties as this can restrict the flow of energy around your body.

Sit as upright as possible as a straight spine gives a better (initially) connection. You can sit cross-legged or in a chair. The main thing is to be comfortable and relaxed.

What I am giving you here is just my experience, and what I have found to be the best way, but there are those that can meditate lying down, and even standing up.

Next close your eyes and say a short prayer, something like "Divine Father, I ask that this mediation be covered by white light, and that your white light surround us and protect us as always". White light is God's light and the strongest form of energy\protection.

The reason for protection is so that unwanted entities or Spirits cannot penetrate your thoughts. It is very very rare that such Spirits would be attracted to your meditation, but it is always better to be cautious.

Next concentrate on just your breath, moving in and out of your lungs. Really visualize it, in and out, in and out. And each time your mind wanders, bring it back to your breath. Spend at least 5 minutes doing this and you will see that your heart rate will slow down and you will feel more comfortable and relaxed.

What is happening is that you are raising your vibrations. Spirit will lower theirs and so you can connect. Next comes opening your Chakras, there are 7 to start with, and your teacher

will talk you through the process of opening one at a time, and really sensing the colors and how they open.

Your teacher will then take you to wherever they think you should go to, and they will keep talking to keep your mind focused. You will find that you are much more "aware" because of your heightened vibrations. If you hear a noise such as a door close in the distance or a plane fly overhead, just ignore it and bring your mind back to where it should be.

Once you are comfortable at this level of awareness, your teacher will probably leave you in silence for a while, and then gently bring you back out of meditation. (Remember to close your Chakras as you come out)

5-10 minutes in silence for each meditation is all you need to start with. As you progress you will remain in silence longer and longer. Whatever you are comfortable with.

A daily meditation for the student should be 20-30 minutes for the first few weeks, and by then you will be able to meditate on your own, and can decide your own times.

During your waking hours your mind is constantly absorbing data, most of it useless such as the color of the carpet, a passing car, the TV, Radio and so on. You may find that when you enter a meditative state that your mind starts to release this "useless" data, and you see those images floating past your eyes. That's OK, let it happen, and just "be".

Your active mind is like seeing a movie in front of your eyes all the time. As you slow down the movie during meditation Spirit can slip in a frame of their own, and voila...you see your first image from the other dimension.

Don't try to focus on that frame just yet, stay relaxed and wait for it to happen again, and again and again.

Your question will be "How do I know that it is from Spirit and not just my imagination?" A good question. And the answer is that you will not know for some time yet. If Spirit were to give you a 100% guaranteed image right away, you may not be ready to handle it. It would be a concrete realisation that meditation does work, and that Spirit really is there.

In time when you see these images on a regular basis it will just confirm to you that it must be so, and then your belief is strengthened, and so you are given more.

A good way to decide in the beginning is to look back on your meditation the following day. Normally you will be able to remember the images clearly that you got from Spirit, and the rest not so clear.

Sometimes your first image will be of just an eye, or a nose, something simple that you can recognize. When you are used to these images the next step is to focus on them. Do not try to hard, just let it happen. Bring your mind back to the eye or nose and just see if there is more there. This takes a bit of practice, but once you have mastered this step you will be well on your way.

I have known Students that see absolutely nothing for more than a year, and some that are channeling within the first month. We all develop at different speeds depending on how strong our desire to learn is, and also what lessons we chose. Whatever happens, never feel that you are developing slowly. Your soul knows that there is no hurry, and nothing matters. (More about that later)

Sensing your Guide for the first time is a wonderful experience and one that you will never forget.

Then things start to happen fast. This is because your belief is now stronger, and you just want to experience more and more. With each meditation you rush to meet your Guide to enjoy the feeling and continue the learning adventure.

As you become more comfortable with this new arrangement, your Guide will give you more "Frames". These start with "Thought forms". Think right now of a Hamburger, a Ferrari and a Wedding dress. You have just "seen" them with your eyes open...but probably have not realised this before. These are thought forms. Every time you think of something, it becomes a thought form.

If the thought forms are there then all you need is something to see them with, which is the "awareness" state that you are in,

in meditation. So your Guide shows you a thought form, just for a split second, and then you can recognize it.

But how do you recognise a "George" thought form if you do not know a George? Names are more difficult and take a bit more practice.

Think right now of Veronica and Daisy. One has a hard 'feel' to it and one a soft one. So you are already part way there, the rest just takes practice.

I remember one student who tried so desperately to find out the name of her Guide. In her frustration one day she told me "All I damn well get is white clouds floating around my head" Then it dawned on her. The Guide's name was White Cloud.

Continuing with thought forms. They are not just still pictures, they can be movies. Every action that you take, and every thought you have is creating a "Movie" thought form. Getting out of bed this morning created a "Movie thought form" of that. How else would you be able to see into a past life?

So your Guide can show you a "Movie" of anything that has happened (let's leave out the future for now). In meditation he can show you many frames pieced together (Movie) and you can see any past experiences or lives that you have had. And also lives of others.

But let's not stop there. Would you like to see Aliens? And how they live on other planets, or in any other dimension? And what about size? You can view these Movies from as close or as far away as you choose. You can look at a whole planet from a distance, or see an ant so close that it looks to be as big as the Empire state building. It is a whole new World, and access is by Meditation and through your Guides.

Lastly, what is the point of this? You came down here to learn and experience, which you are doing right now. As you grow from now on, and experience and understand more, you will be given access to the other dimensions. And there you will learn more, learn faster, and learn from the experience gained by others.

I will leave you with this final thought. "If you walk in the right direction, then you will get there. No matter how long it

takes, and no matter what paths you choose along the way” As the saying goes. Life is a journey, enjoy the ride!

CHAPTER 2

DEVELOPMENT

INTRODUCTION

The hardest lesson in Spiritual development is patience. There is so much to learn, and no fast way to do so. The following chapter is the biggest one, and it starts to fill in all the gaps for you, so more and more things make sense. You cannot jump ahead to the more exciting chapters such as ADVENTURE and ADVANCED as they would just be too hard to believe.....have patience.

Most of the articles that follow are direct translations of a meditation evening. This is how they work.

In most cases there will be 4 of us in the group. Luke is a “Power-source” who “sees” very little, but brings a huge amount of energy into the group so that we can all see more.

As the meditation starts, Verna and I are usually taken (via astral projection) to various dimensions in past present or future by Guides, where we start to see and sense the evenings lessons.

We physically say what we see (which is all recorded) and this is confirmed or corrected by various Teachers and Guides who mainly channel through Miriam.

When a Guide channels through Miriam it is shown like this.

Miriam(Guide).....This is John talking

We then show it like this.....

Miriam(John).....

.....so you know who is channeling through whom.

Guides can start channeling at the beginning of a meditation, or part way through. Also several Guides can channel through one person in each meditation.

We have several regular Guides and Teachers, plus there are many more that specialise in a subject and visit when needed. They have a great sense of humor too.

The following articles\lessons are recorded and translated just as they happen, because it is important that you learn the correct way. Also Guides will refer to other events that they have experienced from time to time, and due to putting this book together in chapters they are now always in sequence.

On an average evening we would experience 6-8 different lessons, which often have had to be split and put into different chapters.

One thing that will seem a bit confusing at first are the tenses used. As an example, let's say I astral travel to an event that happened 100 years ago – I am seeing it and describing it as it happens (or happened?) and will describe it in the present tense.....and while doing so may refer to it in the past tense.....but you will be able to follow it clearly.

One last thing before we start – ego should not be part of your spiritual life, so if Spirit and Guides say nice things about us, it is left in the articles just to share with you our progress, so that you can understand better.

A BRIEF CHAT ON CHANNELING FROM SPIRIT

In this meditation Mr Woo(one of our regular Guides) is channeling through Miriam.

Miriam (Mr Woo) – It is very pleasing to all of us when someone eventually manages to open up and let one of us talk, for we do like talking even if we do not give a message. We love to think that we can come that little bit nearer to you, and hopefully in the majority of cases we know, that you learn a little about the life that we lead here, and we can sometimes offer a little bit of advice, not often for these things have to be done very slowly.

But we do love to come through, there are so many people who are here at the circle, time after time, and they haven't got the courage, perhaps you might call it, or really there is not courage needed, but like everything new, like you all find when you first channel, it is difficult to get the initial start.

We have to sometimes hold back, for they want to just sit and channel, I am not saying that is good, but we have some people and they just want to sit and channel all day long, they don't want to do any work, they are so pleased and thrilled, and then we have to squash that because that is the ego.

Then they learn and they take it easier but sometimes it takes a bit longer than others, they are so thrilled and we do know the thrill that you feel, for we feel the same. Once we have managed to channel through, and it is our first time we have just as much a thrill about it as you, and then of course we have the children, some of the children do it very easily, like children the world over they have no fear of trying anything.

And they find that they get a lot of success with children themselves, not channeling but getting in touch with them, but as you would say, they play with their imaginary friends, and it is surprising what help these can be in the spirit world, what they can do when children are not communicating on earth, the autistic ones. And we have the spirit children who can communicate with them so they are not completely as desolate

as one would imagine. They are being taught to have more perseverance but there are many things that cause this blockage of communication, too many to talk about in one session.

But it is good that you should know that children in the spirit world are doing their bit, I am talking now of course about the teenage children, from about ten, eleven upwards because from that age they are a bit more knowledgeable here than they would be on earth, and they are more caring. So you see what communication can mean to so many different people in so many ways. And we do enjoy it, but now I think I have found something to talk about, and I hope you enjoyed it. May you all have a wonderful evening, and may God go with you on your path wherever you go on the weeks and months ahead, until I talk to you again. God bless you and walk in the light.

Geoff – Thank you, bless you.

A GUIDED MEDITATION CHANNELLED THROUGH VERNA

Geoff – Welcome.

Verna (Guide) – And welcome to the newcomer. I would like you to take your minds to the base of your body, and take a white light and gently bring it up through the solar plexus, the heart area, the throat, and into the crown. And then I would like you to take your eyes, and look above your head, for the crown is your peace center. And all your thoughts should just be of absolute and tranquility and your bodies should be totally relaxed, for that is what meditation is all about.

I would like you to imagine the lake, you all have your lakes (*this is a peace centre where we teach the newcomers to go to start their meditation*) it is just mainly for the newcomer, if you would imagine a lake, a very peaceful silver lake. And as you walk along the stony, pebbled sand there is a little beach, which you come across. I want you to sit on this beach in a very relaxed way, and there are waves coming as they would from the ocean. I want you to see a wave coming and think of it as a worry that you have, not a particular worry, but this wave is a worry, and watch this worry as it rolls towards you, and trickles into nothing but a little trickle at your feet.

And then you see another wave and that is emotion, and watch this wave of emotion coming towards you, and as it breaks down and trickles towards you, in such a beautiful manner, it disappears into a mere little trickle and touches your toes. And then there are waves of fear, and you feel this wave come towards to you and once again the sun is shining on the white of the wave, as it breaks, and it trickles towards you and slowly disappears.

And it washes back into the sea, and the flow of life is like this, all these things come up and they come towards you and when you think back they trickle into nothing and they disappear. And now for peace, you are sitting comfortably and you are watching these waves and the rays from the sun are shining and making all sorts of colours on the surface of the

water. I want you to hear the sound of the breakers, they are gentle and I want you to watch them come and wash over your feet, this will give you energy and peace.

And as you sit there your guides will join you, and I will return in a short while, as you enjoy the peace and the tranquility of the movement of this beautiful lake, which pours forth nothing but love, peace and tranquility, as the breakers I have spoken about simply wash back, they do not leave their mark on you as far as troubles are concerned. I would like you to draw peace from this water, I will return shortly. (*Students are then left for 20-30 minutes on their own*)

I would like you now to give blessing to this water, for it has given you healing and inner peace and as you stand up and step back, you will notice that your feet are not wet, and as you turn around and walk to a grassy patch you will see your oak tree, I would like you to go and embrace this tree and then sit with your back against this tree, and you will feel the vibration, and the energy from this tree, and the light. As you sit with your back to this tree, you look up and you will see the rainbow, you know I always bring in the rainbow, our spiritual colours and I would like you to bring those colours into your body through your eyes.

Now I know this meditation has been a bit different but the channel (*Verna*) and I had a little meeting before the meditation, and so I wanted to explain to the new visitor what wonderful things you could do in silence to find your inner self, and heal yourself of anything you so wish to do. Take yourself back to your lake and as you sit there very quietly, in your own time you may come out of meditation.

And for the love of God, and for the correct reasons, you are not selfish in wanting to see and meet with your inner self, you are not selfish to ask for things for your immediate family or for yourself. As long as you remember to give some energy and power which you build up in meditation for others in need. You always have friends with you, you always have a guide and a door keeper, and as long as you meditate in the light of God and the light of love, and fill your body with light and love and

laughter to heighten your vibrations, you all go well, and you will learn fast.

I give you all God's blessings and I bid you farewell.

Geoff – Thank you for coming, and bless you.

MEDITATION FOR BEGINNERS CHanneled BY SPIRIT GUIDES

Miriam (Teacher) – This lady has tried to get my name but she has not succeeded as yet, I am keeping that as a surprise. As you have been told the first thing to do in meditating is to learn to relax, for by learning to relax whenever you have a problem, you can withdraw to the center that you focus on for relaxing, it may be just for a few minutes, five minutes or whatever, but once you have mastered that technique you can do that at any time of the day. I am not saying that that should be your aim, but that it would be possible to do, so that if you had a problem that was say perhaps causing you to loose your temper, or your brain was running around in circles and you didn't know what to do, then you could just withdraw to your little oasis and think for a while and relax. It may not solve your problem but at least you would not do anything hastily.

Once you have decided that you are going to meditate on a regular basis, then I would stress what all who meditate are asked to do, and that is to make it at a particular time whenever you do it. It need not be every day for that would be very difficult for a beginner, but whether it is one day, five days, seven days, we think seven days is too much, even those who are learned more are saying, we think five days is enough.

And it gives us two days to do something else, but to stress the fact that you should make it a certain time everyday, one that is most convenient to you. A lot of ladies that are at home and have small children, have said that is impossible, but we reply it is never impossible for everybody has to go to the toilet, unfortunately you cannot always pick the time. But for those who are in business and have to go out, we suggest first thing in the morning

But a lot of people find that that is the best time, others find tea-time, or last thing before going to bed, it matters not. But we are busy creatures here, and we like to know that if you are in earnest then we like to say well we like to go to so and so at such and such a time, for time that means nothing to us, it is us

that have to adjust to your time. We don't mind if we are teaching you, we enjoy it, but we must have a fair idea, I am not saying keep strictly to the minute, but within five to ten minutes and if you do it on a regular basis, and then find that one day you cannot do it on a particular day, then just send out your thoughts a little bit earlier, or as early as you can and we will pick up your thoughts, and we know that we can't come and we can do something else.

That is one thing, the next thing is that if you sit and meditate, please ask for protection, it will always be given to you once you are in touch with your guides or spirit or whatever, but until then if you sit and meditate, we would just ask you to ask for protection, and it will be given to you. It is just a precaution, it is very rare that anyone who is inexperienced has any trouble, it is the experienced ones that have the bother. There are many ways in which you can meditate, you can find books to read about it, you can ask the people here and they will tell you different ways, each person has something different, it does not matter, the main thing is to quieten your mind, where you can find this oasis where you can concentrate on and go there when you are in trouble, that is the main purpose of meditating.

Once you have achieved that and you wish to continue in the movement, as we like to call it, then the way is open to you, but it is not necessary to come into the movement to meditate. To meditate is to make your life much easier. And for the young man on the left who is very troubled, I would suggest that he writes down the for and against, what he needs to do with his life, what it matters, the daily things that he needs to do and cross them off the list, count his assets and say, is this really necessary, and this applies to anyone who is in business, who is worried and has a lot to do, count your blessings and ask what your aims really are, are they necessary, are they necessary to do it in the time that you put on it, work your problems out as best as you can before you get all tied up and things become so big that you think that they are beyond repair, and that you will never surmount them, that is about all that I have to say tonight,

we do not want to overload you with too much, or you may never come back again, and we are hoping that you will.

There are many guides, many spirits who come here and some of them come just for laughter, they do not always come for teaching, and the children come and they love to come, so if you would and we would hope that you will come back again, learn your meditating, relax within yourself, and ask yourself when trouble looms ahead of you, is it really as big as I thought. Were the worries that I had yesterday, and thought they were insurmountable, I am getting a bit tongue tied even for a teacher, were they so big, and you will find the majority of times they were not so big. I will leave you now to think a bit, and to know that this circle here and the people in it and what goes on in this room is beyond count for the good that it does and the love that comes from within it. The blessings that flow and the energies that we take and distribute where it is needed, that is at the times that it is not directed anywhere special, and you will be told about that sort of thing later on, if you are interested.

But for now I say goodnight, God bless you all, and may the light of the Lord follow you wherever you go.

Geoff – Thank you.

JOSEPH ON MEDITATION AND HEALING

Miriam (Joseph) – I bring you peace, I bring you joy, I bring you much laughter, and I hope a little learning for the young man who has recently joined you.

Geoff – Thank you, welcome.

Miriam (Joseph) – I have not been here before to talk, but I have been here many times before, listening to what is going on, and I have not had the courage to do any channeling, not in this group.

Miriam (Joseph) – You have had so many people waiting to channel, that I thought I would wait at the end of the line and wait my turn, but now they have pushed me forward. So here I am, and I am not sure what I am going to say, but it will come. First of all I would speak to John, he is most welcome, and I hope he will not only listen to what is being said here, and take it we are really speaking from a higher vibration, we like that word better than the higher realm, because we are not higher up, we are right beside you.

But a different vibration, like a spinning top goes and you cannot see, well that is what we are and we have to lower our vibrations in order to channel, as it has already happened here with Verna. You see it is such a friendly group here, we are all on first names, but mostly if you go into a circle, it is not so. Not only do we want you to listen and know that this is all true, now that your interest has been aroused, we will know if you are really genuine in wanting to develop, if you are to meditate on a regular basis.

Now we cannot stress this too strongly, for so many people think they want to learn about spiritualism, and it is really just curiosity. We haven't got time for that unfortunately, much as we would like to, we are busy people here as these others will tell you. So if you are really interested in learning further to develop yourself, then we ask that you meditate on a regular basis, it can be anything from one day or six days a week. We must know that you are in earnest, and in order to know that, we ask that you make it a special time. Within five or ten minutes,

so that we can marshal our duties and know that we will come to you at that time, it can be any time you like that suits you, as long as it is regular.

Start it off, please, with just a little short meditation until you learn to sit and become tranquil within yourself, which is the main basis of meditation. And then you learn to have the quietness within you and then we can come to you. Am I asking too much friend, or just giving you something to think about? And then there are many books to read and learn about it, and if you find that if you are truly in earnest, other people will be drawn to you, that is not so, we direct them to you, as others can vouch for that.

We all think that they are drawn to us, but we do the directing as much as we possibly can, to enlarge the movement, for it is truly the path of God, or the Creator or whatever you would like to call him. We are all one. Now I think I have given you enough to think about, but I will just ask because the others are so much more advanced, if you would like to ask a question.

John – No, I don't have any questions yet, thank you

Miriam (Joseph) – Then maybe..... I know someone who *always* has questions,

(Laughter) and that is the first thing that anyone who channels is warned about when they come to this group, that the young man on the right (*Geoff*) is never without a question, we don't know where he finds them all, and we really have to be prepared, but we don't mind.

Geoff – All right in that case I will give you an easy one tonight. Most of us have the power to channel healing through us....

Miriam (Joseph) – That is true and one must never forget that no one on earth is a healer, they are a channeler, and if you hear of anyone saying they are healers, please correct them, only God can heal.

Geoff – Yes that is true, so how can I be sure that the healing that I am doing is effective when a lot of times I feel nothing, and I see little results?

Miriam (Joseph) – But does not this also happen with your doctors? That he gives you something, tonics, tablets and doesn't hear from you again. You all do what you can, and if you are truly giving out healing, and it is coming from the heart, it does not matter that you do not feel it, and we cannot give you proof always unless you are in direct contact with that person, for you are not in a position to know what their karma is, and you know a lot about karma. It may be that what you give does not show, and you think that it has not been effective in any way, but if you had not given that, may not that person or animal have been so much worse.

It is not something that you can get an answer to, just rely upon yourself, that it comes truly from the heart and from us, that we are directing it to where it is intended to go.

Geoff – Next week, John is going to see a medium, is it possible to find out if she is any good?

Miriam (Joseph) – I don't know, let me find out for you. Yes, she is a very good medium, but she does speak in symbols quite often, which we do not like. And it is often difficult to interpret what the symbols mean, I think we have said before that we do not like symbols, it was what was learned by many mediums, and it is still continuing but now we would much prefer the medium to speak directly from the words that they hear. But she is a good medium, it would be up to you to interpret what she says. Maybe if you are back this way, then we can talk again.

Geoff – That's good, thank you.

Miriam (Joseph) – Now, I am glad I said my piece and that I was pushed forward, it was not as difficult as I thought, I was so worried because of all the questions that come from Geoff, they say he asks such teasers and we do not always know the answers, or if we do we cannot tell you, so I shall say goodnight and God bless you all.

Geoff – Bless you, thank you for coming.

YOUR ENERGY CENTERS

ENERGY CENTERS - THE AURA

You are pure energy. Nothing about you is solid and you are also filled with colour. Remember that each thought you have has an immediate energy flow that affects your physical and emotional bodies. Each emotion you have creates an energy flow of change within your mental and physical bodies and the physical body creates that same flow of energy to the emotional and mental bodies.

We are discussing the colours and the aura within and around your body. Have you noticed how influenced you are by the colours around you? How certain colours are uplifting and others make you feel a little gloomy and tired? We have many energy centers within our bodies, but for this book I shall tell you of the main centers and their colours. The seven main rays of energy within your aura, which come from the seven main energy centers, and are continually within and around your body are the same as the rainbow: Red, orange, yellow, green, blue, indigo and violet.

Your centers, known as *Chakras*, which is a Sanskrit word meaning wheel are similar to wheels and they change their shading of colour and movement according to the vibrations and emotions within them. This is caused from past and present experiences because they relate to your body, mind and soul.

The basic colours I am giving you are powerful healing colours for each center, so opening them and balancing them will enhance a healthy change within your bodies.

Each colour has a vibration and vibrations have a sound so your centers have a sound to them. It is said that in ancient times the shades of colours and sounds within people's auras were different to what they are now. This is understandable as our outlook on life and the world itself keeps changing.

This article will give you a basic knowledge of the benefits of these colours, but it would take a whole book to tell you everything.

Before each meditation, healing or spiritual reading I open my energy centers with my mind. Please remember that it is vitally important that you mentally close all your centers after each meditation so as not to leave yourself 'open' to other energies coming your way. To be uplifted by positive energies crossing your path would be great, but negative energies would enter your body through the yellow energy center (the center of your nervous system) and can drain you. Someone in great need could subconsciously draw your energy from you and you would be left feeling drained. Have you ever said something like this after being with someone: "Oh, she is lovely, but I feel so drained, she is exhausting to be with". Have you ever met someone for the first time and instinctively known and felt that you don't like them? I ask you again: have you ever felt someone behind you staring at you only to turn around and find it is so? You are picking up the energy vibrations of the aura they are sending out.

Although I have only mentioned the positive healing aspects of your energy centers, remember that everything has a negative. That is why it is important to see the colours in your mind as bright and stimulating. This will create an inner healing and balancing on its own.

THE ENERGY CENTER COLOURS

Red – This is like a ray of life and is situated at the base of your spine. It is your life-force energy center that is known as the Kundalini energy. A very powerful center indeed. It has a magnetic vibration.

Enhancing this red center re-energises the body, creates adrenaline, excellent for healing blood disorders and improving your sexual drive. It is said that it stimulates the mental and nervous system.

Orange – This is the digestion center and is situated just below the belly button (the spleen). This draws into us the *prana* - the sunlight and its life-giving energies. To keep this colour sparkling we need to eat correctly and digest our food well. It also relates to our breathing but unfortunately we are lazy

breathers these days. We should be breathing all the way down into our tummy like babies do. A good way to practice correct breathing is to imagine a balloon in your tummy and let it inflate and deflate with each breath.

Work with this center if you ever have an uncomfortable tummy or want upliftment from mental stress and nervous energy. A great boost for positive thinking and self-confidence. It helps us to be in harmony with others.

Yellow - This is the solar plexus center and is connected to the left side of the brain. It is also connected to the solar plexus and is greatly influenced by our emotional disturbances. It is the most 'material' center we have.

To allow yourself to let go of all negative material aspects of your life. Heal this center to free yourself of being too analytical and be freer of society ruling. It is connected to the solar plexus, which is the brain center of your nervous system so you can calm yourself down or lift yourself up by using your mind and controlling the shades of yellow within you.

Green - The heart center is connected to nature and is in the middle of your chest in line with your heart. This center is essential to our health and happiness. It is the colour of balance and harmony. It complements the blue and yellow centers (blue and yellow mixed = green). We find great calmness and peace in nature due to being surrounded by the green as it truly enhances harmony within us.

Use green with your mind for emotional upliftment, headaches, heart disorders and calming emotional disorders. It creates a soothing sensation within us. Brings us peace, contentment, awareness, unconditional love and the ability to be at one.

Blue – This is the throat center and is connected with communication (the vibration of sound) and can reflect not only on your present life but also on many past lives. This center is the gateway to your Spirituality. Many doctors and others in the healing profession have strong blue centers. This center expresses what is within us by our speech and often becomes blocked when you hold all your words and emotions within you.

The blue brings peace and harmony and truth to the body, mind and soul. Allows us to open up and express unsaid words that are blocked within us. Brings forth truth and creativity and tremendous healing.

Indigo – This is known as ‘The third eye’ and is situated in the center of your forehead. I have seen this center to be white in many of my clients but for meditation we will work with indigo. Open this center with your mind and allow your intuition to flow freely. It also holds memories of our present and past lives. It is like a library of past information to us. It enhances our intuition and is one of the highest colours within you.

It enhances your ability to heal and be healed, to relieve you of pain and brings about a sensation of compassion and awareness. This center is essential in clairvoyance and intuition. It has tremendous influence on concentration, self-realisation and wisdom.

Violet - This center is situated at the top of your head and is the highest spiritual center. It is said that those beautiful feathers the Indians wore on their heads were made according to how they saw the energy centers. This center connects us to a higher force and expands our soul consciousness - Heaven.

Open this center to aid the power of concentration and understanding and it is known to have a direct influence on the brain and nerves. This center is also important for awareness, clairvoyance and Spiritual consciousness. It creates a divine understanding within.

OPENING OF THE ENERGY CENTERS TO PREPARE FOR MEDITATION

With enough practice you will eventually be so used to opening your energy centers that it will take you a simple thought and your body will be aglow in all its glory of colours.

To help you get to this stage I am giving you a few ideas to mentally open them so you may choose your own favourite one with ease. Again, I remind you to close your energy centers after meditation - this avoids leaving yourself open to whatever energies are floating around ready to enter into yours. Be in

control of your own energy! It is the same as when in everyday life you naturally do not give of yourself to people or situations that do not suit you.

WAYS TO OPEN THE BEAUTIFUL RAYS OF COLOURS YOU HAVE WITHIN YOU – *FLOWERS* (the most used one I know of)

Imagine the centers as flower buds.

Starting with the center at the base of your spine, see all these buds in your minds eye – (Red, orange, yellow, green, blue, indigo and violet).

Now, again starting with the red, reach out with your mind and gently touch the red bud, watch and sense as it opens up to become the most beautiful open red flower – see the colour red radiate out into your body, through your body and around your body.

Now continue with the orange and go up through the body to the violet on the crown of your head.

Now all the flowers are open and the body is glowing in light.

Watch and sense the rainbow of colours expand and radiate out further and further - getting brighter and brighter.

SWITCHES

Imagine that your energy centers are switches. With your mind I would like you to switch the red energy center switch ON.

Now see in your mind's eye the brilliant, sparkling colour of red shinning out from the base of your spine. Lighting up that area fully and then expanding in a circle and glowing brightly within and around your body. See it expand more and more and more - and even more until this beautiful colour red is glowing in rays of light for as far as you can see - and then even further.

Do the same for all other energy centers (orange, yellow, green, blue, indigo, violet and then have an extra switch above

your head. One that is a purifying and protective white light above your head).

Do this until these beautiful rays of healing and spiritual colours surround you.

BELLS

Give yourself plenty of time to experience the first energy center and the others will be easier to sense.

Imagine now that your energy centers are bells. You feel a gentle movement of red in the area of the lower energy center. Your awareness becomes clearer and you are able to sense what sound is within your body's red energy center.

What vibration does this sound create within your body?

How does it make you feel? You should feel powerful from the red center.

When you are happy that your awareness is strong enough, continue with the other centers: Red - orange - yellow - green - blue - indigo - violet.

Now surround yourself in a bubble of pure white light and notice the sound of all the bells above your head in this white light.

Now with your mind let the rainbow of colours move into the white light surrounding your body.

Sense the absolute beauty and be aware that the beauty is *you!*

COLOURS FROM THE UNIVERSE

Imagine a rainbow of colours coming down from the universe towards your body. Right into the top of your head. They bring a sense of peace to you. You know that they have been sent by God to heal and guide you and that you are becoming at one with all.

Allow them to wash into your body through the top of your head. Feel the sensation they bring into your body. Purity, peace

and calmness with a balance of power and courage like you have never felt before fills your being.

Most of all you feel a complete oneness with the universe. Totally connecting you to the highest realms of Spirituality and bringing you untold knowledge. The rays of light pour into your body.

Now you notice that all your energy centers respond to these glorious rays of light and they open up like a flower to receive the rays of light from Mother Nature. Feel and sense how you are being re-energised by these colours. Spend some time knowing you are at one and connecting with the entire universe right now.

CIRCLES OF LIGHT

Imagine your centers are like Catharine wheels (like the fireworks, Catharine wheels you see at Guy Fawkes time). They start to turn one by one and move the rays of light from the center to swirl into and around your body. Open each one, one by one and see the colours swirl and fill the entire space around you.

Feel a sense of absolute peace from the colours with lots of movement. They wash away all fear, stress and negativity from your body. The energy within becomes like a new life force giving you a new beginning.

When you feel a quietness and stillness within, you may start your meditation.

You can use your own imagination from here on and as long as the colours are moving and glowing within and around you and are all open equally, you may open them anyway you want to.

Some more ideas would be to use bubbles, candles flames or being touched by the rays of the sun.

A CHAT FROM TEACHER – ONE OF OUR FIRST MAIN GUIDES - 1990

Miriam (Teacher) – It is some time since I was here, but I have been told that what you have been learning in astral is now bearing fruit and that you are now progressing very well indeed, so I have come to tell you that we are quite pleased. This is not to say that you must let it go to your head, and try to run too fast. The more you concentrate on each little new beginning, then the sounder the foundation to be built on, I think you have begun to realise that.

Geoff – Yes

Miriam (Teacher) – And from now on it should be much more rapid progress, but still not too rapid, for you have all the time in the world to achieve all that you have to achieve in this life, many years ahead of you, many years.

Verna – Oh I hope they get easier. All the mental stress.

Miriam (Teacher) – You will manage, you will manage very well, after all it is no good us giving you the good things if we do not give you the bad things to compare them with and if you have more aches and pains, then you can help other people because you know what it is like, you can put yourself in their place, much better than just hearsay.

Verna – Yes I understand all that, it is just one of those days when I have come home from work tired and feel, not another one of those days.

Miriam (Teacher) – Then we shall need to send a little bit of energy to you.

Verna – Yes I think we all need a little.

Miriam (Teacher) – The laughter that you have now is a little upliftment.

Verna – Oh yes, it's not that bad.

Miriam (Teacher) – Oh we know, but these things are sent to try you and as I say that through all that you learn, through something that you have suffered the more help you can be to other people, and that applies to all of you when you are doing healing. Much better to experience first, not so nice but much

better for those that you help, it also helps a lot with the rescue work, when you are taking in what is being given to you from astral, without you having to study all the anatomy first, it has helped better that way. So many young children come to watch, some cannot come too close, they are on the fringe, but when they are allowed to see something, then it is shown to them. And in this way they can be told that when they do not want to do their lessons, you have set a good example for they know that you have been learning for a long time, to them, in astral, not so long as a lot of people, but a long time to them. And then they can go back to their lessons and sit for a little while longer, while one or another of their teachers tries to instruct them.

But really they are very good, for our methods of teaching are different to earth, we like to bring more laughter into it, and this makes it much easier for them to accept. Wouldn't it be good if we could bring more laughter into all the teaching on earth?

Geoff – Yes

Miriam (Teacher) – So instead you have to bring the laughter into your life, when your limbs are aching you have to put a smile on your face, it doesn't matter that you think well it is hard work, I feel like a Cheshire cat that's got its grin fixed and will not go away. Somebody sees that smile, and if they do not retaliate then somebody else will, but more often than not people will automatically smile back at you and then they wonder why they are grinning like a Cheshire cat. And they feel a little bit uplifted, and it is one thing that all on earth can do, it costs nothing, just a little bit of effort, sometimes more than a little effort, but it costs nothing, even when you are tired and yawning away.

Verna – (Laughs) You heard me, I am happy though, just tired.

Miriam (Teacher) – That is all right, we understand, but I just had to come and tell you how very pleased we are that you are progressing and that you are doing so much now without the supervision, the supervision is there always, it will be for some

time, but not one that you can perhaps consciously know about, do you understand?

Geoff – Yes.

Miriam (Teacher) – But the supervision will be there for some time, just in case there is any difficulty, or if you make a mistake then it can be put right quickly. But so far you are doing very well. You are still learning a lot in astral, what you are learning in astral is not to be brought down to earth just yet, it is being stored in the part of the brain that is not in use at the moment, but will be used later on. The part that you talked about once, that you said why can you not develop it? When you do it will be there.

Geoff – Yes, I am certainly looking forward to that day.

Miriam (Teacher) – But enjoy today, never mind about looking too far ahead, that has to be just a tiny part of your life, your goal, but enjoy each day as much as you can, not always easy when things go wrong, but if you can laugh at mistakes and laugh at the pain, then it does make it so much easier. It is the relaxing that helps such a lot, and we are still wondering what you are going to do young man to take your mind off that brain of yours.

Geoff – I wish I knew, I haven't found anything that exciting as yet.

Miriam (Teacher) – Then we shall have to see what we can do about it and put some notions into your head.

Geoff – Thank you. Were you going to ask a question Verna?

Verna – Yes my father is very close by, so I was going to ask if I could speak to him.

Miriam (Teacher) – I thought I was going to get away lightly.

Geoff – You almost escaped.

Miriam (Teacher) – I shall try to answer.

Verna – I just sense that my father was very close...

Miriam (Teacher) – Your father is often with you.

Verna – How is he doing now and what is he doing?

Miriam (Teacher) – He is helping, with your mother, not all the time because your mother and he have different interests, ways of helping people, but quite often they work together. And he has much laughter in him.

Verna – Does he work a lot with the children? Because he has always been with children.

Miriam (Teacher) – He does, so far he has not been allowed to have much contact with people on earth, but he works with people who do, and he has emotions yet to conquer, for like many who have passed over they wish to hurry into these things before they are quite prepared, but he helps a lot with the children. And your mother, you might not believe this but she helps a lot with the animals. Was she an animal lover?

Verna – Oh, not really. She would just pat the dog, and that's it but wouldn't love the animals as much as we did.

Miriam (Teacher) – But she does, she helps a lot with animals. And then she also helps your father with children, but they are both very happy, very happy. And your father has lots of mischief in him.

Verna – Oh he has.

Miriam (Teacher) – But he is with you quite often.

Verna – That's lovely, thank you.

Geoff – And one more question, just a small one.

Miriam (Teacher) – All right.

Geoff – I am a bit confused about healing myself, I know we can heal other people, but we were told that we can't properly heal ourselves. Is that true, or is there a way?

Miriam (Teacher) – It is true for beginners, for young healers as you two are, but as you become more advanced then you will be able to heal yourself with quite a lot of the energy, but at the moment when people are just starting people are not encouraged to try and heal themselves. It is much better to ask your partner or someone else.

Geoff – I see.

Miriam (Teacher) – And I have just had to put into my mind, that it would be good for you to go to this church for healing, and I am not quite sure which one it is.

Geoff – I know the one.

Miriam (Teacher) – But it will be good, it will help you, but you must, you can always try to heal yourself to a certain extent like the self-hypnosis but the ordinary healing is not until you are much more advanced.

Geoff – Thank you.

Miriam (John) – This is John.

Geoff – Welcome John.

Miriam (John) – Just a few words on the subject of healing, you are all doing your absent healing, but why are you not doing the practical healing on each other to get practice? I know that absent healing is just good in one sense, but if you intend doing it for other people then would it not be sensible to practice more on each other.

Geoff – Yes that is a good idea, we could do it maybe just one night a week, so it becomes a ritual.

Miriam (John) – That is a very good idea, in this way you would have more confidence when you have a stranger to help heal. And if you concentrate on doing it together, then there will be that much more power for that particular person, instead of it being at individual times, I had not intended coming here, I was just passing and I heard the message about the healing question, and I thought I would just suggest that to you, and maybe next time I come, you can tell me if you have found any difference.

Geoff – Fine, thank you.

Verna – (Lots of laughter)

Geoff – I recognise your laugh.

Verna (Dawn) – Oh well I wasn't going to come along, I have been trying to get through for ages but all we got was little walks we went for together, and I took Verna into places unfortunately she is not allowed to remember, but she is just sitting here wondering where on earth she was, and was she sleeping or, she remembers dreaming about something so intense, but she can't remember what it was (laughs) I know what it was and I am not going to tell her, all I am going to tell her is that I took her for a walk and she was very, very deep under, and that is all she is allowed to know.

So you see I have my fun too sometimes and I have been trying to get through and she has been saying no I am tired, I am not going to talk tonight, and I am going nudge, nudge, wink, wink, (laughs) nudge, nudge, laugh, laugh. I am going to talk! NO I am not going to talk tonight, I am too tired and so I carried on nudging until I got through, because she couldn't stand it anymore. (Laughs) Anyway she is tired so I just came to make you all laugh. Because all the seriousness is finished, and I was just passing so I thought I would come and say hello.

Miriam – Now she should feel much better.

Verna (Dawn) – Yes, so should you all after a little bit of oxygen in the old lungs! There is nothing like a laugh, if you want to heal each other forget what John says just have a laugh night, a good old laugh will heal anything. Oh my word, if you had to have a laugh a day, you talk about the apple a day keeping the doctor away, a laugh a day keeps the doctor away that is for sure. If you could have a laugh a day, just about every muscle in your body moves, all your insides work faster, think about it, I may be dead but I am not stupid! (Laughs)

No but it's true, next time you laugh take note of all the muscles that work inside you, and how everything works faster inside you, your blood runs faster, it's as good as jogging, you just sit in your chair and be super fit just laughing! Super healthy, people will think you are mental, but who cares! I have just seen the thoughts from this lady, she says she met a lady who laughed like me, and I doubt that, no one could beat me! I believe she was pretty close though.

Geoff – A close second.

Verna (Dawn) – Oh well, give me a little hint next time you go around and see her, and I will come with you, see if I can hear this ladies laugh. Okay I am going to go now, because the funs over (Laughs)

Miriam – Oh thank you for that.

Verna (Dawn) – Okay bless you all, have a wonderful evening and don't forget to laugh please, don't forget to laugh. Bye-bye for now, lots of love to you, bye.

Geoff – Bye.

A FEW ANSWERS ON PYRAMIDS

Miriam (Ishmael) – Well, if there are no more questions, then I shall tell you what I did today. I had a day's holiday, a good day and I went back to the beginning of when the pyramids were being made, of course this was all created, and there were five of us who expressed an interest into something that we knew about, but we wanted to know exactly how it was done, for you know thought did so much to it. And we also wanted to check that the secrets that are still in some of the pyramids were still there, first of all we created our pyramids in the astral, as we thought, and then we went down to earth, or lowered our vibrations, and found we had made many mistakes, which you would not think you could do in a pyramid, but we had.

The mistakes we made were in how they could be opened, and how they could be sealed without detecting an opening, but we enjoyed it and then we found where the secrets are, the knowledge I should say, is still stored in some of the pyramids, I think three, there may be more, but I know of three. And they are still there, but mankind is not yet ready for the knowledge that they contain. If man had some of the knowledge that is in those pyramids, then I am afraid there would be more catastrophes than there are now on earth, and that would be saying something.

For the power that this information that is there, is far stronger than anything that you have, and as you know there are some people who will do anything for power. We must clear the earth of the bad power, and bring peace back to the earth, and then that knowledge will be released and it will be to the benefit of mankind. So that was our exciting day, we were very disappointed that we had not made something correctly, but we all have to learn (*to create with thought*) here and we are not infallible, although I have been many times down, looked at the pyramids inside and out, I have never gone over them so thoroughly as I had today.

And as my companions were of a like mind, we learned a lot and with this knowledge we are even now deciding if it should

be given to anyone on earth at the moment, or if it should be kept a while longer, and we were told it would probably have to be kept. I am not talking about the documents or secrets, I am just talking about the way they were built and things like that, because there are rooms in certain pyramids that have been opened that contain nothing of value to mankind but artifacts. Now that was what our day was and it was a very enjoyable day.

Geoff – Yes I can imagine it would be.

Miriam (Ishmael) – I hope you have enjoyed listening and I hope that I have cleared your mind a bit about what you will be doing in the future (*Earlier discussion*). You continue on the right path as you are.

Geoff – Yes I have no doubts about the future, no worries about the future.

Miriam (Ishmael) – No, you will never want, you may be down occasionally but whenever work is needed to be done, in God's name that comes truly from the heart, then the means is always found. I think if you were to read about Mother Teresa, maybe you have, and many like her, they have always said the same thing, it may be at the last minute or maybe not be what you expect, but the means are there, the end result is the same.

Geoff – Now Mother Teresa has recently had a, I think it was a heart attack or some serious illness, with karma, if for instance I do something wrong in this life, do I have to pay for it in the next life, is it a form of punishment or a form of learning?

Miriam (Ishmael) – Oh it could be either, it can also be something that you volunteered to do, you may not have come back to fulfill a karma, that you have done something wrong, you may volunteer to come back, as Mother Teresa has, I am not saying that you would do anything so noble, for she is definitely a saint, and she volunteered to come back and do the work that she has, and that work has spread all over the world. But you also could come back, perhaps just as a child, as you have had I think in some of your meditations, you have said about a child coming to help someone that desperately needed some help, that child knew.

You may not come for a long time, just a short time, it is never right to say that you come back just for punishment. Karma is just experiencing the other side of the coin.

Geoff – One last question, just for fun.

Miriam (Ishmael) – I am getting let off lightly.

Geoff – In one of my past lives I was in Egypt in sixteen hundred and something, and the one before that, do you know where I was?

Miriam (Ishmael) – The one before that was also in Egypt. You have many ties with Egypt and China. Eastern philosophy has been around you for many lives.

Geoff – Hmm interesting, I suppose it would be possible and if they had records in Egypt, and if I knew what my name was, I could look up those records. I mean you should be able to do that with some people, I mean it should be an interesting exercise.

Miriam (Ishmael) – It is possible.

Geoff – And also I have heard that you have a spirit name.

Miriam (Ishmael) – Yes everyone has a spirit name.

Geoff – So when I pass over, I will no longer be known as Geoff Hindmarch up there, to the other spirits, to you I will be known as a spirit name?

Miriam (Ishmael) – It depends what you are doing when you come over, if you are mixing with people that you have known on earth, and you want to be known as Geoff then that is what you will be known by, we use names so little here, the thoughts that we send out are directed to that person specifically, and they know. They don't have to have a name, it is very difficult to explain that, but it is so. We do use names occasionally and it is quite possible for you to have your spirit name before you pass over, if you can get one of your contacts shall I say, to tell you what it is, off hand I do not know it.

But I do know that there are plenty of people who do, but we use names occasionally, of course with the children we always use names. But with the adults it is found not so necessary, it all depends, as I say what you are doing, where you are living and who you are with when you come over, the more spiritual you

are, the more you want to advance then the less you need a name.

But to begin with, if you are living the life as you are living here, then you would probably use your own name.

Geoff – Will you be reincarnated again on earth?

Miriam (Ishmael) – No.

Geoff – So you stay there as a teacher and develop.

Miriam (Ishmael) – As a teacher and a guide, I could have progressed, or shall I say I could have gone to a higher vibration, I have been but it is my wish that I help to teach as many as I can before progressing further. It is still part of the human in me, call it ego if you like, we really should not have ego here, but if you can understand it is still something that needs fulfillment by the joy and the pleasure, and the fulfillment of seeing progress in someone, that I have helped with that progress.

Geoff – Yes that is nice, very nice.

Miriam (Ishmael) – It is ego in a way is it not? But we try to do it in the nicest possible way, for someone has to be a teacher, when there are so many pupils.

Geoff – Yes, it is a nice form of enjoyment, like you say fulfilling.

Miriam (Ishmael) – Yes it is nice, we are really hanging on to the last remnants of human life, before we go where there is nobody needed into the higher transition.

Geoff – When did you pass over, many years ago, centuries ago?

Miriam (Ishmael) – Over two hundred years ago, but it seems such a short time and we do occasionally still instead of like today, coming to earth and more or less enjoying the atmosphere closest, we often go to the higher vibration, to give us the same kind of upliftment that you are getting when you contact us or go to church, you need that extra something that you cannot get from the ordinary, everyday life and that is what we do, and sometimes it is very hard to leave, especially as we know that we need not leave. But ego again, we love our work here, and for a little while longer, it is what we want.

Geoff – That’s nice, very nice. And when you go up a vibration, in the higher vibrations, do they generate more heat, like the one guide that took me through, sometimes.

Miriam (Ishmael) – The higher vibration brings bigger heat to the person who is still in a human body, but for us it makes no difference, when we go higher we do not find any difference in the heat. The temperature is the same when we go, it is the different atmosphere, and the less one needs a shape and a body, but more of a mind, if you can understand.

Geoff – Yes, that is very clear, so when I do rescues, and I really get hot, is that energy going through me, or higher vibrations of higher spirit?

Miriam (Ishmael) – It is higher vibrations coming down to help you, they may not say anything, but they are there, they are sending out all the power that they can, sometimes it does not come direct, it may come through another party. In other words it comes down in relays depending on the type of work that you will be doing. This is the type of extra energy you will get once you are proficient in the healing that you will be doing. Now I think I have given you enough.

Geoff – Thank you Ishmael, that was very good.

Miriam (Ishmael) – And we shower you with God’s blessings, though you may not think you are getting them at the moment, you really are.

ACCIDENT TO HAPPEN IN EURO TUNNEL - 1994

In this meditation, Geoff is shown an accident which happens in the above tunnel. The Euro Tunnel was officially opened in 1994.

Geoff - It's like a tube train, much bigger, it's a tube train that goes above ground and below ground, and present day, and first of all I watched this tunnel, which has 3 or 4 train lines in it. Then there was a huge accident in the tunnel, and I think it is the channel tunnel.

Miriam (Ishmael) - It is, this is Ishmael.

Geoff - Oh welcome.

Miriam (Ishmael) - Nice to be here again.

Geoff - Nice to have you, yeah I can see the French side, now the accident hasn't happened yet. It is going to be a big target for people like the IRA. Now I have seen the accident, and it hasn't happened yet.

Miriam (Ishmael) - But it will.

Geoff - Yes, it will definitely happen.

Miriam (Ishmael) - Yes it will, and I will not say when but it will, and there will be a lot of trouble with that.

Geoff - Yeah, it will be a man made accident, sabotage or whatever. The problem is, it is just not an ordinary train crash where the lines can just be cleared and so on, there is a huge backlog of trains going in each directions which will have to be changed, they will have to reverse out each way from the tunnel, which will cause a lot of chaos and confusion, waste a lot of time and upset a lot of people. The French will blame the English and the English will blame the French as far as security goes. And terrorists will find that it is a very easy target, if for instance they called in a bomb threat, of a bomb in the tunnel then the cost, not just in money, but in time to check it out to be safe and so on will be enormous, and a lot of terrorists will play on this.

It will cause a lot of people to be wary of the tunnel and for a long time it will change over, they won't allow people to use the

tunnel, only cargo and freight, for a long time into the future. A long time being five or ten years, because it is so difficult to control. I don't think there is any more on that one.

Miriam (Ishmael) - No there isn't, that was just to start it for you. I know you are not in the best of health, so we are giving you more power, as is Dr Lee (*another regular guide*) for Verna.

Verna - I knew someone was here.

Miriam (Ishmael) - He has been with you for most of the day.

Geoff - Oh good.

Verna - He knew I wasn't feeling well before I knew it!

Geoff - I had an experience today which I only figured out an hour ago, I went to an auction and I bought something, and when I came back it was very depressing, and I realised that I had picked up a negative energy surrounding that auction, because all the furniture was in a liquidation of a company.

Miriam (Ishmael) - You did, you picked that up very well.

Geoff: Thank you

ALBINO SNAKE – REMOVING POISON

In this meditation a guide called John is channeling through Miriam, and John talks Geoff and Verna through the practice of removing poison sacks from a snake.

Miriam (John) – You will not believe what is coming.

Geoff – After what we just experienced, nothing will surprise me.

Verna – That’s true. I have a big butterfly.

Geoff – And I have an ostrich.

Miriam (John) – That is not the main thing that is coming. You cannot see yet?

Geoff – I cannot see anything.

Verna – I have an old Indian paddle boat but I can’t see anyone or anything around it.

Miriam (John) – They have brought you a huge snake. Maybe that is why you can’t see it yet.

Verna – I have got a goat, good grief, I have a farmyard here.

Miriam (John) – But the snake they wish you to try and remove the poison sacks.

Verna – Why?

Miriam (John) – Because it is a tribal symbol, but it will be better and less likely to harm if the poison sack is removed, it is large but it is not yet very old and it means that you will have to keep the mouth open, and protection will be given to you for your hands, and you must, well I will not tell you how you will keep the mouth open, I think you will know.

Verna – Go for it Geoff.

Geoff – To withdraw the poison is not too difficult, and to remove the sacks afterwards, but if you just put a thumb and forefinger on each of the fangs.

Miriam (John) – But how are you going to keep the mouth open first?

Geoff – With my hands.

Miriam (John) – No, no there is a better way, with a stick, jam the stick between its teeth or the roof or bottom of its mouth, the one must hold it while you do that, and although you will not get the poison out of its body, because it manufactures it at least if the sack at the top is not there, then it will take longer to eject. And therefore it will be much safer.

Verna – I feel wrong about this, it is not the snake's fault that the tribe has taken it, and why should the snake not be able to protect itself, the tribe knows that it is poisonous, they should treat it with such respect. I don't feel right about doing this, I am finding it hard to do.

Geoff – And also how is the snake going to eat, it kills its prey with poison?

Miriam (John) – But it is used in ritual and looked upon as sacred. But we would like to protect those who are not so quick, and that is why it has been brought, because it is a symbol of fear for many people, a snake.

Geoff – Is this an Indian cobra?

Miriam (John) – It is not quite an Indian cobra because it is white, which is why it is looked upon as sacred, I think you would call it an albino type.

Geoff – Yes I can see it now, it is a matter of just removing the poison on a temporary basis, so that for this ritual or festival that does not last too long, it does not harm people.

Miriam (John) – That is it.

Geoff – It will not harm people, they will then let it go into the wild.

Verna – Also the snake will bite a child, am I right?

Miriam (John) – Yes, they will keep them out of the way as much as possible, but it will not be so harmful, they do have to learn to avoid these accidents, but if we can help in this little way, because it is going to be around for a long time.

Geoff – All right, the stick in the mouth is neither here nor there, bend the fangs forward and with the thumbs rub the sacks above the eyes, forward towards the eyes, and it will bleed out all the poison very quickly. The poison sack which is inside can then be compressed or shrunk as a stomach shrinks when you

don't eat, and it will take two to three weeks to expand again and start to fill with poison.

Miriam (John) - But in the meantime, if you can sever the end so that it is not quite so long as it was, it will not do any harm to the snake, but it will not be able to be so dangerous as normal. It is a very strange thing to do, but we have brought it as I say for it was needed at the moment for these people, and to show you that you can, however reluctantly, do something which is not quite so nice.

Geoff – All right, well if you say it is ok then we will do it, which is quite simple.

Miriam (John) – Once you know the reason why it was brought.

Geoff – Yes. All right that is done, and with no pain to the snake.

ASTRAL TRAVELLING

Geoff – Right now I have a flat and a garden in a beautiful area, it is the outskirts of the city, I think it is in the East somewhere, there is someone in this flat who has a very, very strong golden light. He will be the Japanese link to our circle. He is in a suburb of Tokyo and his name is, as far as I can get, is Murako. And I will sit now in his house with him and see what happens. Going straight up from him is an energy which is rusty red in colour and it is coming out of the top of his shoulders and his head, and is going straight up. This is how he astral travels, is this right, what I am seeing?

Miriam (Dr Chang) – It is right.

Geoff – Good, this was the question I asked before I came here this evening.

Miriam (Dr Chang) – He is showing you because you will be doing that one day.

Geoff – He learnt this in the beginning, he spent many years in meditation, and when you get into a higher form of meditation, your spirit automatically leaves your physical and it rises to where the air is pure and clear and you are surrounded by oneness, harmony, there is only one thing to see, which is the sky and the clouds, instead of many other things, it is more tranquil, the vibrations and connection or communication to spirit is a lot clearer, because they do not have to go through all the clutter of emotions on earth.

Miriam (Dr Chang) – So much easier for us.

Geoff – And I can sense, but don't know how to describe how crystal clear it is coming from his head up to the connection with spirit. Now this is why I changed from meditating in my garden to going up to the top of the mountain, and as I meditate more. In the future I will get to this stage where I can raise myself, my consciousness to that level to communicate clearer. Also seeing is a lot clearer, spirit faces, and seeing when discussions are made instead of sensing.

Miriam (Dr Chang) – So much better.

Geoff – And it is a simple point from which to astral travel, there seems to be this dividing line which is the ideal place to go to, where we are now there is the dividing line above, and spirit are just the other side of the line, where it is crystal clear. Spirit can then take us from there into astral travel, to show us, to teach us, to take us to different experiences, as we travel with spirit to a certain area to witness something, such as something on the earth plane. As we start below this line, they would take my hand go above the line, and then go back down below the line back to earth, we would be surrounded by the atmosphere at this level, which is a strong primrose yellow and white, that is the energy, totally surrounding us, and we would go down to the earth plane to witness something but we would still have that clear communication because of these two colours surrounding us. I can see the colours on earth being very heavy vibrations, and it is like smog.

Miriam (Dr Chang) – Like a thick mist.

Geoff – Yes, and it is difficult to see clearly and get through, once you get to a certain object or person you want to get through to, you go right up close to them, so they are within this yellow and white energy field, and that is how connection is made.

Miriam (Dr Chang) – Yes, so now you understand how much energy we waste trying to get down, and how much better when you can come up to us. So much better.

Geoff – Right, I go back up the top again now, just above this line, and I am looking to my left and on the horizon is a lot more yellow, very strong, and that is like, for want of a better word, heaven, it is symbolic but.....

Miriam (Dr Chang) - I know what you mean.

Geoff – Now we are going to go over there, and as I get closer I can feel warmth, a heat and breathing, you are breathing in love!

Miriam (Dr Chang) – Yes.

Geoff – And I am surrounded now, all I can see is this strong yellow and I am right in the middle of it, I can feel it, and it is a very, very strong form of energy, and when I want to talk

to spirit people, who remain on the other side, I will pass through this area and collect this yellow energy and I can then see the spirit people on the other side much clearer. But it will take some practice to adjust my senses to use this energy.

Miriam (Dr Chang) – Yes, it will take some practice, but it is just giving you some insight of what is to come.

Geoff – Now I have got Lillian here again (a relative in spirit) I can see her features much clearer, they keep coming and going, because what I need to do is practice. I will practice this more often on my own. Now when I put my arms around Lillian and given her lots of love and that in turn has created more love around us, it has created an energy and this is how loving energy, or energy to use for things, is created. By giving, the more you want to give or the more you want to love, the more energy, good energy, you create which can be used elsewhere.

Miriam (Dr Chang) – And she is beaming, isn't that wonderful.

Geoff – (Laughs) Right, I will leave her now. While I am here, I suppose I could have a little look around.

Miriam (Dr Chang) – Just a little.

Geoff – I have Mutts here (*Geoff's dog*).

Miriam (Dr Chang) – As always.

Geoff – At the moment, for this trip, we are restricted to this area, and what I feel most about it, is the harmony, now I am only allowed to feel a little, a very, very little of this harmony, but what I feel is so beautiful.

Miriam (Dr Chang) – Yes, I know, you don't want to go back.

Geoff – Hmm, and I mean harmony in the true sense of the word. And I can just come up here, this is great. One more thing on my right is a church and there are people in there, monks who have acknowledged my presence, they know that I am there, and they give love and wave, and I move on and go back to the outskirts looking in, and I must now return back to the next lesson.

Miriam (Dr Chang) – Very reluctantly I know, but I think it is a very good time to end this session. I think that the

experiences that you have had tonight are more than enough for one evening. And I know your father is still wondering when it is going to be his turn, and I can only say that I wish he could see what he does in astral, for then he wouldn't have to worry at all. But he will one day, but we do draw on him quite a lot. I thank you for being such a good pupil, and I bid you goodnight, and I bless you all.

Geoff – Thank you, bless you.

ASTRAL VISIT TO TANIN'S PEACE CENTRE IN JAPAN 1993

In this meditation a guide called Grey Wolf is channeling through Miriam.

Geoff – I am in a suburb, of Japan and in front of me is a very beautiful place, it is small and compact and it has tall iron gates but very thin, certainly not there for strength, just for show. The house is very beautiful, lots of flowers and colour, it is very clean and the layout is very balanced artistically, and what we are going to meet here is a teacher. Without going into the house I can feel his presence, and I can feel the balancing, which he has done in this particular home, and I think that is what he wants to teach – balancing.

This is very interesting because he is inside and I am outside, the home where he lives is so beautiful and so well balanced, and yet it sits in a very small area, and you wouldn't think that something so beautiful would fit into this area, it is just the way it is designed. It is so comfortable and so beautiful, behind the house are trees, lots of trees which grow right up to the perimeter, the boundary of his land, which is maybe a tenth of an acre, that's all.

He has come onto the doorstep to greet me and he is basically saying that this is his sanctuary, a very comfortable place where he can relax and be totally at peace. We have gone inside the house now, and again inside it is so warm and comfortable, and so beautifully laid out, there is polished wood everywhere, the floor is wood and lots of beams for support going up, the lighting is very relaxing. The lounge area is very basic, there are just two long benches with cushions on but so comfortable. He has made the best use out of the space, the kitchen is a pleasure to work in, and it overlooks the lounge, the colours, the way everything is arranged, he is showing me all the things necessary for working in the kitchen, which he does on his own, he enjoys creating meals.

In the back are the sleeping quarters, and there are no real possessions in this house, his possessions are memories and

skills that he has, the memories are stored in the house as well. So others can use the skills and when they need to get away, and need sanctuary, guidance, communicating with spirit, they can come along and use this house. For he enjoys the company and he loves to help and because he understand dimensions he can entertain many people all at once, yet individually.

Miriam (Grey Wolf) – Wouldn't that be a lovely thing to do now?

Geoff – Oh yes, it certainly would. There is still one room to go in, it is very special, a meditation room, which I shall go in, in a minute. There are memories throughout, and there is contact with him throughout for instance he could physically be miles away and yet his presence is still there. The energy that he has left contains his signature, so you can feel his presence and the peace that he gives off. He himself is obviously very highly advanced and he teaches, I am just trying to see if he is in this life at the moment, no he is not in this life, he lived in that house many, many years ago, it looks totally different now, but what he has done is he has continued to live in that house and he has continued to improve it, and he keeps this in astral, I presume.

It is something that he has built, now over at the other side you can create what you want, and what he has done is he has created this for the use of others, not for himself, and he has put into it all the experiences that he has obtained from the other side and the access to those experiences should you qualify for it. It is something that I can use at any time in the future and in fact take others there, but I will use it when I need advice from an independent source, or when I need to make up my mind without being influenced by others. It is a protected sanctuary, and by protected I mean we know we always have protection, but this has a special protection and it is only for use by specific people.

Now as we were discussing earlier with this particular group, I can go to this sanctuary and there will be no thoughts this group could monitor, because of telepathy, I could discuss with various guides and others all aspects of the group and what is best to be done, and they would not be able to see what I was

doing. So it is a safe haven. The meditation room on the side, there is no need to go in there at the moment, for that is for more information and more energy, but I do not need access to it yet, there is no point in going in there and looking at information which could.....

Miriam (Grey Wolf) – Alter your judgment?

Geoff – Yes, thank you. I am asking him for his name, he gives it as Tanin. Which is not his Japanese name it is his spiritual name, how he is most commonly known. And it is funny now, I am withdrawing from the area and there was no goodbye's or whatever which is to show me that it is for use whenever.

Miriam (Grey Wolf) – Yes, you will be there many times.

Geoff – But what a beautiful place.

Miriam (Grey Wolf) – I also go there.

Geoff: Thank you so much.

UNDERSTANDING KARMA

In this meditation, the Guide channeling through Miriam is Ishmael.

Geoff: I am on a hillside, and there is a little white dog, which we will take up the hill and this little dog digs in burrows to flush out badgers, and all sorts. This is certainly not something I would do in this lifetime.

This little white dog has gone into a hole, and it's been killed..... I know that.

I started to feel that I didn't like this at all, because I hate this sort of thing, but suddenly it has changed. I have gone into the hole and am now with the badger that killed the dog- Seeing it from the badger's point of view.

There are two children outside that let this little dog in here. They are now very concerned. I know they will start digging very shortly, and the badger will die a horrible death. He is being persecuted, or he is being hunted, but he is a very peaceful creature, and lives in a peaceful environment, but humans to it of course are danger.

I cannot see the significance of this lesson at this stage, unless I am blocking it because I do not like incidents where animals are harmed.

Guide: You are

Geoff: Well, I will concentrate on unblocking it, as I have to learn.

I can see the Badger being dragged out by an implement, which looks like a steel claw. It's an instrument that they use to drag badgers out of burrows.

The Badger is going frantic, and suffering, and they then club it to death.

This lesson is what is going with the children- the fear, negativity, trauma, stress, the pain and so on that was surrounding the badger and the dog, has now gone with the children. Because of what they did, it has attached itself to them.

This is to do with Karma! They have committed an act, which has created a negative, and they must now do something or experience something positive to get rid of that, so that they can experience both sides.

So when any act is committed during a lifetime, it attaches itself to a person –as a record, and all these records must eventually balance, it attaches itself to the mental body of the person, and is carried from one life to the next.

Guide: Unless a deed is done that can wipe it out in that particular lifetime

Geoff: Yes, so you will always be in credit or debit. You will always be in both, as there are so many different types of experiences, and you react differently to each one, and it is only through gaining more experience that you learn what the truth really is.

People carrying a burden on their back- there is more to that saying than meets the eye, because that is all their karmic debts that they must pay. A very valuable lesson.

Now because of their karmic debts, it does not mean that the opposite has to happen to correct a debt. If there is an understanding, if those two in later years get an understanding of the pain and suffering that they have caused the badger and the dog, it is simply the matter of understanding that will correct that Karma.

Guide: And trying to help someone else in the same situation as they were in, and whether they succeed or not is not the point, they tried.

Geoff: So their “Way of thinking” has been improved. The more you develop, the stronger the lessons become. Because you get into an area where you have never had the experience before, like group lessons and so on. And that is why you must experience those things.

So as you get to that stage, it is not a matter of just learning, it doesn't become a hard lesson each time, the lesson is - just that you accept it easier. So lessons don't become harder the higher you get. They are stronger lessons but because you understand them better they are not so hard.

BALL OF ENERGY – GIRL FROM GREYLANDS – WITH NATURE AND ANIMALS

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, a flower is on my left, there are 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 sense 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 the 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 thing 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 actually 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, and she the same I am sure when you see her 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 your 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.

BETSY THE MEDIUM CHANNELS

In this meditation Betsy is channeling through Miriam to Verna about her past as a clairvoyant.

Miriam (Betsy) – Well, that was quite something. And now I see that you have your lady with you that I wanted to talk to when you were here last.

Geoff – Yes

Miriam (Betsy) – And I said I would come back again. I wanted to talk to her (*Verna*) because many, many, many years ago, I was doing the type of work that she is doing, but of course it was considered witchcraft then. But we did help people who were sick in the mind. So many people that were locked away because ordinary sane people could not understand what had gone wrong. And they thought that they were taken over by the devil. And therefore they had to be put out of sight. But many of these people were only slightly “disarranged” because of something that had happened in their lives, and you can understand that now.

But the difficulties that we had trying to help these people without being put to death ourselves, for what we were doing, it was extremely hard.

Verna – I am sure, even now in today’s life.

Miriam (Betsy) – So many of my friends were caught and they were put to death or tortured, and when I say tortured it was not an easy torture, it was something that dragged on for a long time, and a death would have been so much more merciful. But then for one reason or another they chose that life. The reason I wished to talk to you was to say that many of the people who were helping in years gone by, will be helping you in the future. For they have experienced so much, so much more than what you have so far. Because they had to start with people who could really not communicate and therefore it was so much harder for them. If the person was able to communicate telepathically then that was good, but if the spiritual path was dampened down too much then it became so very much more

difficult to unravel and penetrate and find out the cause of the difficulty.

Sometimes of course it was that the brain had not developed, but we were able to help in lots of cases, so many.

Verna – There are so many ways to work, and I am not working in any of the ways that I have learned to work from other people, so it is a challenge.

Miriam (Betsy) – No, but you were given the foundation that gave you the courage to start, and once you started then those in spirit will be helping you more in the way that you will do best. The way that they think you will be best. That is not to say that they will help in every case, because you must develop on your own, but you will be guided gradually just the same as your other half has been (*Geoff*), he is your other half, yes definitely.

Verna – Yes, he is.

Miriam (Betsy) – I have just been told twin souls, but just the same as he has developed gradually and so you will be. And as you develop then you will be more and more surprised that you could even contemplate doing some of the things that you have to do.

Verna – Oh I feel like that at least three times a week, I wake up and think “Wow.”

Miriam (Betsy) – Well, that is really all I wanted to say, but I wished to say to you yourself, because it is so much better than just passing it on as a third party.

Verna – Thank you - that is lovely.

Miriam (Betsy) – But we have watched you, and there are so many who will come at different times to help you.

Verna – I can feel a lot of them there when I am working.

Miriam (Betsy) – and let's face it, the world as it is today, the mind is going to need treating more than anything.

Verna – Oh yes, I have to agree with you there, attitudes have to change.

Miriam (Betsy) – Stress is causing such a lot of trouble, but we are very pleased with the way that you have helped people, and we only ask that you be aware of those that you take on,

well we know that your sixth sense and your guides are helping you, but just be wary of each person that you take on.

Verna – Well I ask for guidance every day, but only clients that.....the right clients be guided to me, the clients that I can help and that they won't waste their money if I can't help them.

Miriam (Betsy) – Then you must say no and you mustn't be swayed by tears, begging you to help, when you know instinctively that it would be wrong. You have to be hard and say "I am sorry but I cannot help you", don't beat about the bush, tell them straight that you cannot help, and quite often that will go and make them think themselves.

Verna – I tell them anyway when they come and see me – that they have to do it, I am not going to do it.

Miriam (Betsy) – And now I must leave you, but I shall be talking to you again when you are overseas again in South Africa.

Verna – Thank you and bless you

Miriam (Betsy) – Goodbye for now and the name is Betsy.

Verna – Betsy, I will remember that Betsy, thank you.

BLOSSOM CHATS ABOUT SOME OF THE THINGS THEY DO

Miriam (Channeling) – My name is Blossom, White Feather's Blossom.

Geoff – Ah I know the one, welcome.

Miriam (Blossom) – He said I could come one day and as you are going away, tonight it is, I think he is afraid that I may take the limelight from him, for I also like a lot of laughter and a lot of teasing, which is why we get along so very well together. And we want you to be as light-hearted as you possibly can for your holiday. There are many spirits around tonight and they all wish you well, and to come back refreshed for you have much to do next year.

We have not managed to get through to Verna whilst she is on holiday, we think she has been enjoying herself too much, that is not to say that she has not meditated, but not regular enough for us to be there always.

Geoff – Yes, and she has had a lot of problems with her shoulder.

Miriam (Blossom) – Yes, we understand that and these things take time, it is not something that can be hurried, but you will be able to give her much power when you go, and she does have healing from us at night. The children also wish her well and you, and they are looking forward to many children's night when you return. And for Sharon also there are many waiting her coming back. You are wondering if you should ask a question, or if I should just talk to you.

Geoff – No, no questions tonight.

Miriam (Blossom) – Then I shall tell you some of the things that I do, part of my job is to teach the trades and the skills which I knew when on earth, for as you know, we all like to live in the same type of situation that we had while we are so close to earth. And a lot of the children have not developed any skills, not in their last life, so we show what we can, for they are all so different, as they are on earth. I also help with White Feather when we collect the herbs and show what can be done with

these, for you know this knowledge is passed on to those still on earth.

And then we have the children who wish to travel and we take them around, we chaperone them and guide them, not so much as the other teachers do, stay in one place like a classroom, ours is more for the wanderers. When I say ours, there are quite a few of the ladies who do this. And then we have the older men, who accompany us, not that we are in any danger, but with the children we have to behave as we would as if we were on earth and going on an ordinary journey.

For they are not all advanced enough to realise that everything is just thought, as you know, it has to come gradually. Then we join the men sometimes when they teach the young men how to catch buffalo, or fishing, and we join the men on these outings, and we show what the women would be doing if this was happening back on earth. Once in a while we have a great gathering, which is often two fold when there are some who are going to a higher vibration, and you know it is always harder for them to come down, and there are others who are returning for they feel that need before progressing on a higher vibration, there is something that calls them, and it is their choice once they have been shown what is needed, and listened to the wisdom of those who can see further than anyone.

So we have a lovely celebration to wish them well wherever they are going, and joyous these occasions are. The children are there at the beginning, for they just think of it as a party, and then when they go with the older ones they will enjoy themselves and have discussions about, maybe when they can meet again, for there are some here, who travel frequently to the higher vibrations as they would on a holiday, and then come back to where they have elected to spend their time in doing certain tasks.

So you see we have a very, very varied life, but we do not have the fighting that is on earth. That is not to say that everyone is harmonious all of the time, for there are fairly newcomers, who still have to learn to control emotions, and to be true to themselves, as to what they know they need to learn to

progress one way or another, but generally speaking it is always harmonious, the great joy of casting off the earthly body. I am so glad to have had this little chat with you before you went, and maybe White Feather will let me come again another time. I wish you well and a safe journey, God bless you.

Geoff – Thank you for coming, and bless you.

Miriam (White Feather) – Now was that not a surprise, she has been saying for some time that she would like to come. And I thought she was just saying it out of curiosity, but that was not so. I should have known her better, I should have known. But it is good to hear of what other people do, and we do enjoy telling you of our lives here, may I also say that I hope you have a lovely holiday, and rest that brain of yours, come back refreshed, but do not neglect your meditation. Although we do not expect it to be so often, we know that a fleeting five minutes while you are just sitting enjoying the sunshine, will attract one or other of the spirits around you.

For they are always there within earshot if you need to call. And for you young man on the right, you are going to be the leader while he is gone, and you shall have to do something about the prayers to start and finish, we cant have you coming into astral every time when there are only two or three of you, can we?

Luke – No

Miriam (White Feather) – But you will be all right, we shall see to that. And I am not going to stay, I am just going to say goodnight and God bless you.

Geoff – Bless you and thank you.

Miriam (Ishmael) – And this is Ishmael, I must have my say.

Geoff – Welcome Ishmael.

Miriam (Ishmael) – Also to wish you well on your journey, and to have a good holiday, and to know that everything is going to be all right on your return, and your bird is going to be well looked after by the one in spirit, that looks after it, who is sitting now at the top of his cage, and they know each other. But yours, he does get bumped so, as we have seen, but he is

learning to fly and control better, so enjoy yourself and come back safely and tell your lady love, that we all miss her.

Geoff – Thank you, I will do that.

Miriam (Ishmael) – Goodnight to you all.

Geoff – Goodnight and bless you.

CAN THOUGHT FORMS THINK?

In this one, we've just started meditation. Miriam has just said that she's got somebody in her and it feels like she wants to channel but nothing is making sense and she's finding it very difficult to move or co-ordinate. I then reply and a guide called Ishmael gives a short explanation. This tape was made in 1988.

Geoff: Somebody visiting you is a different type – a different fit. Normally when a spirit comes to visit he would just blend in – what you're feeling is something totally different. It's not a spiritual body that's come to talk through you, it's something else, but it's not a problem.

Miriam: I don't feel frightened. I just can't move.

Geoff: Let's find out more of what it is. It's a group of things that has been attracted to you. There are odd thought forms, and bits and pieces and left-overs and all sorts and they go together, they get attracted to each other, and they sort of stick to each other like a load of magnets would stick together. Because you are so open and receptive in this meditation, you've attracted these towards you and because you felt something there you automatically thought was friendly, and that you were being looked after. You had no fear of it and invited it in. What you've invited in is like an alien substance. It's not going to harm you and to get rid of it you just push it back with your mind, or white light it. It's rubbish anyway so you can just white light it to get rid of it, and it will just disintegrate and disappear. You're picking up all sorts of miscellaneous messages that it has in it, which are collections of little bits and pieces and odds and ends and so on. Nothing really makes any sense so just push it back a little bit so you can look at it. Then you can just white light it and it will disappear.

Miriam: Yes, I couldn't talk, I couldn't move, I couldn't breathe I was just solid, like a lump of rock.

Geoff: Yes, a bit of spiritual rubbish there. Maybe that's the subject of what we're going to talk about.

Miriam(Ishmael) You are quite right.

Geoff: Oh, welcome.

Miriam(Ishmael) These are as you say little bits and pieces, but they are beginning to think on their own, but they haven't quite got enough confidence, enough knowledge, to really be on their own. And they are attracted to circles such as yourself, or even people who meditate on their own but they're not harmful. Not harmful a bit and they do learn that is why there was no feeling of fear because there's nothing in them to fear. They're not even mischievous, they're just little bits of knowledge, that haven't yet acquired a thought form of where they want to go to stay. Something quite different.

Geoff: As such they wouldn't have a spirit as such, would they because they're just beginning.

Miriam(Ishmael) They're just beginning. It is when the entities first become spiritual and they haven't yet learned to gather their thoughts into one place. It's a very difficult process for them.... and these just float away like bubbles.

Geoff: So were we correct to white light them, or should we have just pushed them away to continue with their development.

Miriam(Ishmael) Either. They are not harmful at all. There are many of them. Many of them around. It's Ishmael speaking.

Geoff: Welcome Ishmael.

Miriam(Ishmael) I thought you were going to do some talking tonight, young man. I've been sitting and waiting

Geoff: Yes, all right. Well, you just need to give me a hand to get going.

Miriam (Ishmael) Oh alright – I'll keep quiet, but I just had to tell you what they were. You picked them up anyway.

Geoff: But at the same time if you have negative thoughts you could get a negative one of those.

Miriam(Ishmael) Aah - but you are well protected.

Geoff: Yes.

Miriam(Ishmael) But anyone not protected can.

Geoff: Yes – that's interesting.

THE WHITE CHAKRA

This one was done in meditation one night where we have a guide called White Feather and we are just allowed to ask questions. This is one of the questions.

Geoff: I was told recently of another energy center which is towards the back of the head behind the crown chakra.

Miriam(White Feather) You have been told about this before – a long time ago. Have you forgotten?

Geoff: Oh, yes, but I can't remember it – I know it was always said.....then we found another one on the chest – a light blue one for healing and now I've been told of one on the back of the head and what I was told was – if you go into meditation and concentrate on this energy center you will see – it's like somebody having a light behind you and it gets brighter and brighter – it's a direct connection to your higher self?

Geoff: It is so for some people but not all people can tap into that energy. You can try and see and I must say you have developed remarkably well but it does not happen for everyone.

Geoff: Okay – thank you, I'll try that.

CONNECTING WITH YOUR GUIDES

Geoff – And have you seen this (*meditation*) circle before?

Verna (Channeling) – Many times, and I have visited due to the light that shows from this circle, it is seen for quite a distance. There is a different vibration in this circle, as you have beginners who all need proof, you have advanced beginners, and you have advanced, but you are all spiritual, and the energy coming from this circle and the light that flows from it is totally amazing, but you have been told that many times. So I would like to discuss with you, the conversation, which we heard just now.

What we do, as guides and helpers, is we lead you on your way, we show you the path, we know the path you are due to take and we guide you towards it, but you have freewill on earth, and you are to walk towards this destiny of yours with our guidance, however many corners it takes due to your freewill on earth, we will get you there, and you WILL get there. But there are lessons to be learnt on the way. Now the faster you open your mind and find your inner self the more you are able to change your karma, learn your lessons faster, believe that the material is not the be end of all and reach your destination.

But for us to guide you and help you and by the way your guides are with you continually, if your guides are off to do any other duties, your helpers are there. Now you want proof, we know this lady (*Isobel*) has a horse in spirit, both her parents know the horses name, she has been given the horse's name many times, but she has not opened up enough to take that name into herself, it is not her fault, as she is learning. But that will be her first bit of proof, and so it must be with all of you. To reach the stage the channel has reached now, took daily meditation, every day for months. The only way to learn and to get proof is to open yourselves up, you will be given things continually, but you have to be open enough to receive those things given to you.

Most of all you have to believe. Being a doubting Thomas is not going to get you very far, open yourself up, believe your

guide is there, know your guide is there, if not your helper, know they are there, believe they are there. Use your thought forms, did you know if you wanted good to happen, you think good thoughts, you send those thoughts into the air they are spread, and somebody receives those good thoughts. That is how absent healing is done, you send out the thoughts of healing, and the energies, sometimes they are taken by us, and delivered for you, but it is the thought, the simple thought which is a prayer, which is a conversation with God.

If you think bad things, your environment around you will be bad, if you think good things the environment around you can be nothing else but good. Even if there is bad two foot away from you, because your powerful positive thoughts will block off the negative vibrations coming towards you. Does this make sense?

Male voice – I still don't understand, because I know that I am being guided, I know that spirit is around me because I have felt it, in this circle very positively, it is like going to a psychic artist, they draw my guide for me possibly, so why can't my guide now through Verna, our communicator, tell me his name? At least, then at least we have something permanent between us, I will have a name.

Verna (Channeling) – Your guide tells me you sound quite desperate, and he is amused by this, we have a terrible sense of humor up here. He says he has given you his name in the form of a picture, he says he has given you a name, his name to you on many occasions, in a picture, in a thought, and you have got this and you have wondered what it is. The lady who drew your guide, did she give you his name?

Male voice – No, I am sorry I haven't been to a psychic yet, I said that if I did go, she would probably draw a picture of my guide, possibly, now if she can do that then obviously there is nothing against your guide identifying himself or herself, so why can't he just give his name through you, who at this moment is our communicator, I can't receive it because I am not advanced enough.

Verna (Channeling) – He goes, uh-uh you have been given the name on many occasions in the form of a picture, you believe you cannot receive his name, this is totally incorrect, you are to meditate and you are to ask within yourself, and you are to be at peace and not so desperate, and I wish he would talk because I cannot get everything in to tell you, he is highly amused, he says he will give you his name, it will be confirmed, such as the horse's name, but you are even more advanced than this child and you are to meditate more often on a regular basis, your guide is telling me he can never find you, he bumps into you and you are halfway through meditation, they do have other places to go, they are not with you, we are not with you a hundred percent of the time.

But meditation times, we make sure that we are there with the helpers and we gather around you, and so if you could make meditation a definite time, he is here, all your guides, all your helpers are here if your guides are very busy and need to be taken away because they know you are taken care of in the circle, but if you meditate on your own, your guide will be there to guide you. You have a monk, he is with you tonight, and he is the one who is wagging his finger.

He says have you seen his house?

Male voice – No.

Verna (Channeling) – He says if you go with him on a journey in quiet meditation, and you tell him the time, he will take you to this house, and that is the first thing that he will tell you, and in this house you will learn his name. He says nothing comes easy.

Male voice – Thank you.

Verna (Channeling) – He is a little disappointed that you might think we are holding back proof, but what we are trying to get you to do, each and every one of you, is to know that only you can teach yourselves, you do not even have to go to a circle such as this to advance, but it helps to speed things up because you get the energy from each other. But to learn as I said, the channel and her man, sat in meditation nightly, daily, and they

opened their inner selves, but they had a teacher, who they went to once a week, when I say a teacher it was a circle such as this.

And you have to have patience in these circles and you have to try, so maybe from now on we should try and get you to channel. Learn to open up, learn to realise that this channel can do no more than you are able to do, it could quite well be you who we use as a channel. If you allow it, and that even goes for the new lady sitting over here (*Sharon*), you will do your healing, my dear, in fact you already do, and we welcome you, we have plans for you, we have great plans for you. But you will start with your healing.

The gentleman over there who has a way to travel, you are lucky you are not going by train, you should meditate, you do not meditate too much, and you should meditate. If you will sit quietly each one of you, we will give you a colour, a colour that is needed by you.

What we have decided is that more participation should take place in this circle, to help you learn to open up and believe that you yourself can find the proof, you do not need another medium to give you that proof. But she will confirm it, or he, whoever the channel is, they will help you once you have learnt to find the proof yourself.

We have one little child who is coming to speak, to cheer you all up, a very solemn circle tonight, but before I go do you understand what I am telling you?

Geoff – Yes.

Miriam (Ishmael) – This is Ishmael speaking.

I have listened to you saying that you have all been very hot, well you know when you have a lot of spirits around you, it does generate a lot of heat and that is where most of it comes from. You must realise then that there are people around you, not high above, we are not flapping our wings, we are just there, and it doesn't matter if there is no room beside you, we don't take up a lot of space.

I notice that one or two of you are not meditating regularly, please, please just five minutes a day and then we can schedule our program and say “ah, we must go to that lady or that man”, I

am not saying who they are but just watch my eyes..... no to be serious it really does help us if you give us five minutes on a regular basis, I know it isn't always easy for people who go out to work, because sometimes you can't do it at night, but at least you could always get up five minutes earlier in the morning, and it doesn't matter if you are half asleep, in fact it might be better.

Now that is the first thing I am going to say, five minutes just to start with, don't even try to go anywhere, just relax for that five minutes, and then gradually bring in the meditation as you would a circle, don't hurry it, just let it take time, the main thing is to relax, to empty the mind and start off fresh in the new day, in fact it would probably be better for all of you to do it first thing in the morning. The vibrations here are lifting tremendously, I don't want you to get dispirited and think that you are not getting anywhere. You know sometimes it takes years and I mean years. It took this vessel fourteen years to find inner peace, but now that she has got it. But I am not asking you all to attain first inner peace, head for it by all means but don't fight for it, just let it come. Just enjoy everyday, make the best of everyday, and don't worry what you can't do anything about.

If you can do something about it then do it, but if you can't then please forget it and that applies to the gentleman in the other corner, worry doesn't get you anywhere. The worries that you had, yesterday and last week, how many of them have really affected you, you would probably find, not one percent. Enjoy each day, do what you can, make the most of what you have and you can't go far wrong. And you will find that you will relax more, it is no good struggling and striving for this that, and the other, if you don't really want it, it has got to be something that is going to benefit you in later life, by all means enjoy your money and have the pleasures that you want.

I mean don't go for extremes of this, that and the other, am I making myself clear? Just relax and enjoy each day as it comes, take notice of what is around you, the people around you, nature around you, and if you don't like a thing and you want to alter it do something, if you can't do something, then don't fret about it, let somebody else do the worrying about it. I think that is all that

I have to say for tonight, I hope I have given you some food for thought, but the one thing that I have to say is, we do so love to come down. It helps us, and it helps you, and that is the main thing, after all that is why you have come to the circle, because you are interested. And if you are interested and you want to progress, then it must be on a regular basis. Now I shall say goodnight.

Geoff – Thank you, and goodnight.

CREATING WEATHER ON THE OTHER SIDE - 1994

Miriam (Gladys) – Greetings my children.

Luke – Welcome Gladys

Miriam (Gladys) – This is Gladys again. You are indeed having some wonderful weather after all the rain that you have had, and aren't we pleased that we do not have to worry about drought, storms, heavy rainfall, floods, none of that. But having said that we do have many who wish to remember what the weather is like and it must be expressed that they have to go to a very definite area, for although it can be concentrated on the particular place where they are, if they are too near to anyone who has a nice garden or who has anything that they do not wish to be spoilt, then it would not be very good.

It is as good, or as true here as it is for you, anyone can do what they wish providing it does not interfere with anyone else.

So we have these areas where they can indulge in all kinds of storms, we have desert storms, we have snow storms, arctic circles, or what people think what the arctic circles would be like because people have only read or heard about it.

There are electric storms, floods so many different things, but they are quite happy to create these storms because they know that they cannot be harmed in any way. The children of course delight in this, for they can have snow fights, make snow men, which is the biggest attraction for them, they can make slides to suit them, small, large or whatever, the older ones of course make ski slopes, and you have been told about that before, what many spirits will do for entertainment when they have some time off.

They have some recreation time, sometimes they have fun and they create a whole lot in a particular area and they will rush from one place to another, I am talking now of the children, but lets face it many of the older ones are still children at heart, and it is amazing what time passes, how much one can enjoy oneself in weather. Now we know by listening to you, when we were last on earth, it was generally speaking a topic of conversation

except in those countries where they were accustomed to having all sunshine for certain times of the year, or all rainfall or drought, they did not mention it quite so much.

But for the likes of your part of the world, (*England*) and others like it, it generally made a good topic of conversation, and it really is amazing to see the enjoyment that goes on, thunderstorms, lightening, snowfalls, wonderful. And of course quite often, we may be sitting in a garden and we shall wish for just a gentle shower, just to satisfy us, not to spoil anything, but just to have a little shower come down, and down it comes, now wouldn't you like your weather to be easily directed like that?

But of course it cannot be, but you have said lately how very dusty it feels to you, and how it smells dusty and dry although you had such a lot of rain at the beginning of the year.

It is all to do with the ozone, with the pollution that has gone up, and it means that the sun's rays that do come through and even when they are behind shadows will penetrate so much more, it is not the dust from the spoil you are getting, or even from the trees, it is in the very air itself. It cannot be cured overnight, it will be sometime before it rights itself, in fact it will be a very long time, for you know, you have been told that the earth has to be cleansed, and after cleansing it can be replanted and that after replanting it has to grow, and it will be some time after that before the atmosphere returns. Not to what it was a few years ago, but better than it is now. But you have nothing to fear that it will be harmful, not while you are on earth, there will be times when it will be extra hot though.

The seasons will change, they will be longer seasons, and be more severe, but nothing really to worry about and they will not do any harm to you providing that you take precautions the way you do. Those who are suffering are the animal and bird life and the insects, for without the insects there would be nothing to feed the birds, and without the birds and the smaller mammals there would be nothing to feed the animals except for those who feed on greenery, who are vegetarian, and they must of course have good soil and good growth to feed them.

They are the ones who are going to suffer more than humanity. When will people realise, what a disaster it is to have so much pollution, if only they would put their minds to it, the scientists I am talking about, and try to find ways of harnessing the energy that is around you, so much energy and it can do so much, it will not pollute, it costs nothing once you have mastered the art of harnessing it. But it is not to be just yet.

YOUR HIGHER SELF AND ITS MEMORIES

In this meditation, I'm discussing your Higher Self with a guide called White Feather who is being channeled by Miriam - We've just started and I've been drifting backwards and forwards through some things that look like big grey leaves in water, but it is in air. They are as big as a wall in your lounge.

Geoff: The walls are deceiving in their size – as you get closer they can be further away or closer themselves. It's very deceiving but, as I look at a certain portion, I can see a portion sparkle with white and silver energy – a lot of silver and I think these are memories.

Miriam(White Feather) They are.

Geoff: Energy memories. They're memories of who is linked to me.....

Miriam(White Feather) You are on the right track.

Geoff:they're group memories.

Miriam(White Feather) Yes.

Geoff: Right – and then you store it here, so when you need to research maybe for a past life – before the next life, or to research past lives, you come into this area and you will find the way to the memories that you need. Now these - I can feel, sense, different areas covering different things – the one I am at, at the moment – is maternal emotions – that's the sort of section I'm in, but they all link up with each other and if you want to find out something on a certain subject that any of our group have experienced in all of their past lives, then you will find it here. Because as on earth where you have different cultures and different countries, so you have different groups over there, which have had different groups of experiences.....

Miriam(White Feather) This is so.

Geoff: and therefore at different stages of development.

Miriam (White Feather) Yes. You would not go into a library and go and look in the kindergarten section for a book on something much superior would you.

Geoff: Yes. That's right. So all memories relating to our group are stored here. That is quite something. Now, when you have a problem on earth and you pray for an answer, what you are creating is a question....

Miriam(White Feather) Yes.

Geoff: and you, yourself, can go to this group memory center in astral in the evening (*when you sleep*) where you will be directed to the answer.

Miriam(White Feather) If you are allowed to have that answer you will be given it, if not, then the question will be stored until it is ready to be answered.

Geoff: Yes, that's right and there are those that watch your progress who will allow you access or not.

Miriam(White Feather) That is right – you have to keep your higher self working. (*laughter*)

Geoff: Yes. Now, if we can discuss this higher self – if we have a physical body here on earth and an astral body or a spiritual body that can travel into astral, where does my higher self reside? Also in myself?

Miriam(White Feather) It is attached to you but not in the astral body – it is attached to it.

Geoff: I think it is connected through a center at the top of my head.

Miriam(White Feather) Through a center, yes.

Geoff: And my higher self is normally resident on your side?

Miriam(White Feather) Yes.

Geoff: Right. So, I would find my higher self in my group hall of learning (*See later article*)

Miriam(White Feather) Yes, you would.

Geoff: He's very smart – he sends me out to do all the work...*laughter*

Miriam(White Feather) Of course.

Geoff: Of course, I wouldn't necessarily recognise it....

Miriam(White Feather) Oh no.

Geoff: because it is not the same physical as me. So, should I get into serious trouble and I need some help, or some answers, that is when I can call on my higher self to assist.

Miriam(White Feather) You can but it is not necessary.....let me get this right – it does not say that you “will” get an answer from your higher self.

Geoff: No, because it is something that I must struggle through in the course of learning.

Miriam(White Feather) But the word would go out from your higher self to wherever, whomever, the question is directed to. Sometimes you will get an answer directly.....as your mother does sometimes when she does crosswords.

Geoff: Yes, so my higher self will be controlling several of me in different dimensions.

Miriam(White Feather) That is it – that is why you cannot, or it cannot, always give an answer directly to you.

Geoff: Yes, because I suppose it is also possible that my higher self is a she because each time I reincarnate I could be male or female.

Miriam(White Feather) Oh yes, you can be.

Geoff: So, my higher self could be the same.

Miriam(White Feather) That’s it.

Geoff: That’s an interesting thought.

Miriam (White Feather) So far you have not touched on a life past or future when you have been female.

Geoff: That’s true.

Miriam (White Feather) Perhaps another time.

Geoff: Yes. Yes, that’s an interesting thought.

Miriam (White Feather) The majority of people go through their lives about fifty-fifty.

Geoff: Now, there is nothing to stop my higher self.... we’ve seen it in it’s sort of separate forms – I go upstairs, decide I’m ready to reincarnate and I come back to a certain life to be born of certain parents to gain such and such an experience but, if there are different dimensions that I can go into, I also know it’s possible that I can have two separate lives on earth at the same time....

Miriam (White Feather) Yes.

Geoff:in two different areas.

Miriam (White Feather) Yes, you can.

Geoff: And, therefore, it is also possible that my higher self could also look after another me in a different country, which is female in different dimensions and at the same time so there could be dozens of me's around.

Miriam (White Feather) Yes, but that only comes as you develop. That does not come from the very beginning of life on earth or whatever, whether you are insect, animal or whatever, it only increases as you develop and grow.

Geoff: Yes, so it's just a method of learning quickeras you advance the more you can learn. So, my higher self is the actual spirit that is doing all the learning.

Miriam (White Feather) Yes.

Geoff: When I pass over and go back to the other side, I would then become part of my higher self.

Miriam (White Feather) You would.

Geoff: So, in the case of a child where a child dies at the age of one year, and goes back to the other side, it, therefore..... two things can happen - it can go back and join its higher self or it can continue its learning but it has to go through as a child in spirit.

Miriam (White Feather) Yes, it depends what it has to learn.

Geoff: Right.

Miriam (White Feather) It gets very complicated, does it not.

Geoff: Yes, but it's getting more clearly complicated now.

Miriam (White Feather) I understand what you mean.

Geoff: I'm just back with the group for awhile and I can see them as gold forms of energy and not as people. I think we had best leave that for the time being.

Miriam (White Feather) I think so.

Geoff: Thank you.

FAMILY FEELINGS TOWARDS FAMILY – 1992

Geoff – What I have seen now is a family with two parents, the love and energy that a mother gives out is different from that to what a father gives out. The mother seems to create a permanent link with the children and the colour is a very soft pink, it is a very permanent colour, which will always link the mother with the children. The father on the other hand has a stronger form of energy based more on protection and strength. That is why more often than not the daughter will be attracted to the father and the son attracted to the mother. The daughter to the father is because she sees protection and strength and safety and security, the son to the mother because he is expected to be strong in the image of his father and finds great comfort in the basic love from the mother.

Miriam (Paul) – Very well put, very well put indeed. I wish more people could understand that on earth.

Geoff – Now the love between the children is what I am looking at next, and that is something which they create between them in the beginning. There seems to be no real bond between children in the beginning, they have to create it themselves, and this depends on how well they get on with their brother or sister.

Miriam (Paul) – And how many families fight and argue, for they all have different lessons to learn and it is only in the case of twins, where there is a higher degree of agreement and harmony between them.

Geoff – I have just been looking at twins, and basically when twins are born their basic levels of energy and love are very equal and very balanced, and therefore the love that they have between them is much more comfortable and accepted more which in turn makes it stronger, and that is why there is always a very good bond between twins.

When a son is born before a daughter, the daughter always looks up to the older brother for the same thing, protection and security, so it is like a second father in a way.

They tend to idolise and look up to their older brothers. And when it is the other way, when the daughter is born first, and the

son second, they become more alienated, the love can be there but there is not the closeness.

Miriam (Paul) – You are quite right though, because the younger boy feels that he should be the head of the family of the children and yet he is not.

Geoff – Yes, what I missed was the sister looking after the younger brother and sort of nursing and mothering and maternally looking after this younger brother, because he wants to feel part of the head of the family, he sometimes resents this. That is why they say the best way is to have a son two years older than the daughter.

Miriam (Paul) – Yes

Geoff – Now I have got a grandmother, and the grandmother has a family, husband a wife and two children, and the grandmother is the wife's mother. As the family progresses and gets older the relationship between the family and the grandmother changes. The wife obviously puts her family first and therefore her mother comes second, and if a mother should not understand this, she can feel left out because she is not getting as much attention as she used to and she feels that because she brought up her daughter, and trained her and loved her and looked after her, she feels slightly put out that she is now giving all her attention to her family, and she can feel resentful, unless she understands the situation, and this can solve a lot of arguments.

This is something that we can put into practice when we see this actually happen, it is just a matter of giving the grandmother love and understanding, to let her understand that the most important thing in her daughters life is the husband and family.

Miriam (Paul) – And this is something that Verna will be able to do when she has the people who come and they are upset or feeling neglected, she will be able to help a lot that way.

Geoff – Yes that is right. Now where the grandmother has a son who is married, she will tend to correct the wife, the grandmother has brought up her son, for many, many years and sort of taught him all she knows and the wife comes along and they fall in love and form a new community. The grandmother

will feel a little resentful that her son has been taken away and in many cases will advise the wife what is the best thing to do for her son, which can also build up tremendous resentment.

Miriam (Paul) – Oh yes it can.

Geoff – Now if we look at the father and the daughter, the daughter gets married and brings up the family, the father will be very protective of his daughter because that is his role in life, he will feel comfortable as long as he is assured that the person his daughter has married is suitable. He will feel happy for the daughter and will enjoy her company when she visits but will be happy that she is happy in her own right, he will be happy that she is happy in her marriage. Now if we look at a father whose son gets married and brings up a family, he is protective and teaches the son to be protective.

Miriam (Paul) – If I may interrupt what you have described, it is very good but it applies generally into families where there are strong ties, but you must remember there are many families where the parents are only too pleased to have the children off their hands and out of the circle, and they are not worried one little bit, because the ties are not strong enough.

Geoff – Yes that is right, quite right.

Miriam (Paul) – But it is very good what you have done.

GUIDES HELPING US TO WIN MONEY - 1989

After being shown how we could foresee the next numbers to come up on the roulette tables in Las Vegas, we asked Ishmael, who channels through Miriam, the following question...

Geoff – Let me give you a difficult question. I asked this question a couple of weeks ago. The objective is to teach people about living God's way and how to help others and so on, and there is such a lot that could be done to spread the word. Now, if for instance, I wanted to go ahead and teach other people, it would be far easier to have several million pounds to advertise the fact, so if I went into a casino, I know you can predict numbers, or guides can tell me what the next number coming up on the roulette table would be, or the next horse to win a race, what's wrong with me winning a few million pounds tomorrow for instance, just to exaggerate a point, and me spending the rest of my life teaching people about spiritualism?

Miriam (Ishmael) – It sounds a very good idea, but it would not attract the right kind of people, yes I know you think it would, but if you think about all those who have made their mark, on the religious side and I am not just talking about spiritualism, it is done by example. And I know you have to have money to live on, and you will never really want, when it is needed God will provide it, if it is to further his work. But to make things easy for you, it would not be right just to provide you with the means, money wise.

Geoff – Not so much to make it easier for me, but to, I mean there are places where people are starving who have never heard of God or spiritualism or whatever, it could be that they are all going through karma, and they all have to starve and half of them have to die, I mean you could prevent that, and at the same time teach.

Miriam (Ishmael) – You will be guided to exactly where the need is greatest that you can fulfill to the best of your ability and the knowledge that we shall give you, now that sounds like a bit of waffling, but it is not meant to be. You are not in a

position to go to the deprived countries, which is what you are thinking about mostly, and there are, I can truthfully tell you this, there are many people there working among them to bring them to the fulfillment of their karma in this life, which as you know those who are very much deprived and starving are the ones who have graduated from the grey lands and the black lands.

So they have many lives to live before they can progress to the people, say that are more closer to you, so do not think that they are not being helped, they are, they have already progressed to be able to come back to earth, because it is many, many a long time before they are even ready for that. Your sympathy and all the good wishes and love that you send will be a tremendous help, but for you to actually go among them is not for you, your forte is going to be healing, and it will be in a different way to what you have seen the majority of people doing now, which is just the laying on of hands.

You are already beginning a different type of healing in your Thursday circle. I hope that answers a little bit of the question.

Geoff – Interesting question and a very good answer, thank you.

Miriam (Ishmael) – We know what is in your heart, and we know that you would like to dive in amongst those people and give your all, but it would not be to their advantage, really for they are being guided by special people, who have come down to earth particularly for that reason, and nothing else. It may seem very harsh when you see all these people starving and wondering why it is allowed, but if you can understand that it is their karma, and that they must get out of it the best way they can, with the help that they are being given.

WHY STRESS

In this meditation Geoff sees...

Geoff – He is very old and very ugly, and he has this black and white dog with him, this dog just adopted him, the path he chose on earth was very, very hard. He spent a lifetime being rejected by those around him and saw very little comfort or kindness towards him. The kindness he did receive was very special but he particularly chose this lifestyle so that he could see what it felt like to be an outcast. One thing he didn't have was the daily material problems that we have. In a way he was a lot more free, but the pressures that he was under were entirely different, he has come to talk to me before we start, because of what I started to say in the beginning of the evening about not being able to handle stress anymore.

The stresses that I go through, are earthly vibrations, material things, and it is nothing compared to living the lifestyle that he has chosen to live. What he will get out of this lesson on earth at the end of his time is a lot of experience and a lot of lessons that will benefit him a lot in the future, the lessons that I am learning in the material world are not to benefit me spiritually, directly, they are lessons I have to go through in order to cope with the second half of my life, which will take into account a lot of the things that I have done during the first half, that is the reason I am having them.

Even in his state being mainly rejected by society, he can see a lot of beauty in the world, the good in other people, and he has developed very well spiritually because of his lifestyle. I must not be concerned about my material life, once I can learn to put the material on one side then it will be an insignificant part of my future, but only once I have learnt to deal with it. He sends lots of love and blessings, he is going to go now because meditation is due to start and he thanks us for the opportunity of being able to speak to us and he really enjoyed it. He turns and walks away very happy that he was able to help.

KNOWING YOURSELF

In this meditation (1989) we have been discussing living in truth. Two guides channel through Miriam. The first being Julian, and the second being a regular Guide called White Feather.

Julian: I have listened with interest to your meditation tonight and it was a very good one. I have not been here before, but I could not resist the light that was shining and I am glad I did - or I should say, I'm glad I did not resist. To analyse one's self takes a great deal of courage and a great deal of truth. For, after all, it is no good telling lies to yourself. And only you know what is in your mind and how you are feeling. One must never start off analysing too deeply to begin with, for, I think, that you would become very depressed. You think you are such a person and then you find deep within that you are nothing like that person at all. So, start off gently, putting down, if you like, the for and against, the type of person you are, the type of person you would like to be. The thoughts that you have. How you can correct them. But do it gradually in your meditation.

There is a lot that can be done if one only will be truthful to yourself. Do you really want to do this? Do you really want to have that? Are you happy with the way that you spoke to that person? Are you happy with anything that you are doing? Are you reaching too high? Are you not reaching high enough, but content just to let things pass by? So many things are there to be analysed, but they must be done gradually. They must be done truthfully and you will be surprised what a difference it will make to your life. To cultivate an inner peace within you should be the first thing that you do, for if your mind is not at peace, how can you analyse yourself properly? You will have angry thoughts that are distorting words that you are trying to put together. You may be jealous. You may think that that person has more than you do. That person should be doing this, but that is their life. That is their Karma and you must concentrate on your own.

A very, very good meditation. I will not say too much tonight because you do have a lot to think about, but I will come back another time and ask how you are progressing and see if you are managing to analyse yourselves. I shall not ask you to say anything you would not like to say. But anything that you want to bring into the open, sometimes it is much better for you for if you hear it spoken aloud, it is better than just thinking it. Now, this is the first English that I have spoken for many and many a year. But I do not think I am doing too badly.

Geoff: You are doing very well.

Julian: My name is Julian and you were going to ask a question.

Geoff: Only what your name and language was, Julian.

Julian: Czechoslovakian. But that is a long, long time ago and except in exceptional circumstances; we do not speak anything but the language of the vessel through whom we channel. And I don't think you are prepared already for another language tonight. This vessel could get her tongue around the words. Now, I shall say goodnight and God Bless you and think carefully of what I have said and I shall listen to see if anyone discusses what they had while they were meditating tonight. May the lights of the Lord shine down upon you and stay with you forever more.

Geoff: Thank you, and Bless you.

White Feather: I also have been listening, and I should ask you to do what has been suggested that you do in a light hearted way, but not too light hearted that you are not self-critical enough. Because with a little everyday, if you were to meditate and analyse correctly, don't kid yourself that what you're doing is what you really want to do or that what you said was the right thing to do or if what you did was the right thing to do. Make sure that you are telling the truth to yourself. Now, I really must go and there's nobody else coming. God Bless you.

Geoff: Thank you.

Isabel: Do you have to analyse yourself on the other side too?

Geoff: When you cross over, you look back on your life, and you judge whether or not you did the right things and how many brownie points you got. But on earth, only you know exactly what you feel, but quite often, you can kid yourself that you're thinking something – you're doing the right thing when it's wrong or vice versa. You've actually got to look at yourself. That's what makes it heavy, actually, looking at yourself and you try to be – you try to find fault with what you're doing.

Isabelle: Yes.

Geoff: And you tend to be very, very critical. But quite often people end up believing what they want to believe instead of what's actually happening. They do it for so long, they tell other people for so long, that eventually, it becomes truth to them. If they sit down and think about it, they'll realise it's not really true.

Miriam: I'm gradually beginning to see, the faults that I have are being whittled away. I mean, I no longer want a lot of material things that I did when I was young. Material things don't worry me one little bit, so that's one thing crossed off, and I haven't got to worry about it. I'm learning to understand emotions. Jealously for instance, you've got to dissect the fact that it's somebody else's life. It's no good you being jealous of someone unless it's effecting you directly, because they've got to live their lives, you see? I think, I'm chipping away. It's getting a little bit clearer, but I still have got a long way to go. I've got to think when people say something, you've got to think, it's not always the way you take it. Because sometimes you say something yourself and you don't – you know what you mean by it, not being offensive. But somebody might pick it up offensively.

Geoff: Yes.

Miriam: Therefore, if somebody says something offensive to you, you've got to think, well, is she saying it or he saying it the way I'm taking it, or have they got something else in mind? And that, I find, is still a little bit difficult to accept, you know, to slow down enough and think.

Geoff: Yes, it is not their action, but your reaction.

Miriam: But it takes a lot of doing.

Geoff: Yes, it does.

Miriam: To be true to yourself is a very, very difficult thing.

Geoff: Yes.

Miriam: Not to brainwash yourself into what you think you want or that what you're doing is right and...

Geoff: Or what you think you should be doing.

Miriam: What you should be doing. Very difficult.

Geoff: Yes.

Miriam: I'm getting there. I can see a bit clearer, but I've still got a long way to go.

Miriam: In my garden, (Peace center in Meditation) when I go there, I mean, I can be completely at peace no matter what's wrong or anything – completely at peace.

Geoff: How did you do Margaret?

Margaret: I don't know. I think I was asking more for help or sorting out some problems, but not necessarily analysing me.

Geoff: If you've got problems it's difficult to analyse yourself. But you can sit down with those problems, as I was saying just now, and you just take them one at a time and you work at what is the best thing – what is the real intention behind those problems, and you see all aspects of it, and then make a decision based on what you see. When you come out of meditation, you can feel much more emotion. When you're in meditation, you're at peace, and you don't have this heavy emotion and then you can analyse far better what you're seeing and your problem.

Margaret: I came back reluctantly.

Geoff: Reluctantly, why? Because it was peaceful up there? Or because you were sorting out your problems?

Margaret: Because it was peaceful. I wanted to stay in the field by the children.

Geoff: Yes, that is your peace center. That is what you created, and you control the whole thing. Okay, what we've just done is – once you've done it a few times, it's not bad, you

actually can enjoy going in there and sorting out your own problems. Then you realise they're not really problems at all. They're just small situations that you can sort out one way or another. And you actually look forward to sorting them out and making it better, or making yourself better.

But what you felt when you were there and what you felt when you came out was a very heavy vibration. What we'll do now just for a few short minutes is change the vibration in the circle. Just sit comfortably and close your eyes again. Your centers are already open, so you don't have to worry about that and go back to your oak tree. Now, back at this oak tree and this lake, this is your peace center. You can come here and you can get away from it all. What you do in this area is entirely up to you. It's, like, being on earth; you've got free will. You think of this place as being quite, I don't know, religious in a way because of what you've learned about meditation, what it means to you, but this peace center has not only peace in it. It has everything you want, everything that can be in your imagination can be in this center. You can do whatever you like here at the center. And you'll keep visiting this center for many, many years to come.

You'll find that it's got all sorts of extensions, and every now and again, you find other extensions. You go and have a look at that and you find some experience here or some lesson there. What I want you to do now is just raise up off the ground about six inches and drift out towards the center of the lake and drag your toes across the top of the water. Quite a sensation, isn't it? Just feel your cool toes. Drag a little faster, so you get a nice spray left behind you, just like a boat. You can do that quite easy and then stop and slowly sink down in the water. The water is crystal clear. Feel the water creeping up your legs, up across your body until you're under the water. And you'll just stand hovering or swimming or whatever you feel like doing. You look around underwater and if you want some fish, you put some fish there. If you want turtles, or crabs, or sea anemones. Whatever you feel like just put it in there. Okay, then come straight up out of the water and just keep on going up. As you

keep on going up, you see your lake getting smaller and smaller and smaller. Surrounding the lake you can see the tops of the mountains and their getting smaller and smaller. You can see the snow on the mountains. Now, put a rainbow in from where you are at the moment going down to the top of one of the mountains, those mountains covered in snow. Sit on the rainbow and slide all the way down and as you get closer to the bottom, you just put your feet out and you'll slow down and you'll end up standing on top of the mountain. And you can feel beneath your feet, all the snow. It's ice cold. The snow starts to melt as you're standing there and you realise you've got bare feet. Now, standing right on the top of this mountain, one side of it is absolutely sheer. I want you to lean outwards over this massive drop below you. Just fall forward and float down to the bottom. See, you can do whatever you like in meditation. Whatever you feel like doing. If you feel in a good mood, you go flying or you go underwater or you go underground. When you're flying, you're flying right next to the seagulls or ducks or even an Eagle. Whatever you feel like, you can do. And also, it's great to take the kids because they love this sort of thing. So, just call a few Spirit kids in and straightaway you'll sense that there are children there. They won't come into your meditation unless they're invited. So, invite them in and you've got stacks of kids flying with you. And then, decide what you want to do next. I'll give you two minutes and you just get up to everything you feel like doing and then come out of meditation.

Geoff: Everybody's sort of got ambitions and dreams and things they love to do, you know. Like flying..... You can do all of those in meditation and when you're in a good mood, you get the right vibrations, nice and happy. It's great.

Geoff: Another thing you can do very nicely in meditation is face fears. I can go and face spiders in meditation and they don't worry me because I know I'm safe. That's part of this falling off a cliff for anybody that's afraid of heights. Now, you see how the vibrations have changed?

CROP CIRCLES

Crop circles have been created in several parts of the World for many years. They are wide open to speculation as to how they got there and how they were made.

The problem is that the investigators are trying to find the answers using known scientific facts. There have been a few hoaxes but the majority have been genuine.

If you were an advanced race from another World, and wanted to contact Earth, would you just arrive?

Being smart, you would leave your calling card first.

Crop circles are "Messages" from these species just to get us thinking that they "Could be" Aliens.

The circles are similar to "Hieroglyphics", there is a message there...but we are looking for the message in the Dimensions that we know of.

By the time we have worked this out, and are "fairly sure" that the messages are from another world, an exchange of messages will start, following by direct communication.

We need this time to be able to accept that there are others out there, and this is their way of doing it.

"DUMB" SPIRIT CALLED RICHARD TRING TO SPEAK THROUGH VERNA

Geoff - I can see the light around Verna's head, I know you are there, you can come through and talk, but you are finding it difficult to communicate. The last time you were in earth, you had difficulty in speaking, you were dumb, were you dumb the last time you were on earth? Well, it is going to be difficult for me to channel in the beginning, but it can be done with a little of sign language, and a little bit of thought from all of us.

I must talk for you? No, difficult, you could channel by sign language (laughs). Right, let me see what I can see, maybe you can explain to me and I will talk and you will fill in the extra bits and pieces yes?

Verna (Channeling) – Need more power, energy?

Geoff – All right lets concentrate on sending some more energy across to this young man.

It is getting clearer for you. I think this is why we put the power into the crystals in the beginning, as it is going to take a lot more energy to communicate.

Verna (Channeling) – You teach, all.

Geoff – We must all teach you to talk.

Verna (Channeling) – First time, need practice, the headache.

Geoff – That was the headache that Verna had.

Verna (Channeling) – They say enough for the first time, and I can't thank you enough, because it was the energy given out from the circle that enabled me to talk for the first time since this past life, and then passing over and feel like crying, thank you and if you don't mind the patience, I wish to come back to familiar ground.

Geoff – Well, why don't you come back on Wednesdays, because that is when we have the most power here?

Verna (Channeling) – I have to go now, it is taking too much energy from this channel.

Geoff – Okay, then you come back again, go in peace, and bless you. His name is Richard, and he is around 30 and very

sort of pointed features, thinnish brown hair, he died in hospital, he had cancer of the throat and the pipe going down to the stomach, and he couldn't speak for a long time and knew nothing about spiritualism and was actually afraid of dying. And when he was lying in hospital and not being able to communicate properly with people, apart from the most basic things, that's when he developed a fear, and that fear is still there, when he comes down to earth, because he picks it up again from the earth vibrations.

And this is the first time he has tried to talk and it was his fear that caused the massive drain of energy, you have to be well balanced to be able to communicate, to meditate as we know from earth vibrations, and it is exactly the same from up there. When he starts to come down through earth vibrations, then he picks up this fear and then he is not balanced, and that is what requires more energy. But he is very happy that he has been able to talk and he will come back again, I told him to come back next Wednesday, and he says that it will be a lot easier next time, the more you do it, the easier it gets, but it will still require a lot of energy.

But we will know what to expect and how to handle it, and he will be so happy if he can come back and talk again. He sends us blessings and many thanks.

Verna – He is most welcome. Can you see the little specks of light around Geoff's face and neck? That is spirit light, and there is a lot down here by his throat.

Geoff – That is when people talk through you.

GEOFF LEARNING CLAIRVOYANCE – 1988

In this meditation, a guide called Lone Wolf is teaching Geoff how to listen to his thoughts as apposed to being a channel.

Geoff – It was around Khartoum, that is where he was as well.

Verna – So he was a camel trader?

Geoff – Yes I can see a square type pyramid, it is like a pyramid without a top, I don't know whether it is an actual pyramid or fortress, and Khartoum I get very strongly, and he is right here I don't know why he doesn't speak. I have seen him he wears a turban with the material coming down the one side of his face, and a long robe down to his ankles and sandals. Looks very much like a Bedouin, I can see a range of mountains, that are very, very deep, very big hills, just keep rolling backwards for a long way, and the front of which is the desert, and the river Nile.

And a square building, maybe that is where the healing was done, now I can see a courtyard, with a steel type of gate, and in the courtyard is very thick stones, very old, centuries old, as you walk into the courtyard, you feel this force around you. The walls, and two people were buried there, but they look very English graves, big, like twice the size of the coffin, and made out of stone. And as you walk in there and in front of you on the left, the two of them side by side and the rest of the courtyard is getting a little bit overgrown, as if it hasn't been looked after for ten or twenty years or whatever, there is little bits of moss growing on these gravestones, and behind it is not a wall, it is like a family chapel, but it is very old, no glass in the windows, they are just open, and very little light in there.

It was used only by family, and the pavement just outside the gate is like brickwork, but not modern day, very old, with grass and moss growing in between, a bit like an old roman road. And I am getting another, looks like a form of crypt or burial chamber with very old stairs going up, very old. And halfway up on the left hand side is a doorway which can be sealed up, and that is some form of crypt.

Verna – That is very good, and you know what I saw just before, and this is maybe why he didn't talk or whatever, but they showed me about four or five different faces on your face (Geoff's) and then a blue aura, almost going up to the painting and down, and all around your shoulders here. But your face changed, like they showed me different faces, dark faces, light faces, big faces, thin faces, and then this blue aura, all around you, enormous.

Geoff – Hmm, you actually got it all around you as well, like spirit light, shimmering around your head and shoulders. It is definitely much lighter.

And what he is showing me is he knew of us or knew us at that time in Egypt and it is like we were chased out of the town and stoned, but maybe that is just the picture he was giving. We were doing healing in those days, it was against their religious practice or whatever, it is difficult to know what is imagination and what isn't, just before that I had a Buddhist monk and he said everything comes from within, and he said you know what is true and what isn't, and what you are doing in life, whether it was good or bad or whatever, and the answers are within and if you are not sure you can get the answer through meditation, not so much from your guides, but from your inner self. That was quite good, I have never been so clear about that. Now I can now see far more and understand far more, but I have to learn to interpret what I see the right way, I have to learn symbols and signs.

He is telling me that what I am seeing now, is the way that I will be able to communicate, and whereas in the past we have listened to each other, when control is being spoken through either of us we have listened, and now far more will be given in thought forms that we know will be true, we will be able to believe them far more, than we could beforehand. And that is why although Yusuf and Ephraim are both here, they are telling me this way and so you can understand also. And Lone Wolf is also here, and he says that he promised to teach us about communication, and this is what he is doing.

Verna – Oh that is good.

Geoff – I can see a lot of gold coins on the side of a bank of earth, and the earth is very dry and barren, where the coins are hanging, there is greenery growing through them. Lone Wolf says we must think about this and work out what it means. There is also something that looks like St Paul’s cathedral, it used to be on the horizon but it is now much closer, that we have to work on, and a gold ring with a stone, with two stones that has more and more bands of gold around it, instead of it being one solid ring, it is six or eight very thin rings pushed together, with two stones, one is green and the other is dark blue.

The one with the coins on the right means that when things are very barren, or negative nothing can grow, once you make it positive things will grow, and we will prosper, I don’t know if it is financially or what.

The second one is that our inner temple, or learning temple, is now closer, easier to access - to get to.

And the third, the two stones are us, green for me and blue for you, and the gold band is one thing that we had in common, which has now become many other things, many other aspects of life have been added to it which we share.

I am getting these red ticks on these three things, but it links up with some red tick to do with you.

Verna – I was getting ticks the other night remember, on the things I was giving you.

Geoff – Yes, I am actually sitting in a valley and getting three items in front of me, and Lone Wolf is sitting on a rock about ten fifteen feet above me on my left...tape ends.

DAWN CHANNELS THROUGH VERNA - 1989

Dawn is a regular guide whose job it is to bring laughter into people's lives when they need upliftment, she pops in tonight just for a casual chat.

Verna (Dawn) – It is bubble trouble, it has been such a long time and this channel did not want me to come, I heard her say “Oh no” but that wasn't going to stop me. I just wanted to come and say hello because I have been miles away from you, miles away, oh I have been working with Africans in Africa and all these people and oh it is so nice to come and say hello, and I haven't got too much time.

I was just passing and I thought I would come and give you some bubble trouble. Are you all keeping very well? And do you all have your pink bubbles? And do you use your pink bubbles or have they popped? And if they pop do you blow them up again? I don't really know what to talk about, I have traveled all over the world, oh it is marvelous in my little pink bubble, pop, pop, pop, all over, making people laugh, being happy. And what is so marvelous I always stay at this level, you know on earth you are up here, down here, up here, and you've got a few pennies, so you are up here, then you lose a few pennies and you are down there. When you are up here you've got some food, you are down here you are starving, you know, up here having good times then somebody dies and you are down there, now you know if somebody dies you stay up here, because they have even got higher up here. No, I know what it is like, I am not always like this, I do have my serious moments, very occasionally. Sometimes this bubble pops a little bit, but I am very quick in blowing it up again.

Miriam – And tell me are you able to bring any light relief to anyone in the war torn areas?

Verna (Dawn) – Ahh, I try.

Miriam – It must be very difficult.

Verna (Dawn) – You know the trouble is that you accept this, can you imagine, you see now I even find this funny, but it is not funny, it is serious, to be serious, there is much grief and

destruction and horrific things going on, and then this bubble trouble comes waltzing in and its like you walking down the street and you are very sad and lonely and somebody laughs and laughs and you want to slap them and you think what right do they have to be so darned happy when I am so sad and miserable and their vibrations are so low that it takes a more serious-minded funny person to crack little nice cracks to get them a little higher, I could only come to some mad people like you.

(Laughter)

I do some of that work, I get out of my pink bubble and I get into my serious pair of pink shoes they are not as strong, and I bring some light heartedness and upliftment. But usually I don't do that through channeling, because as you know I can't control myself, and sometimes it has happened once or twice when I have been able to turn the pink shoes into my bubble, because the situation has sort of changed. Although it has been a drastic, drastic time you get this little group together, you see everybody really wants to be happy inside, it is just the material things and the disasters that take that away from you, but deep down it is still there that you want to laugh.

And sometimes I, very seldom, but sometimes I have been able to feel inside their solar plexus that they are ready to have a good laugh, and they are spiritually awake enough to accept it, and I build up my bubble and bubble for them. But really that is serious work when someone is so emotionally torn apart, oh it is heart rendering and you have to heal it slowly, you have to go slow. You understand, I know you understand, I don't have to go into detail. Well before you have any questions, I think I will bubble off.

Geoff – I have only got a small question.

Verna (Dawn) – Oh no, I heard it. Fire away.

Geoff – We have a parrot over there. Does he have a spirit?

Verna (Dawn) – Oh we know, do you know that I put him in a bubble the other day, he was going to fly out of his cage, and I was waltzing around here, the house was empty actually, I just came around. And so I put him in a little bubble and kept

him in his cage, he couldn't move. Yeah we play with animals, oh sorry what was your question?

Geoff – Do they have spirits and do they have guides?

Verna (Dawn) – You know what your birds got, you tell me!

Geoff - Okay so he's got a white pigeon.

Verna (Dawn) – Yes, an enormous white bird, not a pigeon, no a cross between a dove and an eagle, I don't know, just a big white bird, enormous, he goes to lots of birds, but he loves your parrot, and he shuts him up when you meditate. He comes and goes tweet, tweet, tweet and the bird shuts up. (Laughter)

Miriam – He always goes quiet when we meditate.

Verna (Dawn) – Yes and he visits him a lot, he does, and he comes to watch television, the white bird and he listens to the music. Oh yes, he has got a bird that looks after him, and what was your next question, oh the guide, that is his guide. Yeah they chat, bird talk mentally, they chat, oh your parrot is not really aware of this thing, I think maybe he has seen him once or twice and got the fright of his life, but the bird has to be very careful because your bird could die of a heart attack if he sees this big bird. He has a bad enough time with those outside, we have watched him.

But I mean can you imagine if he suddenly saw this huge bird who says “I am your guide” – oh boy, he would just die of a heart attack, yep dead gone, he would be joining him, he would be somebody else's guide! And by the way your dog, I want to tell you about your dogs, your dogs are great, everybody loves your dogs and they talk to you in astral, yeah, they don't go woof, woof either, they chat away to you in astral. And you pat them and of course the brown one, she kind of gives you the once over and toddles off, she is a very independent soul, isn't she. She loves you but that's it, you know, kind of yeah, yeah I know I love them all, old hat and off she goes.

But old buggerlugs the black one, he still walks around like a snail you know, that's why the kids love him, he has stayed old, with his one eye, and the kids pull his ears and stand on his tail and oh they love him to bits, and he comes and chats to you

and he lies next to you a lot. Yeah, he just lies there he doesn't need to talk to you, he just feels your presence in astral, sometimes you are working in astral and he will come and lie near you.

But not the brown one, she says "I love you but gotta go", she must be a Virgo.

I was Virgo, I don't know where the sense of humour came from I didn't have it much on earth. I think maybe your stars change when you come up here.

Geoff – I have seen the black dog a couple of times in meditation.

Verna (Dawn) – Yeah the brown one you will find hard to see, because she just pops in and it is old hat, you know she loves you, you know that, why should she tell you that every day?

Geoff – There is another dog as well, the brown one is Elsa, she died a few years before the others, there is another black one called Grets, an Alsatian.

Verna (Dawn) – I wonder where she is, maybe she is off somewhere, oh she will probably come and say hello, I haven't seen her around. Mind you I have only just met them, because I have been hanging around you for a while, as I say we have been traveling all around the world. And you have to pay! We see you fly here and fly there and carry the suitcases, oh boy, yeah we just land. No bombs, no searches, no suitcases to worry about. Sometimes it is hard to stay in your pink bubble with all the bad vibrations coming up from earth and all the terrible things that take place, but some of us have to, I do a lot of serious work, please don't get me wrong, I don't waltz around like a silly old goat all my life, all my dead life (Laughs).

Actually I have been doing some serious work lately, but what I enjoy most of all is getting into my little pink bubble and the higher vibrations, and I think they blew my bubble this way tonight because of all your hard work, and your unsettlement, oh we get it all. So they blow my bubble your way, and I have left a whole room of pink bubbles for you, and if you can still breathe, I leave you all the love in the world, all the pink bubbles, all the

peace, all the happiness, all the joy and you just keep all your vibrations high, even with all your worries about what to do, and you will see all these things will work out in the long run.

Patience is a virtue, and virtue is a grace, and grace is a little girl who did not wash her face! Goodbye my friends, God bless, and I will come back another time.

Verna – She is waiting now for you to see the pink bubbles, she is watching.

Geoff – Yes I can see pink bubbles.

Verna – And she said since we brought up the subject of her on the serious side and feeling the emotion, I felt when she was talking about her work, she will tell me that there is some very serious work coming up for them to do. A few disasters, some from nature, some man made, and they will have a lot of work to do and when we hear of any disasters will we take the pink bubbles, not those she has left us, but we will make pink bubbles and send them out to the disaster, because she will see them and we will help her with her work.

And that will give her just the same amount of pleasure as she feels when she comes to us as mad bubble trouble Dawn, she says she knows you will, and she says she will give those bubbles with the earth vibrations to people in need, and that is how she will transmit our feelings of love, and feelings and prayers of healing, and spiritual upliftment with the vibrational spirit, with an earthly vibration of spirit connected to it for the earth people who are going to need healing with earth vibrations.

And she said she is sorry she didn't give this talk first and then make us laugh, but she does realise that we do understand and there is a lot of hard work ahead. But we must not let any of these disasters upset us to such a degree that our vibrations are so low with emotions that we cannot send out the power and the energy that they need from us. Will we please remember this it is vitally important, that you do not feel so sorry for these people with so much emotion, that when you do send out your feelings it is an emotional feeling, for that is wrong. We will be doing more harm than good, we would be sending them a

distressed emotion of pity, and sadness instead of being able to give them the emotion of spiritual upliftment of love and caring. The love and caring must go with a high vibration and not a pity vibration, and there is a difference, yes she says please remember this, it is very important. A lot of people if they don't control their emotions and that is why before you do spiritual healing to the power that we are doing it, they have to teach us to control our emotions to a certain degree, during the time of healing, otherwise the incorrect vibrations are passed forward.

And you know yourself, when you are feeling down and someone shows you some emotional tender loving care you break down. But if they show you a joyful spiritual little giggle of affection and make a tiny little joke, with respect out of your situation, you might break down, but you will be in much stronger control of your emotions and you will heal faster. She hopes she put that in an understandable way. She now puts her hands in the form of a prayer, and blesses us all and she leaves. She says Geoff she will find out about your other dog, she says that somebody has come up to her and said that they know this dog, this is the dog which feared lightening.

Geoff – Yes.

Verna – That dog is so spiritual and does so much work that you will hardly ever see that dog, it helps other dogs who have a fear of lightening, because this dog, I think this was a lady dog, she says, which of course I know is correct. This lady dog still remembers the terrible and horrific fear that she suffered during storms and lightening, so she goes down and she pacifies other dogs that have this same fear. And why she experienced this on earth was to teach her to be able to do this kind of work.

So there you are, she says your dog is a very busy little lady. And this dog walks around with a white light and is very well loved. The children leave that dog in peace. For that dog prefers animals and to work with animals and that dog has organised animals together to help it do the work and she is very high and has many helpers, and her and all her helpers go down and she allocates them their jobs of what to do and where to go and this dog has a very strong white light.

And in fact she does not think that you will be able to see this dog of yours, maybe when your vibrations are higher and you are in spirit you will see this dog but she does not think you will see this dog while you are on earth, the vibrations of this dog are far too high.

Geoff – That is very interesting.

Verna – So you can be very proud of your lady dog, and she says now that they have given her the message about your dog, and she really must go, and she gives a curtsy, with her dress out here. And she leaves.

ASTRAL HEALING (DYING PLANT)

In this session Verna is doing the healing and Dr. Paul is channeling through Miriam.

Verna: What am I getting? It's a plant.

Miriam (Dr Paul) Oh, I wonder who brought that.

Verna: It's a lady and the plant is dying. It's not been well looked after and she is a member of the family who own this plant. She is in spirit but she feels her family isn't taking good care of this plant and this plant was hers.

Miriam (Dr Paul) So, what are you going to do.

Verna: So she has asked us to ... this plant needs like we take vitamins – it need nourishment.

Miriam (Dr Paul) It does

Verna: Not water – I mean, it's got water but it's just in dead soil. They do water it but the soil is dead – they soil has got nothing in it. So what she's asking us to do is to please help her to re....?

Miriam (Dr Paul) Re-energise

Verna: Yes, but to put something in the soil – to put some goodness in the soil.

Miriam (Dr Paul) Yes, to re-energise the soil. It needs nutrients from the air. It is something you have come across before but that is what it needs. Nutrients from the air are missing.

Verna: And some - yes, because the soil is so clogged up there's no air.

Miriam (Dr Paul) I think if you all give it some energy that will be fine.

Verna: And she wants Luke to hold the pot plant. Just put your hand underneath the pot. Your turn tonight Luke. And she's laughing. She thought it would be a nice change and a nice surprise.

Miriam (Dr Paul) It was.

LESSONS ON EARTH v ASTRAL

In this next one I'm holding a discussion with spirit called White Feather who is channeling through Miriam.

Geoff: In spirit you can achieve a lot more things – there's a lot more learning – there are more people who are able to teach you.

Miriam(White Feather) Yes, we have many – let us call it halls of learning – many halls of learning, as you do on earth, and many areas where the teachers are only too willing to help. You can learn for as long as you like.

Geoff: Yes and also you can create whatever you need – create whatever situation you need.

Miriam (White Feather) Yes and if you have not experienced it then you will be taught.

Geoff: So what is the purpose of having earth where you come down and live a life on earth, when you can experience it all up there?

Miriam (White Feather) Aah! But you cannot experience it all up there because you have not the temptations up there that you have on earth. You are learning in Spirit, but down there on earth it is a different matter altogether – you must overcome the jealousy, the greed and pride – so many things that you must overcome.

Geoff: Yes, I suppose that's right.

Miriam (White Feather) Once you are in spirit it's a different thing entirely, providing you are willing to learn. Many go to spirit and stagnate. They continue to behave and act and live, in the same way that they were living on earth but they do not progress.

Geoff: How would those people reincarnate again then?

Miriam (White Feather) They do not reincarnate until their life is kindled again within them that they must do something, but for some it is many, many years that they just carry on without another thought in their minds, but to enjoy their life and do exactly what they were doing before whether it be good or bad, and that they must be allowed to do- because it is still free will even in spirit. Once that light awakens them again, and then they think it may take a long time discussing with those who are willing to help, and those that are always

near and waiting for that time, but it does come eventually in the great majority of cases.

Geoff: Yeah – it is just a matter of time. So life is all lessons. To learn or to help others to learn.

Miriam (White Feather) Only God your creator knows why it happened in the first place.

Geoff: Yes. Also, as we develop, you have in sort of millions of years time - I mean even knowing what you know you could be totally naïve, compared to what somebody knows, who has lived another ten thousand lives or whatever.

Miriam (White Feather) Oh yes, that is so.

Geoff: So if you are going to continue to develop you might as well have fun doing it.

Miriam (White Feather) Just as you, yourself, have seen and felt the love of what you are experiencing in astral, and you wish to continue with that and you wish to have it, living as it were and not to just have it in astral, and then the more you learn, the more you experience, the more you wish to continue.

Geoff: Yes, yes, that makes sense.

Miriam (White Feather) But you can perhaps - just a glimmer of imagination will take you to understand what it must be that calls people to go further and further. What joys and experiences they must be having, to give them the wish to go further.

Geoff: Yes.

Miriam (White Feather) It is, as you say, mind boggling.

Geoff: Well and truly.

Miriam (White Feather) How I wish that there was a quicker way of passing on this joy to those who take to drugs, to give them the lift because once you have experienced it spiritually it is with you always, but not drugs.

Geoff: No, drugs are – well again, drugs are just an experience that people have to go through.

Miriam (White Feather) If that is what they wish to do - but they are not in control with drugs.

Geoff: But isn't it important – that you have to experience before you can teach - before you can teach others.

Miriam (White Feather) Not necessarily because you can see what is evil and you can sense it – perhaps it comes from other lives.

Geoff: Yes, that's as you have in this life - some of the stronger drugs have been and gone to be replaced by newer drugs, so therefore there is no need to experience them. Yes, it makes sense.

EARTH VIBRATIONS FROM STONES AND CRYSTALS

In this meditation Miriam channels Elizabeth who chats about the different aspects of gold.

Miriam (Elizabeth) – Greetings.

Geoff – Greetings and welcome.

Miriam (Elizabeth) – I thought someone else was going to speak through this lady, but they said no it was my turn, there are so many who wish to talk through all the channels here, and we have to take what turn we can! But I didn't expect mine so quickly. I would like to say something about gold.

So many people try for gold in different ways, so many lives have been lost for the precious metal, so many flowers are gold, so many people try to achieve a gold medal, but we know that the gold that you are aiming for, is not to be seen except in the mind's eye, it is the golden spiritual achievement. And it is something that you are progressing well in this path, each week the thin Golden Circle gets slightly broader. Sometimes you will fall by the wayside and have doubts, as it is on all walks of life, your side and our side, but it only strengthens those that are determined, that they carry on, and if they have the faith, it is so much easier.

There are many times when we wish we could tell you or show more or give some sort of spiritual experience that people would say "now I believe", but I am afraid that we must have the belief first. To be really genuine, otherwise it is like giving a reward before the effort. The children are the easiest to lead on because they have so much faith, to begin with. It is only the harsh world that reduces that faith to next to nothing sometimes and sometimes takes it away completely. And then we have to wait until they are ready to question, and when we know they are ready, then that is the first rung of the Golden Path.

But there are so many miles to be trodden, but the end result is surely worthwhile, for when you get to the end of the Golden Road it changes to the purest of white, and that is what everyone seeks. The Golden Road may not end on the earth plane, it may

continue when you come to this side, or you may wish to come back to earth, it all depends upon your choice of how you think you can fulfill your karma.

So you see, there are many aspects of gold, some people worship it for the shine and the power that it gives, but that is just the wrong kind of power. Thankfully those here and others of the family are on the right path. I thank you for letting me say these few words to you, I am sorry I cannot speak too loudly, it is such a long time since I did any talking at all, I do not find it very easy. The light comes down on this circle, it is so beautiful, but it shines down with the richest of blessings, and know that you are all well guided, thank you again for letting me talk. God bless you all.

Geoff – Thank you, bless you.

ENERGY IN AURA TO CHANGE MOODS

More about healing with the help of Dr Chang.

Geoff – The bubbles are like their aura, they are about a foot out from the body and these people are walking around encased in these bubbles, what I am being told is that when you are on a higher vibration, when you are in a happy mood the space between the bubble and the body fills up with this high, happy vibration and it will continue for some while, it is like the bubble has a slow puncture and this happiness will evaporate or come out but meanwhile the body is always creating new vibrations, so when you are in a positive or happy mood, it is likely that you will stay in it for quite a while, and the same as when you are in bad, negative or depressed mood the same thing happens.

You will remain in that because the body has created this vibration which stays around you for some time, now you can change these vibrations, which is changing moods, which is what people try to do to each other, to get somebody out of a bad mood. Now by giving love and energy to a person who is in a bad mood won't necessarily get them out of it, you have got to make the reaction come from the person themselves, you have got to make them feel better about themselves, it is no good telling them that everything will be all right or fine etc, it has got to come from inside them, you must explain to them why it will be better, and why it is not so bad to make their bodies react and create this positive vibration which will then wipe out the negative vibration.

This is important when you talk to people and how you talk to them. I am getting now emotions, happy loving emotions, being in love emotions, and these are very soft and pink vibrations, and it surrounds the person and it is very soft which means it is easily destroyed or changed, a happiness vibration is a lot more stronger and hardy and takes more to get rid of, whereas a love vibration is more delicate. That is why young couples when they go out and sort of go in and out of love in a

way, fall out with their partner and back again very quickly because these vibrations are so delicate.

INCREASING FAITH WITH VISUALISATION

In this meditation I am talking to a Guide called John, who is channeling through Miriam.

Geoff: Can I ask a question at this stage?

Miriam (John) You can.

Geoff: During meditation the other day I was learning about visualisation and creation. When you visualise something you start the creation process.

Miriam (John) Yes.

Geoff: And people who can, for instance, we have heard of people who can make a loaf of bread appear, create on an earth plain, I assume that is just a higher state of visualisation.

Miriam (John) It is.

Geoff: So that is quite an answer knowing that if you have enough faith, what you visualise you can create.

Miriam (John) Cannot faith move mountains? It does not mean that you have to get a shovel and move the mountain spade by spade but it can be moved in other ways. Faith is such a tremendous gift and if one can give 100% faith then how much further can they go.

Geoff: Yes.

Miriam (John) It is not easy, friend, we know that for ourselves. It is not easy for us even to have the faith to choose where we will go from where we are, and knowing just the little that we do know - wondering if we will be worthy of what will face us. So, you see, friend, you are not the only one who has doubts at times. We also have doubts and so it will be until you reach the final goal. It will always be a case of having faith.

Geoff: Faith is not something which you can create. You have to experience results of faith to be able to increase your faith.

Miriam (John) Yes. One must have more faith to begin with in order to create that little bit that gives encouragement.

Geoff: The only way you can get that faith is through – it's through experience. It's no good having blind faith because that does not achieve anything. It is a form of escapism

Miriam (John) Yes.

Geoff:so you must experience little by little.....

Miriam (John) Oh, yes.

Geoff: what faith can do - which will give you stronger faith.

Miriam (John) That is so.

Geoff: Thank you – that was a good answer.

Miriam (John) My pleasure. I wish you could see how some of us tremble when we are leaving, or those who are leaving after having reached the second, the 2nd seventh level (*Mental levels*) for they know they cannot be in touch with those of an earthly body any longer. It must always be done through someone else and the wrench is tremendous although we have to conquer our emotions and we do to a certain extent, but to know that never again will you be able to come down and communicate direct or to look upon a face that is so beloved or for whatever reason. It is a big step to take and yet you know in your heart that it is what you have always been waiting for so pity us sometimes friend as we also encourage you to have faith to go on.

Geoff: Interesting – thank you.

FISH SPIRIT - 1990

Geoff – Are you struggling to get through, you have a stubborn channel again, have you been here before? You are very welcome, just relax and I am sure you will be able to get through a lot easier, just take your time.

Verna (Channeling) – Coming.

Geoff – Yes I can see.

Verna (Channeling) – Not easy.

Geoff – I am not surprised. Where do you come from?

Verna (Channeling) – I am trying.

Geoff – Yes I can see that, there is no hurry, we all understand.

Verna (Channeling) – First time for me.

Geoff – Yes the first time we have spoken, and the first time you have spoken in this language.

Verna (Channeling) – You are clever. And using translator difficult, difficult, first time.

What do you see?

Geoff – I have just been concentrating on giving you energy, but I saw that you were fishlike, from what I saw, that is all I can describe, because I saw your face or head, with teeth top and bottom, like a fish in the front.

Verna (Channeling) – Long ago.

Geoff – It is long ago you looked like that?

Verna (Channeling) - Too much energy, must rather come back later.

Geoff – But at least now you have seen the way to get through, and you understand the power required, so next time it will be quicker and easier.

Verna (Channeling) – Will be better, practice, language change first, less energy will be used then, sorry if you are disappointed but I thank you for teaching me to try.

Geoff – It is a pleasure. I can see a lot of crystal.

Verna (Channeling) – Yes

Geoff – Crystal helps give you power.

Verna (Channeling) – I cannot stay this time, I do not have the energy, even with all yours, it is too much, thank you for letting me talk, maybe another time.

Geoff – Yes, and withdraw in peace and bless you.

Verna (Channeling) – With love I withdraw.

Verna – And he swims away, so I get that he is in the transaction of changing from one life to another, and still slips back to his past, they are trying to get him out of this where it is an easier vibration for him, when he left me he swam away, like a fish, but he is not meant to be a fish.

Geoff – He has been living very deep in the ocean, very deep, and somebody came a few weeks ago and they were going to tell us about life very deep in the ocean and they said they would come back and talk about it later, and they actually brought this person/fish back to teach us to tell us about life down there.

Verna – I am so cold.

Geoff – Yes it is very cold at those depths, but I see him as going over to the next stage of life and development. And he can be what you call a spiritual fish at the moment, and he finds it very easy to go back to where he used to live so that he can be at peace and communicate and relax, especially after something like this that he has just tried.

He will come back up again in just an hour or so, and he will come back to where spirit are waiting for him to help him continue with this process of changing over, so he has only temporarily withdrawn, because he used so much energy.

They help him communicate through crystal, where he lives there is a certain amount of reddish crystal.

Verna – I am so cold.

Geoff – When they are ready to develop they move to this deep area where there is this crystal, and although it is dark down there they can distinguish between the dark and the redness, because the red sort of glows and it is like a holding area, and when they pass over they move up from that area to spirit. Somebody will come back in a few weeks and tell us more about it. And if they can they will get somebody who is a

little bit more advanced who can communicate easier. That is all I get.

FLOWER LADY CHANNELS HER DEATH

In this meditation an old lady (a bit absent minded) is channeling to our group through Verna.

Verna: Hi. I'm a very old lady, and in my lifetime I used to earn my keep selling flowers. I was known as the flower lady. In 1700 something.

Geoff: A Long time ago. How much were flowers in those days?

Verna: Penny? A farthing? What somebody would give me I took.

Geoff: Yes.

Verna: I forget, you know.

Geoff: Well, it has been a long time.

Verna: Every seller says tuppence. Now not so old in spirit. Only now that I'm learning to talk I feel old again. I don't – I don't like this too much.

Geoff: Is that because of coming back to earth vibrations?

Verna: Yes, I'm afraid so - But I'm a real spring chicken up there.

Geoff: Did you used to sell your flowers in the street?

Verna: Yes, in the street. I used to call "flowers, flowers for sale". I loved the flowers and if somebody couldn't afford them, and they really wanted, I would give them flowers. Very poor but very happy, but very cold, I was. I never had a family left to care for me, and I learnt my lessons well and was proud of myself when passing over.

Geoff: Can you remember your passing over? What was it like?

Verna: It was an accident. Something hit me. I think it was a cart.

Geoff: Cart...yeah. And what happened to you - straight after that - can you remember what your first impression was as you got to the other side or what you first saw?

Verna: What happened was that many – many friends – people – and... I never went to church, you know. Good I wasn't. I wasn't the poorest person in those days, but I was poor

and because I sold the flowers I made many friends but suddenly, believe it or not, I'm not answering your questions. Funnily enough they were not friends on earth really. On earth really they were people I sold flowers to and maybe gave flowers to. And I remember when I was so surprised when these people were the first people I met, and I remember that I couldn't understand how they wanted my flowers when they were dead, and so I remember asking them what are you doing back here - you are all dead and they said, so are you!

Because, you see, they never - I was told that I never felt the pain or the shock. You can't remember but I know that I never remembered how I died. They had to tell me and show me a while after I was here because when I got here, I didn't know I was dead. I asked the dead people - people who passed over - why they had come back to me for flowers. That was funny. That was funny and it was lovely. So much love. That's what I remember most. If you want an important answer to your question that's what I remember most. Love. You've never felt so much love and God...oh, it's all around you for the first time in your life you can't understand the change, you can't understand that everything is so beautiful. I didn't see anything....I saw light - not a bright light but everything was lighter like - like a wonderful summer and these people came to me, you see and everything happened very slowly for me but there are so many different things - different ways when people pass over and everybody seems to experience what is right for them so when you pass over it could be a different story altogether. For me it was made very easy but I was a bit old.

They were very good to me and I never went to church and I never, do you know, really believed in God - I knew there was some - I knew about God but I never knew what to believe but fortunately, I think, I was a good person so I lived God's way as we always here you call it. God's way.

Geoff: That's most important, isn't it?

Verna: Yes. And even although I never even really prayed and lived with God's love inside me. It was there, so that shows that your lessons all build up till even one day when you aren't

aware of God in another life you have grown to such an extent that you are humble, which I was, and I was very generous and loving and never nasty and I think I must have learnt my lesson in the life previous because I was very lucky to be so good when I didn't even know this time around, or could not even understand God.

Geoff: Where did you used to live when you were on earth?

Verna: In a tiny little town with cobbled streets.

Geoff: You don't know which town. Can't remember which town?

Verna: I'm trying to remember. I can see it. It was..... I can see everything.

Geoff: Do you still work with flowers where you are?

Verna: Never pick them. I never pick them anymore.

Geoff: No, but do you have anything to do with flowers?

Verna: Just only.... just to love them. I want to know the town.

Geoff: Was it called Fenchurch?

Verna: Fenchurch near London. They say that - they're telling me you could be right.

Geoff: When you talk about where you sold flowers, and where you lived and cobbled streets and so on, I get pictures in my mind of that event, and it could be my imagination because you are describing it, or it could be where you actually were.

Verna: I think you are seeing where I was, because in the channels mind with my thoughts going back she is seeing where I was so you should be seeing the same thing...

Geoff: I see it next to a- like a wooden stall. I know you moved around and sold flowers but there is one particular area, which is like a town square.

Verna: A market.

Geoff: Yeah, a market. There is a little stall next to it and in one is where you used to stand...

Verna: That is correct.

Geoff: Also in the road there were three like steel posts to stop the carts from going through into the next area. They look like small little fire hydrants.

Verna: Quite correct. I thought you would say fire hydrants. I was going to say I didn't think we had any in those days. Maybe I'm wrong. I don't think we had.

Geoff: No, I don't think so either.

Verna: No.

Geoff: But that's good because that's where I got the name Fenchurch from.

I've got this back lane. On the left hand side is a very high brick wall, maybe 10 foot high. On the right hand side either side are backs of houses and it's in the back of.... not a residential area but the town. The right hand side is the back wall of shops or maybe shops and houses combined, and it's a cobbled road and quite long and you used to go down here a lot sometimes, possibly to go home.

Verna: Yes. I have a friend here, and this friend is showing you things as well. And that is correct, and he says the town is correct and now I've already forgotten what you said.

Geoff: Fenchurch.

Verna: Maybe because I have got older coming down to channel, I've got a loss of memory. I'm enjoying this but I think....

Geoff: Join the club.

Verna: Yes, it's not easy, is it? I remember forgetting the names of the flowers and getting them mixed up, and I would sell people poppies and tell them that they were something else. And eventually they used to think I was going a little senile, and of course, I never believed them, and all the time they were right but these things happen. I will love and leave you now. I don't like being old. I'm going back up to be young. I will give you lots of blessings and my friends too from the cobbled streets, also market people. The one gentleman wants to know if you can see what's being sold.

Geoff: Um...they're yellow..???

Verna: Yes.

Geoff: Pumpkins.

Verna: No.

Geoff: Melons.

Verna: Yes.

Geoff: I'm also seeing where I think you lived which is very unusual because you've got – I can see small little stairs going up to the first floor but it is only like half way up because ground floor goes half way into the ground – a basement.

Verna: Yes.

Geoff: That's good.

Verna: I will leave you now. God's blessings.

Geoff: Thank you.

Verna: We give you love. We give you love.

Geoff: Next time perhaps she can come back younger

Verna: I would like that. It takes a lot of practice. It takes a lot of practice but it can be done but I have not channeled much – this is just my third time for it is not my work.

Geoff: You did very well.

Verna: I just would like the experience so I thank you for the opportunity. I give you flowers.

Geoff: Thank you.

Verna: I give you flowers. If you close your eyes for a few minutes you will each see your flowers which I have given you, and your flowers are very pretty.

A couple of interesting things in that meditation. When the flower lady came back again she told us she retained or picked up her earth vibrations again that is why she was old again. That is quite normal. It takes them awhile to adjust. Also that I could see as well into her past so I was seeing her thought forms as well as from her and her friends.....Geoff

GATHERING OF SPIRITS - 1994

Miriam (Gladys) – This is Gladys

Luke – Welcome

Miriam (Gladys) – Tonight I shall talk about something quite different, this is a time when we have special gatherings of spirits from other planets, that is not to say that we have this on any special day, days mean nothing to us, it just happens to be a time when we are having these gatherings. And the purpose is not strictly for pleasure, but for those who are in a position to discuss the world's situation and the repercussions that will arise when there are more disasters in this world of yours. Because they are so far away it may be felt that there is no difficulty when it happens on your planet, but that is not so. For the vibrations continue, not only the vibrations, but the very fact that you have on your planet those from other planets who are here for many different things. I shall say here as if it were I on your planet, you have been told before that some come to learn of your way of living and to see if it will be of any benefit to them. They also come sometimes from certain places to test the atmosphere and see if they would be able to live amongst you.

Now how is it possible that they come. For why not, for have not your people traveled to the moon, and these people are far more advanced in their means of travel, I am not talking now of the ones who are in spirit but of those who, like yourselves, have their own lives to live, albeit it in a different atmosphere and a different way of living altogether.

So periodically we have these meetings, sometimes as in the case now, it is because there is going to be so much more trouble, but sometimes it is just a question of meeting and discussing how things are developing with those who have and are living amongst you.

This though is to see what effect, if any, your troubles will have on any other place. As everything is always recorded we can check back to other civilisations and see if there is any similarity to what is expected and what has happened before. We can go forward and see what is happening in the future, but

as everything is always free will, we are not allowed to see how this happens in every aspect, every difficulty that has arisen. Just as you know you have free will to travel on any destination, but we do know the outcome and where you will be in the end.

But looking at these records does help and we can talk over as we are with you and many others like you, we can talk it through and find out if either planet can benefit from anything they can get from another planet. Not as complicated as you may think. Because it is not a question of just one, two or three planets being different, there are many more in size and shape and in different dimensions. For even those that you cannot see, that are in a different dimension, they all suffer to a certain degree, in any different vibrations that occur when there are earthquakes, tidal waves or whatever from your planet. At the same time there are happenings on other planets, and we have to discuss how these happenings will affect you, or your planet, so you see we have quite a lot to talk about and it is much, much more intense than any of your conferences you have with your different parties in power.

Those of us who are able to give any information are not tied to any particular party as are those in your government now, they are all so far advanced that they have only the welfare for their own people in mind, and how it will affect them and other people, in fact all living creatures. For this reason we often have higher souls, who come down and are able to give some assistance. You will not be able to be told of any decisions that are made at these meetings, but I thought you may be interested in another aspect of life that we have on our side of the veil. Another of the tasks that we undertake, when we have this meeting, is to find out from those strangers who are within you what, if anything, can be done to help them survive in a new place of their choice. For if it is somewhere that has few inhabitants, then we can do a great deal. There are quite a few of these places around, far more than you will ever imagine. When we do find something or somewhere for these souls, who are finding difficulty in finding a suitable place, then we have

great joy to be able to direct them and to give power to alter the situation to their satisfaction.

This happens many, many times during evolution. Perhaps one of these days, you may have someone talking to you who has been amongst you for some time, and yet is not a native of your world. Sometimes it is a question of transferring to more than one environment, in order that evolution may take place, in order to be able to live in the environment and the new place that has been chosen. Just as you would not go to a very, very cold place to live without first experiencing a gradual changing of weather and seeing if you could adapt to the extreme cold. We were pleased to get the message that you had been given permission to see the gentleman who does so much looking into the sky (Patrick Moore) and as far as he can through man-made telescopes. We hope that he will be interested enough to hear perhaps from some who come from very far indeed.

Whether he will believe is a different matter, but we do think that he will be very, very interested. I think that I will leave you with those words for now, I see that you are very tired.

Luke – Thank you, bless you

GEOFF QUESTIONS GUIDE ON FEARS

In this meditation Geoff learns a bit on fears and how to overcome them. Verna is channeling.

Geoff – They are just going to bring through a guide for me to talk to, I have a good question tonight.

Verna (Channeling) – That my friend is enough to put anybody off!

Geoff – But you are used to teaching and answering questions, which is great. Thank you for coming anyway.

Verna (Channeling) – Thank you, what is the question.

Geoff – The question is to do with fears, everybody has fears of different things, and I think they stem back to previous lifetimes, now I have fears of three things that I can think of, one is a fear of heights, there is nothing I can do to control it, one is a fear of spiders, which I can overcome to a degree, and the other is a fear of being trapped in a tunnel, or inside solid rock, and I can't breathe, especially going downwards, a horrible fear.

Perhaps you can tell me where these fears come from, and if they do relate to a previous life.

Verna (Channeling) – Your subconscious mind, is ever powerful, and all you need to do is to look at a spider and imagine it crawling up you, and your subconscious mind says I am afraid of spiders. And then when you see a spider, your subconscious mind says to you, you are afraid of spiders, it could be as simple as that, it could be some experience from one of your teachings in your past life. But there is every chance that you yourself can overcome this fear, your subconscious mind, I heard them talking before about your smoking, and your subconscious mind says you need a cigarette, or whatever, and you do not even think with your brain, you reach out and smoke or what ever. Your subconscious mind stores so much from your past life, that your brain is actually your physical, your soul is your spiritual.

So your soul tells you, you do not want to be afraid of spiders, for you love them, they are God's creatures, and your

subconscious mind says you are afraid of spiders, you must get rid of the spider, pick your feet up and run, you are afraid of spiders, and so you have to teach your physical brain to tell your subconscious mind that you will face these fears, and you will no longer have fear for you have faith.

And the feeling of soul you will put in your brain, and you will clean your subconscious mind, does that make any sense?

Geoff – Yes, I can understand that, but how do you teach your brain to clean your subconscious? I mean, I have just said to it now, I am not afraid of spiders, but it says, yes you are.

Verna (Channeling) – Did I not say how powerful your subconscious mind is?

Geoff – Yes, but how can we overcome that?

Verna (Channeling) – It is something, which is difficult to reply to and to give you a definite answer. For there are people who are afraid of the dark, people who are afraid of driving their cars on their own, there is so much fear on this earth, and fear has a negativity, and if you use your brain with extra power, you could overcome these fears, face them, even if it means picking up a spider, and I feel you shiver at the very thought.

Geoff – Hmm, maybe spiders I could overcome, but my fear of heights, when I look over the edge of a building.

Verna (Channeling) – My friend, I am a spirit, and I have never overcome my fear of heights! (Laughs) Obviously I am just making a light joke, but I never, ever overcame my fear of heights, and I was very spiritually advanced, and I was very powerful, and I could leave my body any time I wished, and I never will return to earth again, I have done my last trip, and with all that energy and that faith, I never overcame my fear of heights. And then you ask me for your answer.

Geoff – All right then, two more little things, the last fear is an unusual one, why do I have that fear? The fear of being trapped in a hole or a pipe going down into the ground.

Verna (Channeling) – Because you are a free soul, a free spirit and you will hate to be trapped in anything, and that is also your subconscious mind. I do not think it is anything from your past lives. No, it is not, yes you did spend some time in a

confined space, which I will not go into, but you spent an awful lot of time in a very confined space, and that could be in your subconscious still. But you want to learn from these things, it is not an easy question for me to answer, there must be a somebody out there with a little more intelligence, who should have got this question, but I can only say to you that the subconscious mind is all powerful, it is like your filing cabinet, and those things are filed and it takes a lot of willpower and training to take that file out of the cabinet, as difficult as it is to give up smoking, and if you can achieve that, you can achieve to overcome your fears.

By training yourself, hard disciplined training, “I AM NOT AFRAID OF SPIDERS” – that is what I think the reply to the answer is, but I only know what I know, please remember that at all times when you ask.

Geoff – Okay, that was a good answer, it does make sense, and thank you for that, but one more thing. You have the brain on one side and then you have the subconscious, and then you have a very powerful part of the mind, which is not used these days, how do we develop the power to be able to use it?

Verna (Channeling) – It is not possible for you to use all your brain, it is not possible. It is possible to train yourself to use more of your brain, to do this you would have to be perfectly balanced, for it depends on why you would like to use that part of your brain.

Geoff – Well there is a lot more power there, which can be used to help other people, for all sorts of things.

Verna (Channeling) – Then you will have to get balanced, and once you are balanced, your spiritual soul will help you enhance and open more of the brain. You could train yourself, you could study continuously, you could feed that matter with whatever you wish, if you are a totally dedicated user, but the easiest way is when you are totally balanced, for when you are totally balanced there seems to be more oxygen in the body, you are more healthy and the brain functions easily. When you are not balanced, the brain is unbalanced, and it is impossible to use this extra matter.

You would have to be totally balanced, and then there are no limits, except that you would never use your full brain. But you could use a lot, especially you, for that is what you enjoy, but your first lesson is to balance yourself out, in fact it is an important thing to do. Physical exercise is good too, and yes there is a lot of your brain waiting to be used, and you will use it, but it will not be used the way you think.

Geoff – Thank you.

GLADYS TALKS ABOUT POSITIVE THINKING AND CHOIRS -1994

In this meditation a regular guide called Gladys is channeling through Miriam.

Miriam (Gladys) – Greetings my friends.

Luke – Greetings, welcome.

Miriam (Gladys) – This is Gladys.

Luke – Welcome Gladys.

Miriam (Gladys) – We all enjoyed the singing

Luke – Thank you.

Miriam (Gladys) – The word had been put out, of course there were so few of the ladies to sing, so we helped, so many were unable to get here, and we did put some power that we were allowed, no not that we were allowed, we could have put more but then we thought it wouldn't do because then it would be expected every time, but we did give some power out. And I am sure that many people out there in the audience enjoyed it as much as we did.

When one gets old it can take you in so many different ways as you yourself who have said, there are old people who appear young, and there are young people who appear old. A lot of it is in the mind how you accept things, there is quite a lot said about will power will cure a lot of ails, and true will power will help your body to do justice to anything that is wrong with you, but it does not mean that everything can be cured by will power.

For there are some things that have to be, you have chosen the life, and although you may not choose a particular ailment, you have chosen, or you choose the life to be able to withstand certain pressures, and those pressures can be in different ways. We, and you, before you take on this life decide what you think would be the best and there is a choice, so when we see what is happening, then that is what happens to you, the illness that you have that cannot be cured just by will power alone, but having said that, positive thinking is always to be recommended, and that does not just mean health wise.

It means positive thinking in all that you do, all through your life you will have problems, unless of course you are on one of the holiday lives when everything goes well for you. But I am talking now about the ordinary life, there are problems, and positive thinking helps it to become so much easier, and if you have ease of mind, then your body will function so much better. For tension, as has been proved over and over again, can cause such a lot of damage. The biggest tension of course is to the brain, but tension can also aggravate and cause so many minor ailments that need not necessarily happen, so it is wise to be positive about what you are doing.

Now that is not always easy for anyone who lacks confidence in themselves, very difficult, but only they can achieve that confidence, no one else, because only they know exactly how they feel. And a lot of it is because they are thinking only of themselves, they are afraid of making a mistake, they are afraid of people laughing at them, we see it all over from the schools to the elders, and it is when they forget themselves, and consider only what they are doing that they become more confident.

Of course this sometimes happens when they are in an environment where there is a dominant parent or dominant partner, and they become more and more withdrawn, but then again it is only they who can come to terms with it and say what they will do. It is a bit like anyone who is addicted, now you can be addicted to so many things, it need not necessarily be drugs or alcohol, it can be gambling, it can be shopping, it can be an excess of tidiness, it can be so many things that can cause addiction and cause such a lot of trouble, but only that person themselves can stop, they can be counseled, they can read and they can be told what they should do, but they themselves are the ones who must take that first step.

And it is the first step which is always the hardest, once that first step has been taken then the rest becomes so much easier, it is like an apprenticeship when you do your first task on your own, you may make mistakes, but gradually it becomes easier

and easier the more you practice. And that is as it is in all walks of life and everything that you do.

Practice, practice, practice. Of course there are some who have chosen a life where they do not wish to be in the limelight at all and that is their wish, and it could be that they have to learn that particular lesson. It could be that they are helping someone else to learn a lesson, so many different cases.

But then they will not even attempt to become more positive in their life, for they know instinctively that it has not got to be, just the same as there are some who realise that they must be positive about not doing a certain thing, they must not drink, they must not gamble. They must not do so many things in excess because they know they remember from what they have gone through in another life, and it is not for them. But this is a far cry from singing.

It is just to talk about the different attitudes that people have in their lives, it is not a question of age, for you may have someone in their nineties who is far more active in their mind, if nothing else, than someone in their fifties or sixties.

Once you have passed over, you may find that there are people who cling to the life that they had, and do not wish to change, they have been quite happy in what they were doing and the way they were living, and they will continue like that for some time until they realise there is much, much more going on around them, than they had thought possible.

But of course you have been told this before. We have our choirs, we have the choirs of the children, we have the choirs of men, and women and mixed. And it graduates until we really do have the choirs of the angels. I say the angels as a better word of saying the higher spirits, because they sing as you would say like angels, their voices are so pure the tunes are nothing that you have had on earth. The words are alive as nothing else you have heard, and there is not a mistake anywhere.

They do not come by this easy, they do have to practice, but the more they advance spiritually then the easier it becomes, for they really are singing not from the heart but from the very soul. We love to hear these choirs and the vast majority of these

choirs do not stray from the vibration where they are, occasionally they will come down to a lower vibration when there is a celebration or a service to be given for souls who are leaving the present vibration either to advance or to return to the physical, when there was no need, and when they will be doing a very, very particular task, then there is a celebration and these beautiful choirs will come and sing.

And it is not good asking if they are men or women for by that time they are just a spirit, they have no definite gender, it is not necessary, the sweetness and clarity of the voices, well you will hear in some future date, but not for a long time. But it really does put in the shade some of your finest things. There are many good singers, who, when they pass over, they continue singing, conducting, and some never do anything else, for the music has been within them for many lives and they continue and continue for they know that that is ultimately all they wish to do.

It is not a selfish thing they are doing, for they know that it gives much joy and upliftment to all who hear, and that is the task that they have undertaken to do. But it does take a long, long time. When the children sing, children's voices all the world over, have a lovely quality about them, and that quality continues through the veil as long as they remain as children and as long as they wish to continue singing in choirs or solo, or to entertain. It is when they wish to grow older whether it is in spirit or incarnate again, then their voices change, but they do have a lot of fun.

Now we also have choirs who come from all over the universe, from so many different planets, but the voices that you hear are nothing like the voices that you know. For you must realise that the way they are created mean that their vocal chords are completely different. But never the less the music is enchanting, completely different, and for some it takes a bit of getting used to. But still it is beautiful, harmonious, and they also practice to progress to a higher vibration, but in a different part to the first lot that I am speaking about.

There are so many different areas of each vibration, so many. You cannot imagine the vastness of what is beyond your sight, and what is through the veil, even when you first come to us, you still cannot imagine all, it is so enormous, and yet as one progresses and one is in touch easier then the size seems of little importance, for one can contact so far so quickly. If you can cast your mind back to when you were small, and you thought that the town where you lived was everything, and then you heard of other places, and you thought that was miles away, but the more you travel, the closer they become. The smaller the world seems, and that is just as we are when we first come through the veil.

But it is very, very gigantic. I think I will leave that with you for tonight, I just had to say that we had been with you, and I also had to say, and should have said it at first that many of the choir who have passed over were also there, they did not all join in the singing but they did send power. And with that I shall say goodnight and God bless you.

Luke – Bless you.

CRYSTALS - GREEN FOR EMOTION

This was part of a discussion we had one evening in meditation. I'm discussing with a Spirit called White Feather, who is channeling through Miriam about crystals.

Geoff: While I've been going through this example, I've seen one crystal – I've never seen this colour before and it is green. It's a translucent green and this is a crystal which I must get next time I see one.

Guide: If you can. There are a few about.

Geoff: This one works on reactions – emotions – of the mind.

Guide: Yes, Emotions

Geoff: And emotions are very, very powerful. To be able to cure your own body through emotions, to persuade people to do different things, to uplift them, to release their despair – all sorts of things. Emotion is very, very powerful.

Guide: And may I remind you that when you are healing, if two people are there if at all possible, it is better to be one at the head and one at the feet.

Geoff: So energy goes from the bottom to the top.

Guide: Yes. Also, it is not necessary for what so many people do, with the rubbing up and down, and round and round the body, because we direct it. Whichever doctor is there we direct it to where it is needed, unless we put it into your mind that you must put your hands on a specific place.

Geoff: Yes. I went for a training session once with some spiritual healers where they concentrate on balancing the chakras, I can see that that makes sense to a degree but I knew at the time that this wasn't the way that I would heal, or could, heal.

VINCENT, A TEENAGE GUIDE – 1989

Verna (Channeling) – Okay, I have won the battle. There are two of us wanting to come through, and then this channel said “Come on my friends, make up your minds, I haven’t got all night, I want some tea”. Now that I have got through, I don’t know what to say! I have never done this before.

Geoff – Well, you can start with telling us who you are and if you have been here before.

Is this the first time you have channeled?

Verna (Channeling) – When you watch the others, it looks like a piece of cake. Even the kids do better than me.

Miriam – What is your name?

Verna (Channeling) – I am one of the teenagers, that hangs around Sharon, we all hang around Sharon, she is quite the little earth guide.

Miriam – What was your last life on earth?

Verna (Channeling) – I don’t know, I will have to go back for that.

Geoff – Well, perhaps we can tell you something, without asking you questions. We met somebody yesterday who was also just a little bit older than Sharon, a girl called Julia, and she was a spiritualist for a long time, and then a couple of years ago her father passed over, and he didn’t make contact with her and she lost interest. And she will probably come to this circle next Wednesday, so there is somebody else to watch for as well.

Verna (Channeling) – No, that is one thing we found, I wanted to contact my family, and they tried, they didn’t try hard enough, they think that we can just do it, maybe they read too many of the wrong books, or listen to the wrong person and get the wrong advice, because it seems like they think that we can just pop down like a ghost. Move things and let them see us, it is not easy and maybe this girl didn’t try hard enough, and maybe her father also took time to adjust on this side. Some of us take a long time, especially if he wasn’t spiritual before he came over here.

Geoff – He was.

Verna (Channeling) – Well, then he might not have taken so long to adjust but maybe she didn't try hard enough, anyway we will see when she comes, we will try and get the proof for her, but I don't know how long she tried for, but look at how long some of the people in the circle have really been attending the circle religiously and there are so many teenagers who try to get through, and Sharon we know tries to get through to us and it is close but that is how difficult it is, and she knows how to meditate properly.

So if she tried too hard because somebody she loved was up here, and said "come on mommy, come and talk to me, come on mommy where are you" she won't get any contact that way. And that is what happened between me and my parents, they also tried but they called and they demanded, but they never sat quietly and found themselves and it never, ever worked and she just gave in, they are not spiritual, and now I just do my work, and try and get messages to them, but I wait for them and will help them when they come over, but it is painful up here, when you want to contact your loved ones and tell them that you are all right, that you are actually better than you were before, without hurting them of course.

Because you are, but you still have to watch them shed the tears and go through the frustration, and yet it is so simple, that is maddening for us. So I hope you guys realise how lucky you are, that you know how to do this. That is why you mustn't hesitate to get more teenagers involved, and their brothers and sisters. It is so much better for the one that comes over here too, they can see that their family is not so unhappy and they can communicate with them and teach them so much, and change their whole lives. I know now after speaking to some very wise people, that my parents have lessons to learn and will not be spiritual in this life time of theirs on earth. What was your question?

Geoff – Well, I think you answered it (laughs)

Verna (Channeling) – Wow, that was good, shall I go now?

Geoff – No, we will ask you some more questions.

Verna (Channeling) – Well, in that case I will go! (Laughs)

One day we are going to tell you your nick name, and we are spiritual.

Geoff – Well thank you for coming, and you must come again.

Verna (Channeling) – I never said I am going! Sharon I think I will talk to you, actually I was fighting with Ian, he wouldn't come down next to you, I am sitting next to you, my name is Vincent, and you should write it on your ruler, "I love Vincent". I think that will make Ian spitting mad, I think that is a good idea, and then all your friends will want to know who Vincent is, and *then* I want to hear your answer! Hah that is going to be fun, what will you say?

Sharon – I don't know.

Verna (Vincent) – Okay well I guess we will have to do Ian next time, and then he can sit next to Sharon. I will go now, I am quite proud of myself, I hope you guys are proud of me.

Miriam – We are.

Verna (Vincent) – Okay thanks bye, oh I forgot I was supposed to say "Bless you all."

MY GUIDES WON'T TALK TO ME

In this meditation a Guide called Jeremiah turns up unexpectedly and just asks if I have any questions. He is channeling through Miriam and talking directly to me.

Miriam (Guide) - Now that I am here, quite unexpectedly, I am not quite sure what we should talk about. Any ideas. I am quite willing.

Geoff: Okay - I have a simple question. Communication with guides. I have guides but I haven't communicated directly with them for months. Why?

Miriam (Guide) - And that will not be until your mind is more settled.

Geoff: But why can I do other things such as healing and yet not communicate with my guides?

Miriam (Guide) - It is because they know the questions that you will be asking of them. You can do the healing which you are progressing with very well, with someone else and it does not cause the same difficulty.

Geoff: So, are you saying my mind is too confused to be able to communicate with my guides.

Miriam (Guide) - Yes, yes it is. They would much rather that you had your practical, your physical difficulties, not all out of the way, of course, for there will always be some there. For the most part they would much rather that you were on a straight and smoother path then they will come back to you. That is not to say that they are never here but they are not yet ready to renew the contact.

HEALING THURSDAY - 1989

In this meditation Miriam channels one of the regular guides to teach healing.

Geoff – I can see a young boy in front of me, and his right hand is damaged.

And it looks like something is stuck into his arm going up from his wrist going up, something like a piece of metal, long and thin, and it goes in at the top of the wrist and stops inside his arm around the elbow.

Miriam (Channeling) – Yes I can see it.

Geoff – And it has to be pulled out, but very carefully because it could damage the nerves, and it could damage him for a long time in the future.

Miriam (Channeling) – So how are you going to hold the arm while you do that?

Geoff – One hand on his hand and one hand just above the elbow and with the arm pressed flat on a table. Then it can be pulled out, but I am hesitant to pull it out, because what would the doctors say when they find him, and see that it had been pulled out.

Miriam (Channeling) – And the help that you need?

Geoff – Is one person to put their hand on his hand and fix it firmly to the table, so I could put my left above his elbow, and with the right pull out this steel rod, which is very rusty. We can go ahead and pull it out, and they will think that he pulled it out himself, and their main concern will be the rust which is left inside the wound, so if Luke places his right hand on the boy's right hand and holds it firmly to the table, I will start to pull it out, and as it is pulled out make sure that the nerves are not damaged, and there is no infection left inside.

Miriam (Channeling) – That is excellent diagnosis. You are doing a very good job.

Geoff – Right, most of the nerves seems to be at the wrist and a lot of rust has remained in the wrist, I have pulled it right out and now we must take out this little mass of rust at the wrist and leave the rest for the doctors to do.

Miriam (Channeling) – Ah, that is what I was waiting for you to add. That is very good, and you are picking it up very quickly.

Geoff – Thank you.

Miriam (Channeling) – They are bringing someone else.

Geoff – It is a young girl, five or six years old, she is also holding out her right hand, she seems to be related to the boy, but there is nothing really wrong with her hand.

Miriam Channeling) – But she wants you to make it better.

Geoff – Like her brother. Yes so I have made it better and told her that she must go and help look after her brother.

Miriam (Channeling) – Now she is very pleased, for she has had magic treatment too.

Geoff – Lovely. And now there is an old woman with a black head scarf on, she is very old.

Miriam (Channeling) – And can you make out what is wrong?

Geoff – All I can see is the head and shoulders. So it is probably the head, but I get the feeling that she comes to visit for another reason, not a physical illness.

Miriam (Channeling) – She is very confused, she has had quite a traumatic shock and she is not quite sure what is happening, what I would like you to do is to put your hands out, hold her head and look into her eyes, and try and soothe her, comfort her, tell her there is nothing seriously wrong, and that in a very short while she will understand what has been happening.

She has been with a party that has been in an accident and she wandered away from them, but she has not been physically hurt.

Geoff – She also needs to be wrapped in a pink blanket and given warmth, to help with the shock, and comfort. I have told her to try and just accept what has happened so far and that in time it will become clearer, that she has had a shock and this is what is confusing her.

Miriam (Channeling) – Yes, and now she will be led back to the other people where she will become more orientated.

Geoff – Out of interest, why is it that she was treated first before those involved in the accident?

Miriam (Channeling) – Because there are too many people on the scene at the moment, and some of them are helpers from another circle.

Geoff – I see, I can see a type of car accident with two people, and one man who is on the side of the road, almost in a ditch.

Miriam (Channeling) – But you cannot as yet see the people from the other circle that are helping. Because they are more advanced, they are traveling to the people instead of the people to them.

Geoff – Fine.

Miriam (Channeling) – But at least you can see that, and that is more advancement for you.

Geoff – That's good.

Miriam (Channeling) – It was just that she wandered out of range of the other people and we thought that you could help, which you did.

Now they are bringing a little boy here, he is only little and he has fallen into a tub of water, so it's a question of giving him the kiss of life before he is found, it has only just happened, so it's really quite safe if you act promptly, and if one would hold his hands because he is very restless, while you give the kiss of life.

Geoff – You hold his hands Luke.

Miriam (Channeling) – He dropped his toy into the tub of water.

Geoff – Yes, that is working, with my right hand I can stroke his stomach upwards, and I breathe in, and after I stroke his stomach upwards, he started to cough up the water.

Miriam (Channeling) – Yes, it was not very serious, but it could have been.

Geoff – Yes, his mother is there.

Miriam (Channeling) – Now they say they are bringing someone very special to you, can you see?

Geoff – No I can't see anyone.

Miriam (Channeling) – Not even the little boy, who is outside of his spacesuit, which is why you cannot distinguish him. He is completely well. (*This was a healing we did over several weeks, he used to wear a “spacesuit” as he had no resistance to infection.*)

Geoff – Oh that is nice.

Miriam (Channeling) – And he has come to say thank you for he is going off on holiday, he is going convalescing and to acclimatise himself he is going to some mountain place, but he had to come and say goodbye to you, and he has no spacesuit at all.

Geoff – Yes I can see him and what he is wearing.

Miriam (Channeling) – That is why I said someone very special – to him you are very special and he will always remember you.

Geoff – That is nice.

Miriam (Channeling) – That was a real good job, worthwhile job, and hopefully there will be no set back if he is gradually introduced to a polluted atmosphere, so with a bit of luck, and with lots of fresh air and then gradually down to earth, then maybe he will be all right. Now I am wondering if you can sense anyone else here now.

Geoff – I can see a woman on my right, and a woman lying on the table, which looks like Irene, but a younger version of Irene.

Miriam (Channeling) – Very, very good, we have brought her over for although she is beginning to accept, she gets very frustrated at night at having to have the drainage on, always a light sleeper, it means that now she is never very deep and we cannot get to her in astral unless she goes into a deep sleep. Or rather deeper than what she does, so knowing how she is placed, and this is her daughter who is with her, we just ask you to send a lot of love and tell her never to give up the faith which she has started to acquire. She is fortunate that she has the support of her family, and she is accepting that it could be a lot worse, but there is still some bitterness there, she was so sure there would be no need for an operation.

Geoff – Yes, because I told her myself.

Miriam (Channeling) – These things cannot always be explained to one, not at the beginning.

Geoff – I am at her head and I am putting white and pink light into her head, which is flowing down through the body.

Miriam (Channeling) – Now they are sending down a lovely light, can you pick it out?

Geoff – It's like a golden glitter.

Miriam (Channeling) – Gold and?

Geoff – White.

Miriam (Channeling) – Not quite, it's a bluey white, you are almost there.

Geoff – And what is the purpose of this light?

Miriam (Channeling) – The blue of course is for healing, but it's not a deep blue because it has to be more on her mind, which is the white, and the gold is to continue the faith with which she started. And which deep within she knows is right. But she has to release that from her own mind.

Geoff – That's good, I actually guessed that, I was going to say spiritual understanding.

Miriam (Channeling) – Yes.

Geoff – That's good.

Miriam (Channeling) – And even her daughter is going to think that there is a lot in it, although she is afraid to let go too soon, to start I should say, but she is not against it and she is ready to listen. And now they are taking her away and I think that is an excellent job that you have done, and we are so very pleased with the way you can see more now. It is something that we have said before you will be able to do sometimes without meditating, the need will arise, like you had once before, on the telephone to a lady, it will come.

Geoff – Good.

Miriam (Channeling) – Thank you very, very much for all the help that is given.

Geoff – Thank you for showing us.

Miriam (Channeling) – I shall soon be made redundant, but you will always have plenty of helpers here overseeing to make

sure that you are doing the right things. But these things you realise now that you are expanding slowly, learning more because it is better to have a good foundation.

Geoff – Yes, I can understand that.

Miriam (Channeling) – I think we have done a very good job tonight, God bless you all.

Geoff – Bless you, thank you.

HELPING A MONK PASS OVER – 1990

In this meditation, a guide called John is channeling through Miriam.

Geoff – I have got a Tibetan monk in a prison, it is in a very primitive area, and he is in a prison with thick muddy walls, he is lying on the floor inside, there is not furniture or anything in this room, and he is lying on his right hand side. He has been left there for a very long time, without food or water, and he has lost consciousness.

Somehow his thighs and hips and stomach are very badly bruised, I don't know how it's really injured apart from bruising, and for some reason because of this damage he can't get up, can't escape and get out of the windows. He has been left there to die, by whoever did this to him. I think he will die.

Miriam (John) – But you can ease his passing over. This is John.

Geoff – Welcome John.

Miriam (John) – I did not intend speaking tonight, I was going to wait until you have finished this evening's work, but you are quite right, he is not going to survive. But you can give him an imaginary drink and you can put the thoughts into his mind that all is going to be well. For he is a little afraid, although with his belief he does know that it is not the end of eternity, it is not the end completely, it is a rebirth, but still he is a bit apprehensive.

Geoff – Yes he has devoted his life to this way of life and although he has always believed in it and can understand it, you can understand it is the first time he has died, that is why he is apprehensive. He has gone through a lot of suffering in the last few days, and he is semi-conscious, and the best thing we could do for him is to make his passing over quicker. Instead of letting him linger on and suffer more, he is semi-conscious so he doesn't realise what is going on. But we can help extract his spirit from his physical and help him to pass over quickly.

Miriam (John) – Very good.

Geoff – We must give him a lot of love and imagine putting our arms around him as if we are lifting the spirit out of the body very slowly, keeping him calm, reassuring him, and letting him feel the love from the circle and opening his eyes so he can see the spirit that is surrounding him as he rises out of room, now he will accept it immediately, lets lift him up.

Miriam (John) – And this is where it helps with the power from you young man on my right. Although you are not contributing by talking the power you give is a great help.

Geoff – Yes, it is as if he is becoming conscious and seeing and realising that his spirit has left his physical, as he rises through the roof and out into the open, and begins to see the spirit surrounding him and his friends and his teachers and he will pass across without any more problems.

Miriam (John) – Good.

Geoff – I can see him now in his younger form, he has passed over and become younger, because he has met with his teachers and friends who he last saw when he was younger, and he is immediately accepted, and is being taken away and he will be fine.

Miriam (John) – And that is more advancement for you, when you can see that.

HELPING A CAVE DIVER PASS OVER

And now we have 2 people who go caving, and in front of me I can see a ladder coming from one cave down to a pebble beach below ground, and they come to a lake, and roof comes down to join the water of the lake and there is one person standing on the beach and his friend has been diving on the other side of the lake, and he is beneath the water, nothing has happened yet, but it is about to.

There is an underground cavern, this diver will go down through a hole into a smaller cavern near the side and he is drawn upwards to a light, but the light I think is a spirit waiting to take him, it is happening at the moment, I see him surface on the other side and looks straight up to the spirit, the chamber has a type of poisonous gas in it, and he will die very quickly.

The reason the spirit is there is so that he does not die in fear and darkness, for his mind would be very badly distorted and he would have difficulty in passing over. He is looking up at this spirit and beginning to realise that it is a spirit, and as he does so he is dying.

Miriam (Dr Paul) – That was very, very well picked up, excellent work with that, not an easy one at all, you did very well.

Geoff – The spirit is lifting him up, and he will pass over and.....

Miriam (Dr Paul) – And what is your purpose?

Geoff – To give him confidence to go with the spirit because it has all happened so quickly and so suddenly and he is not sure, so we help lift him upwards, and when he comes out into the daylight, he will then realise that he has died, or begin to realise that he has died and he will pass over. He also has great concern for his partner, for he knows how important it is, and we will assure him that his partner will be fine.

Verna – And not go off and look for him, and worry about him.

Geoff – And look for help, so we will convince his partner to go for help. And he must go through those experiences, it is

part of his karma, but it will all be over in a matter of a few hours. Also we must put into his mind that when he comes back with a rescue team, there will be a possibility of gas in another cave so they will make sure that they test for this, before they remove their breathing equipment. They will see that the physical body of this person has removed equipment, and has died and will guess immediately.

Verna – This spirit is actually moving this physical body from the section where this guy died, they are actually moving his body to where there is no gas, back as far as they possibly can, they won't just go in there, they will find the body without going into this cave.

Geoff – Yes, I can see that, and the post mortem will show the gas, and others will be saved in the future.

HIGHER SOUL TALKS ON WOMEN PRIESTS, ABORTIONS, CHILDREN LEFT WHILE WOMEN WORK – 1994

In this meditation Miriam is channeling someone who has not spoken before, and the two of the regular guides, Gladys and Abdul have their say.

Miriam (Stranger) - It was asked if we would give what we consider is right regarding those who wish to become ordained. There is no fast or firm rule, it matters not to the higher one if it is a man or a woman, as long as the preaching comes from the heart and not for power for its own sake. We understand how many must feel when there were no women priests in the time of Jesus, which is when your memory goes back to beginning of Christianity as you know it, but the life and times were quite different to what they are now.

There were not the women who wished to leave the family and to take up situations which were far away from family life. Teachings were done within the community therefore no child was left unattended, that is the difference that you have today. We are not pleased with the way the world is going, but we knew it would be so. Each civilisation must find its own way, they must learn by their own mistakes, we can but guide to a certain extent, to those who will listen.

I would ask you, those of you who have doubts of women being in the priesthood, do you think that they are speaking different words to the men? Do you think that they are trying to take over from the men? Are these people who are willing to take on what is a very difficult task indeed, are they neglecting anyone by so doing? Only they can answer to your satisfaction, for we know and we know that the heart and what comes from the heart is what counts. The word of the Lord or Messiah, whatever name you care to give, must be spread around the world in the quickest and best conditions that can be found.

This is one way for we think that there will be many more who will attend the church if there is a woman to whom they can turn to, to whom they can bring their problems that they

would not take to a man. And did not the Creator create man and woman as one?

Sometimes in life it is one predominating, another life, it is the opposite. But they have all been created from one source, and that is very much with His blessing.

So much trouble in the world is done in the name of religion, but religion is a poor excuse for what they are really fighting about, it is generally power of one kind or another, and until they can see that they will not live in harmony. They will not realise that we are one, we are one because we come from one source. We are not to know why it was chosen that we should be different in looks, that we will be shown in due time.

It is sufficient for us all to know that we are one, and as such our brothers and sisters, and to realise that even in one particular family, brothers and sisters do not always get along, but they have chosen that life, they have chosen so that they can learn, and they must learn to get along together or separate but must still realise that they are one family.

You might think why not chose to live with parents who will produce offspring to live harmoniously, but then they would not learn. And that is what you come to earth for – to learn. Each and every one of you chooses your life, chooses your parents for that particular reason. As this tape, I hope, will be heard by many, I will say to those of you who are not so spiritually minded, and who have children that are in some way different, it could be the mind or the body, but whatever it is remember that those souls have chosen you as the best parents to teach them, to learn a lesson, or to help them to teach you and those around you.

It is very, very hard sometimes to accept this, it is harder still for us when they are aborted, for they have to go through the same process again and again until they are accepted, and accepted they will be by someone. If we can make you understand that before you chose the life that you are in now, that is presuming that you wish to return, you do not have to, it is as much free will through the veil as it is with you. But before a life is chosen there is much counseling and assessing as

to what lessons are needed and what that particular soul is capable of doing without faltering.

Therefore there are a few parents chosen and this is gradually shown until one final choice is made. So that when anyone wishes to come back in a not too perfect state, then they have chosen and keyed themselves up to accept that particular life only at times to be sent back to us until they are ready to return again. But not straight away. I do not wish to go too much into spiritualism for not all are ready to listen, each must follow his own calling to the religion that suits him best, but I would emphasise that what you are first introduced to as a child need not necessarily be the one that you will finish with before coming back to us.

Each religion has something to learn and it is as you progress that you may choose something different, I shall only say that spiritualism is but one of the religions or the movement where every religion is welcomed. You do not have to be a spiritualist only, you can come from every walk of life as they do. But there are other religions too that accept this, but not so well known.

I hope I have answered the question about lady preachers, women being ordained, I know there will be many who are still against it, but I would ask you please to accept that it gives the Creator much pleasure in seeing this and for those of you who still object, then so be it, but at least do not condemn, but just agree to disagree. For all your thoughts are on wavelengths that are powerful, so that if you disagree and send animosity to these ladies, it does reach them, far be it for you to ask for understanding as to why you cannot accept.

There is nothing wrong in not accepting, it is your choice and we never try to persuade you otherwise, we may show you different ways that you can go, but we never tell you that you must do this or do that. Not even when you come through the veil, do we tell you, you have as much choice and freewill there as you have now, so it has been from the beginning of time, and for all the civilisations that have gone before you and so it will be until the end, which is in the far, far distance that we can see,

but not even we can see if that will ever end, or will it be always no beginning and no ending.

I thank you for giving me the opportunity to talk and I hope that many who are willing will listen to this and perhaps give them some peace of mind and not anger. From one who has traveled down your road, many, many lives, many civilisations, I bid you, bask in God's blessing and peace be upon the world as soon as it can be with the help of all. I say bless you my children, for children you are to me.

Luke – Thank you, bless you.

Miriam (Gladys) – This is Gladys, You have indeed been privileged to have our brother from such a high vibration come to you and give a few words that we hope will be heard by so many. We had not expected this answer, we waited for we knew it had to come from on high, and we did not just wish to say what we ourselves thought. It is enough that these ladies wish to fulfill themselves in this way without the backbiting that is going on and will go on from other churches and even from those who say they are not religious in any way but think that it is not seemly for a woman to do this type of work.

I could say what I would think, but I will leave that for another time. Thank you for asking the question, the lady who did, and I hope that this gives you some idea of what is felt by those who are in spirit and we say to you, that your son is seeking and may change his mind many times, but at least he is seeking and not just accepting what he has been told, or what he first reads about. God bless you all.

Luke – Thank you, bless you.

Miriam (Abdul) – This is Abdul.

Luke – Thank you, welcome.

Miriam (Abdul) – I would just like to say that many times in my past lives has there been conflict about what a woman should do, and it has caused a great deal of trouble. We weep now at some of the things that happen when a woman wishes to, as she says “express herself”, but that is only our opinion that we think she sometimes goes too far when there is a family to look after, and is that not your biggest problem today.

As we notice you have been reading about the education, or I should say the lack of it, one cannot blame unemployment for even in the most primitive of times, when there was not much work to do, then the children were taught by the elders, everything that they knew. And so it was passed down, so that is not an excuse. Now I will not say anymore or I might be tempted to say something that I should not say on this particular tape. Goodbye for now my brother and sister and I shall be back again.

Luke – Thank you, bless you.

HOW TO BE A SANGOMA

(South African Witch Doctor/Healer) By Minnie Mgwaza

Different people have different beliefs, and as always are based on what they were taught by their parents and by the community that they were brought up in.

Minnie Mgwaza is 23 and studying to be a Teacher in Durban, South Africa. I asked her about Sangomas one day, and the following morning she brought me the following article. It is reproduced below as it was written.

Before you become a Sangoma there are some symptoms that occur, like getting sick in different ways. You may suffer for some years and sometimes it is not easy to see what it is all about. For example if a black person is going to be a Sangoma you can see that they are losing weight, not wanting to talk to other people and can become hysterical.

All this makes it easy for other people to see their problem, and they are then taken to a Sangoma who has a remedy for their sickness. They will stay there for a long time, maybe a year or so, getting some cure and being taught how to use Muti (Traditional Medicines). If you are going to heal other people it is like training.

They can't even go home before the Sangoma decides, and even so bringing someone home costs a lot of money. The payment to the Sangoma is a Cow, 2 Goats and many other things. When they come home they can heal people on their own.

The Goat is also important to us, because if there is a newborn baby at home, it is our culture that we must slaughter a goat and put a piece of the skin on her wrist. If you are not doing that, there will be a time when your baby starts getting weak and sick, and slaughtering the goat will make them feel stronger and better again.

Chicken - For our ancestors it has not been accepted for healing a person with a chicken, but it is nowadays. It is accepted as the right thing.

Let's say that you are getting sick, and you know that you will get better if you find out that you need to slaughter a cow or goat to get better.

The problem will sometimes be money. So you must ask your ancestors for forgiveness, and say that you are willing to do this but cannot afford to, but you can afford to slaughter a chicken. There is no doubt that you will get better soon.

If you have broken something, there is no need to go to the hospital. A Sangoma can mix some Muti with soup made from boiled chicken, and after 3 months you will be able to walk again, and the bones will be joined properly.

You must remember that people have the same amount of faith in their beliefs as you do in yours, and the only way to change it is to experiencing otherwise..... Geoff.

HOW TO CREATE OR INCREASE YOUR FAITH

We have all lost faith at one time or another. We have all questioned whether what we got from Spirit was right or not, and we all have at some time or another doubted ourselves. The good news is that we are normal.

You must always question what you get from ANYONE, and especially from Spirit. The only way to be able to really believe is to experience it yourself.

A few years ago I was in a meditation circle and my Guide was channeling to me through another medium. He asked if I had any questions, and the first one that came to mind was "How do people levitate?" His answer was as follows:

Levitation is used by some groups as a form of exercising the mind, and discovering how the mind can control the body. Your laws of gravity as you know them tells you that this would be impossible...therefore to you it is. When you do hands on healing you can feel the energy that emanates from the palms of your hands. So, take the smallest and lightest feather that you can find, and place it in the palm of your upturned hand.

Now, use your mind to create enough energy through the palm of your hand to raise the feather just one fraction. This may take you hours or even days of practice, but you know in your mind that it is possible. When you have raised the feather the minutest fraction, then you know that you can raise it 2 fractions, then 3, 4, 5 and so on. Then you will understand the saying "Faith can move mountains"

The point of this is that if you were told that you could say "Heal a broken leg with one touch" your logical mind would say NO. So start with healing a headache, and once you "know" that you "can" do it, progress to the next step.

Use the same formula to connect to your Guides, Astral travel or whatever you wish to experience.

It is the same with most Spiritual learning...**YOU MUST EXPERIENCE IT YOURSELF TO BE ABLE TO BELIEVE, AND THAT BELIEF (FAITH) WILL ALLOW YOU TO REACH THE NEXT STEP.**

HOW DO I BELIEVE WHAT I GET FROM SPIRIT?

Imagine a flying saucer landed in your garden one night, and you spend a couple of hours chatting to some aliens. When they leave you rush over to tell your neighbor, do you think he would believe you...not a chance.

Neale Walsch held a direct conversation with God for over 6 years (And is still doing it), and has written several books about it (Conversations with God...a must if you are Spiritual) but when it is on the shelves at the local bookstore do people think it could be genuine?

So why do you doubt what you see, sense or are shown in Meditation? And day to day life too.

Let's start at the beginning. When you first started to meditate you doubted that you would be able to sense and see things, and especially you doubted that if you experienced someone channeling that it would be genuine, and that you would be able to spot the trickery.

And what did you think after you had meditated say 50 times? You were 100% sure that there was something to it, because you experienced it.

But as you experience more, you are able to accept more, and you are given more.

That is the way it must be...and it is OK.

SOME INTERESTING BITS AND PIECES

Before I forget, here are a few things that may give you a better understanding of life.... some are direct from experience and spirit – some are facts gathered over the years, and taking up space on my hard drive.

Older people get loss of memory – this stems back to tribal days to make the “Hunters, Medicine persons, food gatherers” etc pass on their knowledge to the new generation before it is too late.

HEALING

When you get sick, your body looks into its memory to see what fixed the problem last time. If it sees the problem was fixed by say ASPIRIN it will expect ASPIRIN to fix it this time and the immune system weakens. If the body receives say DISPRIN this time, it gets confused even more. That is why medicines can stop working on continual users after a while. To correct the problem you have to remove the “memories”..... It’s a bit like re-booting a computer, and you will let the immune system take over again.

Cortisone is bad news – its is a medical muscle relaxant, but the problem is that it blanks out the memory record in the body tissue, and when the Cortisone is flushed out of the body, the body is left with confusion as it does not know how it was healed.

Your lymph system does not have a pump (such as the heart) to move the fluids around the body – it uses the body’s energy. Working your muscles creates body energy.

As you get older, when you get sick, your body’s energy can be slowed down with medicines – often this will lead to swollen ankles as the lymph fluid will tend to gather there.

As you get older and out of condition, your food processing slows down, which in turn will create lower energy.

SPIRITUAL PEOPLE

The Dalai Lama is not Spiritual as we know it. The basic idea is there, but there are too many past beliefs that are drummed into new Dalai Lamas in their first few years, and unfortunately passed on from one generation to the next as fact.

There are many spiritual people working different ways – and some who don’t even realise it yet.

Oprah Winfrey is very Spiritual, and teaches people the “right” way to live in many ways, reaching millions daily – but her TV programs cannot be seen as “Spiritual” because of her audience mix.

Elton John will be one of the top spiritual influences very soon, and Paul McCartney will only start in 2-3 years time.

Prince Charles is Spiritual, but in his own way – he has the position to influence millions, but will he finally have the courage to develop the right way – that is his lesson this lifetime.

SOME INTERESTING STATISTICS

In 1850 1 million Irish starved to death with the Potato famine.

In 1918 20 million died Worldwide with the flu – in just 9 months.

In 1952 12 000 people died in London due to smog caused by 4 million vehicles and coal fires at home.

Last year 2.7 million people died from Malaria.

2005. 7 000 Square kilometers at the mouth of the Mississippi has zero marine life – not even coral

IN THE LAST 24 HOURS..... (From a great book called The last hours of ancient sunlight)

15 million tones of toxic waste was pumped into the atmosphere

250 000 acres of rainforest was destroyed

Over 100 species of plant and animal life became extinct

Over 45 000 children died of starvation

Over 1 billion people lived on just \$1 for the day

RELIGIONS AND TIMING

The highest number of crucifixions recorded in one day was over 6 000.

In 1000 AD only 5% of the people were literate – which accounts for several different versions of events. Imagine 50 people listening to a 1 hour speech about Jesus, and then going home and writing it down. Then it would be read to others maybe months or even years later, and they would pass it on verbally to others. No wonder the truth is difficult to find.

It was only in the 16th Century that they could make a picture of an English King. So hardly anyone knew what the King looked like. If they needed a picture for something they would draw any face and add a Crown to show he was the King.

The 12 disciples made their living by traveling from town to town doing hands on healing.

In the 4th Century the Roman Emperor Constantine realised that Jesus Christ (who was Jewish) was getting more popular than the Roman Catholics (who were Pagans and worshipped the Sun God which is where Sun-days come from) He negotiated a joining of the 2 religions and called it Christ-anity

In the 6th Century Muslims used to worship around 350 idols, and then they changed to Allah and Mohammed.

By the 10th Century the Islamic community had captured Jerusalem and its surrounding Countries. The Emperor of Istanbul (Greek orthodox) requested help from Pope Urban 2nd to regain his lost territories. Pope Urban appealed to his followers in Europe to launch a Holy Crusade to recapture the holy city – and as a sweetener added the following conditions.

Those who joined the Crusade were given the blessings of God, and allowed to ignore the commandment “Thou shalt not kill” as long as they only killed Infidels (Non-Christians) A bonus was that they could recapture and return the lands, but keep anything plundered along the way. The main attraction however was a guaranteed one-way ticket to Heaven, plus all penance completed for any past sins.

60 000 volunteers spent 6 months traveling to Jerusalem, and as a warm up along the way slaughtered thousands of Jews (Hey – they looked like Infidels to me, and had a lot of wealth)

MISCELLANEOUS

A recent survey showed that 55% of Americans believed that God made the earth in the last 10 000 years.

The key to life is balance – you will understand this more and more as you develop – it has many many facets that will continually change as you get older.

ISHMAEL ANSWERS SOME QUESTIONS – 1989

Verna – Geoff, what was that question I asked you the other day?

Geoff – One question we came across yesterday, Verna was very sick from Saturday, and I...

Miriam (Ishmael) – You took her temperature from her, that is what you always do when you are healing, the more advanced you are the more you take on the symptoms of that person so that they can be cured, and then you have the strength to throw them off, or you should have, this is why you develop slowly in the healing, because you have to build up the power within you, you retain that power with each healing session and that power is ready to throw off what you take on from another person.

Geoff – Oh that is interesting.

Miriam (Ishmael) – Does that answer your question?

Geoff – Yes thank you, but also if, you know I do have the ability to heal, or be used as a channel for healing, why does Verna have to go through another two days of flu and so on, why can't I just heal her immediately.

Miriam (Ishmael) – Because it wasn't really serious enough to take away all the symptoms at once, the body has to adjust to these things and it is far better if they take the natural course of events, reduce it by all means but to take it away completely, it really is not good. I can't really explain to you why, but it is just not good. It is much better if you take away part of the symptoms so that the body can cope with it naturally, otherwise you can do a lot of harm by upsetting the balance. Does that make sense to you?

Geoff – Yes, I understand.

Verna – I have a question.

Miriam (Ishmael) – Yes

Verna – What do you think about hypnotherapy?

Miriam (Ishmael) – Hypnotherapy can be very good, it is not good to practice hypnotherapy on oneself until you are very

experienced, but to help another person especially the highly strung, someone who has not learned to conquer their emotions, and need to be calmed down, hypnotherapy is an excellent medium for that, if done properly in the right hands it does no harm at all. It is something that you should be able to do very well.

Verna – I would like to study hypnotherapy, it is just that I would like to find a teacher who teaches with a spiritual mind.

Miriam (Ishmael) – Then we shall try and see if we can guide you to one.

Verna – Thank you.

Geoff – Could I ask you just a simple question?

Miriam (Ishmael) – Yes you can.

Geoff – Why is it that I do not channel as much as the others?

Miriam (Ishmael) – You have other things to do, not only do you have other things to do, but for the moment and that is what I was just going to say before you asked the question. You *must* and I cannot stress too strongly, you must find something that you can do away from work, something that will absorb you and take your mind off from work, if only for an hour or two, it must be done. There is a limit to what the brain will take before it shuts down even on a temporary basis. As you experienced last week, do I make myself clear without frightening you?

Geoff – Yes

Miriam (Ishmael) – You have to have another interest, for your own sake, I am not going to say that you are going to be very ill, far from it, but rather than have anything hold you up in your business or for getting on with what you want to do, take precautions, find a hobby of some sort, apart from your fishing that will really take up your interest. If it is not a hobby, do something different entirely.

Geoff – I know exactly what you mean.

Miriam (Ishmael) – You do not go out to your bowling, which took your interest for a while, but you must have a replacement for it, it isn't just a question of, most people everybody in fact if they are using their brains a lot, they must

have something to counteract it, until you have reached the pitch where you can shut yourself off and say “right, that is it, I have left work, I can leave it behind”. But when it is your own business, it is very rare that you can do that, I know, I know from experience what it is like, so will you think of that, and think of what you can do, find a hobby.

Geoff – Yes I have been trying to find something that will excite me or give me interest outside of work. But so far nothing has been really exciting.

Miriam (Ishmael) – Maybe the pair of you should get into hypnotherapy.

Geoff – Hmm, what I would like to do is, you told us about this additional part of the mind, where you have a power which can be developed. To develop that would be interesting.

Miriam (Ishmael) – It would be very interesting and it is something that we could help you with later on, but not for now because again it is using the brain, and we want the brain to relax. We want you to do something that is more mechanical, do you understand?

JOJO CHANNELS THROUGH MIRIAM - PEOPLE IN A COMA - STILLBORNS

Miriam (Jojo) – Hi, my name is Jojo.

Geoff – Welcome Jojo.

Miriam (Jojo) - I wasn't sure if I was going to say anything this evening, but I have decided to, and this lady first of all thought it was going to be some children. But not so although I have a lot to do with the children and they are saying that the spirit mum is too busy enjoying herself to contact them lately. But they know that she is having a lovely time and she does meditate when she goes to bed and is awake enough, not every night, but she does.

You have just been told about one of the things that the children do, and there are so many other things that they do, for like children the world over they will copy what the adults do, and if we see that they are really persistent and wanting to learn perhaps a bit of healing or just a little bit of comfort, like for

those children you have been told about or even those that are in a coma.

They can get in touch with the spirit of that person and talk to them, so at least you can know they are not neglected, when you see those that are unable to communicate with those on earth, for one reason or another, then please remember that there is always somebody with them while their spirit is being released, it is not always released from the body for that to be possible, as it is not always possible that you go astral traveling, when you sleep.

But when it is possible then there is always someone there. So may that bring you a little comfort, and may you pass that comfort on to anyone you may know who is in the position of watching a loved one, or a friend or acquaintance and their heart goes out and they wonder what they can do. Apart from sending love, tell them what we tell you and it will help.

And I also add my blessings to this circle, and may it go from strength to strength for the love that abounds from here is tremendous. And do not think, young man on my right (Luke) that because you are not channeling, and because you are not having any communication that you know of, that is not so, when you are asleep, it may seem like sleep to those that are here, but it is not really. We just take you, that you may progress on our side as you have been all along, and the day will come when you will be able to communicate in one form or another.

It is not everyone that wants to talk and talk, like those who channel, there are many different ways, so we will find one eventually, and now I shower you with God's blessings and we know that you will remember the trials and tribulations that are going on in the world, you will remember those over your Christmas festivities, and your thoughts will go out to those you know are in need, as we know they do every time you meditate.

And those thoughts when they come direct from the heart are tremendous help. And this is Jojo, and I shall be back again do not worry, I have enjoyed my little chat.

Geoff – We have enjoyed having you.

Miriam (Jojo) – This is a very good circle, and will grow well, and you will enjoy yourself, now I really will be off, God bless you all, our lovely, lovely children.

KARMA & HEALING

Karma is a very much abused and often misunderstood word. The general thinking is that if you do something to somebody, then at some stage in this life or the next you will experience the opposite.

So when something bad happens to you in this life, then people say it is your Karma. Not true! There is a Universal law, which says, "You get what you give" and "What goes around comes around" Or "Treat others as you would expect them to treat you" This is a Universal law that works with energy. Basically if I abuse you then I can "expect" to be abused back. Or if I am nice to you then I "expect" you to be nice to me. Try it and you will experience it. So what happens when you have a disaster in your life? You chose it. You chose your Karma!

Let's say that you chose to experience divorce in this lifetime, and that to make sure you learned the lesson well you chose to be divorced "up to" 3 times. You then may well go through 3 divorces. But, if you learned your lesson well the first time, and FULLY UNDERSTOOD the lesson, then your Karma will change, and there is no reason to go through the other 2.

Another and more common example is being taken for a ride financially. This is an important one as today's World and its peoples are centered around material things far too much. It has gone to the extreme where people will lie and cheat on their friends and others just for financial gain.

Corporations will, and often do ignore loss of human life for the sake of profit. Rainforests are being destroyed, Natural and economical healing remedies are being suppressed, and wars started all in the name of profit. Wealth becomes power, and power can be, and is abused.

The Worlds financial markets are getting out of control. The rich are getting richer, and yet 48 000 people die every day from starvation. The balance has gone and needs to be restored. So when you choose to lose financially, then it is a valuable lesson to you, as you understand to what measures others will go to simply for financial gain.

So you must "Live in truth" at all times. If you are true to yourself, then your footsteps through this life are according to the choices that you have taken upon yourself to walk for your Soul while on Earth. You have free will on Earth, and can change your Karma if you wish, but remember that you chose it to begin with.

LAUGHING MONK – HELPS BALANCE CHILDREN GOING THROUGH PUBERTY – 1992

Geoff - I have got someone coming through, I can't see who it is but it is a lovely character, he is a short, fat monk, he seems to be from Thailand, but he can't come through without laughing, every time he gets going he starts laughing.

Verna – Nothing wrong with that.

Geoff – Can you see him?

Verna – No, actually my headache has accentuated, so I am trying to rest, but I can sense him. I can see him - come friend, we don't mind the laughter.

Geoff – He can't talk, he is laughing so much, I think he is going to give up.

Verna – I wouldn't mind that from laughter.

Geoff – Maybe I can see what he says (Laughs) He used to work with children, he had a very happy life in Thailand, he traveled quite a bit, but mainly he used to work with the children, and sorting out children's vibrations. Many children when they go through the stage from child to adult (through puberty) their systems get unbalanced, it is quite a step, and it is a step where less spirit is involved and more free will is involved, up to fourteen years they are mainly looked after by spirit and strongly directed by spirit.

When this changeover occurs quite often there is an imbalance and he would assist to get them in harmony again. His whole life was just involved, and he chose that specially, he said it was sort of like a holiday. Because he was a monk he was accepted by anybody, almost anybody, and he could go anywhere he liked, he didn't need material things of course because the monks there are looked after, and he spent his whole life just looking after the children.

He had no particular family or friends over there, because the friends he made were all temporary, so on his travels he would meet a group and sort them out and on he would go with his travels, so he never had a family or soul mate or place that

he would return to, he used to just wander around, and this is what he did. It was like he wasn't listed, I mean he probably wasn't insured or paid tax or anything like that – now he is hosing himself laughing, he never did anything like that, he just wandered around and it was like a holiday, and he loves kids and he helped them and he went through his whole life on earth having a great time and doing his own thing. Towards the end of his life, he just said right that is enough holiday now, time to go back into spirit and take up some serious work, and that is what happened, he just passed over.

Verna – What control.

Geoff – Yeah, no serious ill health through his life, but no stress, he is looking at our auras and seeing our previous stress and our histories and so on, and is laughing away. He understands the material side of life is very stressful and whatever, but he didn't need any of this, he was very lucky. And he chose his life, and he says you have chosen your life as well, and you have chosen this stress and you have got to go through it, you knew you would have to go through it, he says I chose a holiday or a vacation, and I just had a great time. And now that he is back on the other side he is going to come down and re-incarnate again, where he will go through a serious life, he said every life is learning and there is plenty of time there is no hurry, and he enjoyed it a lot and helped a lot of people and learnt a lot. And it was great.

Verna – And now he is looking down at us and seeing what he is going to have to go through.

Geoff – And now he says that's all for now, thank you for listening and it has been great, and he has put a pile of laughter over there, he said you wanted laughter, so he has left you some, and he says for the next few days you are going to keep tripping over that, and every time you do you are going to laugh.

Verna – Oh I love it (Laughs) Oh bless him.

Geoff – He is a super character, so much happiness in him.

LEARNING HOW TO SEE THE FUTURE - 1992

In this meditation a regular guide called White Feather is channeling through Miriam.

Geoff – Now the place that I am sitting in, the room extends out to maybe six feet in front of me, beyond that it drops away to a bigger room, which seems to be very barren. There are sort of bare walls, nothing has been created here yet, but something will be in the future, now if you want to look at the past there are memory rods that you can get hold of, but if you want to look at something in the future, I am trying to think of a way that I could see what is going to be built here.

And there must be some sort of standard method like a memory rod, and it is in the air.

I am just trying to work this out, I can see the air and I can see where the memory will be, and it is because of dimensions, now the brighter the dimension, I can see several dimensions here, all in the same sort of shape, it is like a shape, lets say like a square, as I look at it, it can change into brighter colour, the stronger the light the brighter it is the more in the future it is. And the darker it is actually goes into the past, so if I wanted to see several years ahead I would look for a certain type of brightness, and then I would enter that and then I would be able to see that particular era.

Miriam (White Feather) – You hope, if we are ready to show it!

Geoff – Ah right, well in that case I will take the point maybe in the quarter of the way into the future and move into it to see what it is about, it is now a big circular room, there is a lot of black or crystal, now the black is not dark or negative energy it is to show up the crystal and the light the crystal has and the energy and what we are doing, Verna and I are teaching the children about crystal and light and energy (laughs), right and again it is beautiful, now I know I mustn't go any further into the future, it is not important now, but the purpose of the exercise was to see that I could do it, and understand how you move from one dimension to another.

Miriam (White Feather) – That is so.

Geoff – Right, now that I know how to do this, I was thinking of being able to go now to see Verna, but what I just did was being in one room and seeing the future in that room, but for me now to go and see Verna I would have to do just ordinary astral travel. But thinking ahead with the work that I have to do on earth, I could for instance look at a site, which I think would be suitable say for a sanctuary, I could then look ahead and see if the sanctuary was built there.

Miriam (White Feather) – You could.

Geoff – Now that would be one way of finding out which is the correct site, but then again there are so many dimensions going in different directions depending on the decisions that I had made, that it would be of no real advantage to me.

Miriam (White Feather) – Which is why we said it would depend if we let you see.

Geoff – Ah right.

Miriam (White Feather) – You see this young man now thinks that he can get away with anything now because the veil has been lifted a bit.

Geoff – (Laughs)

Miriam (White Feather) – But that is not so, it would not do.

Geoff – But it is all making sense.

Miriam (White Feather) – And that is the main thing, if you can understand all that you are learning.

Geoff – Yes, right.

Miriam (White Feather) – And I think that tonight you have had enough.

Geoff – It has been absolutely fantastic tonight, it really has.

Miriam (White Feather) – It has been wonderful, and because the veil has been lifted, and this is from John and I, White Feather, it is no longer my children, but brother!

Geoff – That is fabulous.

Miriam (White Feather) – And goodnight to your father who is more than a brother to us, you have not finished what you will see in the future, but for tonight it is enough. And we

hope that you sleep well, and remember that if ever you wake up too tired it is probably because you have been busy in astral, and you can always ask for energy if you need it.

Geoff – Yes

Miriam (White Feather) – It is not always feasible to give it to you, but we can if we are allowed.

Geoff – Right, that is no problem, that is great.

Miriam (White Feather) – And I wish you well and leave you with God's blessings, and I am so thankful that you have seen how many times we have all been together and not just the family but all your guides and helper who have been with you for many, many lives. And from the children and all, goodnight.

Geoff – Thank you all and bless you.

LEARNING TO ASTRAL TRAVEL

In this meditation I am experiencing when I first learnt to Astral Travel. The Guide channeling through Miriam is Ishmael.

Geoff: I have somebody with me who has come to show me one specific lesson. I can't recognise who it is, but normally I don't get to feel spirit, although I know they are there, this one I actually felt very closely.

Its back in Tibet, this spirit is someone I have worked with many times before in Tibet, he specialises in teaching people in that area, and continues to learn about that area. It seems to be one area of spiritualism that he is learning, and he has taken it to an extremely high degree. Now we are right on top of some cliffs, its breezy up here, there is a lot of dried shrub, and it would normally be very cold, icy cold....the rocks in the cliff are very loose and down below is a long meandering stream which goes down to a sort of gorge, and continues out the other side. It is a very desolate place.

Miriam (Ishmael) But you have lived so many of your lives there.

Geoff: Lived so many of my lives there?

Miriam (Ishmael) Yes in Tibet

Geoff: Yes, again I can sort of recognise the countryside, that is why I said in the beginning it is Tibet because I recognise it by seeing it, although I have never been there. (*In this life*) rather than by sensing it.

Now, we are walking upwards along this cliff, its going just a little higher to where there is a flat ledge, the climb up here is an awfully long way. He is behind me, he is about 6 foot 9, very tall and thin which was quite unusual in those days. The walk up from the bottom from where we came in must have taken four or five hours.

The feeling of walking up all that way, although it is very dangerous and very strenuous, the feeling is something which I haven't felt before in this life. It is as if time is immaterial, we don't have to get there in time for lunch, or before the sunsets,

or whatever. It is just a feeling of -that is where we are going, and so just be a peace and go however long it takes.

Miriam (Ishmael) It matters not how long it takes

Geoff: Right at the top now there is a very smooth rock, it is semi circular right at the top, maybe 20 feet across, and we can look out now over the hills of Tibet. It is probably the highest point for miles around, you can see dozens of mountains in front of me. Directly in front of me is this huge drop into the gorge with the river at the bottom, and behind that are the mountains and hills stretching right back to the horizon. What we are going to do is meditate here for the evening-- No not to meditate

Miriam (Ishmael) No

Geoff: We are going to watch the sun go down, and then we will start a fire and eat, and then we will communicate with spirit again, and they will materialise the same as they did in the last life we were discussing.

Miriam (Ishmael) Yes.

Geoff: Now it is dark, we have had our buttered tea – (laughing)

Miriam (Ishmael) (laughing) Not an acquired taste, something that is tolerated, something that always has been through necessity"

Geoff: But the taste is as good as us having the same beverage of our own these days, because it is something you are used to. It is now very dark, and the stars are absolutely crystal clear, the feeling is like being on top of the world.

Miriam (Ishmael) You think you could touch the stars couldn't you"

Geoff: Yes beautiful, it really is and other spirits are now joining us, but what is most strange- it took a while for me to work that out, is what I am witnessing is myself in that life astral travelling.

Miriam (Ishmael) Yes You are.

Geoff: It's very confusing, (laughing), so these spirits came to join us, and only I astral traveled, not my companion. He kept watch to see that my physical was not disturbed, and I moved up, and I am now much much higher, looking down and

it is so clear -and I have got spirit here with me- and they will take me from here to the different dimensions and places where I have to visit- this is like the exit point.

Now I do this to learn- obviously to learn. Going back to the top of the mountain for a minute, at that height the air is very thin, very cool and there are no distractions, which makes it the ideal place to communicate. The thought is not that the higher up the mountain you get, the closer you are to spirit, not that at all. Its just that the higher up the mountain you are the further away you from any form of distraction, and the more you can concentrate clearly on what you have to do, so you go there to improve your technique if you like.

Miriam (Ishmael) Yes you do

Geoff: What I am experiencing now is basically I am a mile or so above the mountain top where I was, and I am experiencing the feeling of freedom and being able to travel, move and fly around - for want of a better word. Because when you first start to astral travel it is not all automatic, you have to be taught how to travel and how to move, and this is what I am being taught, what I am seeing is myself being taught. The feeling of weightlessness and travel is superb and.....

Miriam (Ishmael) Such freedom"

Geoff: Total freedom- and this is just the beginning. Those around me, let me see if I can recognise anyone. Now Ephram comes to mind straight away, I don't know if that was put there?

Miriam (Ishmael) Yes"

Geoff: It was Ephram, because I haven't seen Ephram since literally the first year I started meditation.

Miriam (Ishmael) That is right

Geoff: Ephram is one of my Teachers too.

Miriam (Ishmael) Can you see anyone else you can recognise"

Geoff: Yes

Miriam (Ishmael) I thought you would

Geoff: Yes, but I can't think of his name- he is the camel trader as I remember him from an Egyptian life.

Miriam (Ishmael) It matters not what his name is.

Geoff: It's a similar name - Usuf - that's it. There was someone very strong in silver, who is a very close connection to me, and that is the Cardinal, yes the Cardinal

Miriam (Ishmael) It is the Cardinal

Geoff: I am seeing him as the sort of highest qualified spirit. Automatically when I think of the Cardinal, I think of him how he was when I rescued him, and I can now see a different version of him but the same sense.

Miriam (Ishmael) But you knew it was him

Geoff: Yes I will have to get used to these different.....

Miriam (Ishmael) Yes there are so many, so many

Geoff: That is right, even myself,

Miriam (Ishmael) It gets very confusing after awhile until you get used to it.

Geoff: I have such a strong feeling with this Cardinal a very strong connection, but it was not from the rescue -it goes back many lifetimes.

There are all sorts of things we could do, but they are all just different ways of learning in astral. They want to show me something more. I can see the sun coming up in the distance because we are so high, it is pitch dark at the bottom. As the sun comes up I will go back down below, and take over my body again and they will disappear. The feeling it has left me with is a feeling of just experiencing astral travel for the first time, or experiencing several hours with spirit, gives you this feeling of total happiness, joy, euphoria and so on. Now that coupled with being on top of this mountain as dawn breaks with all serenity, beauty, nature and this feeling inside, gives you a feeling of the utmost happiness and peace -exaltation is a good word.

Miriam (Ishmael) That you could achieve while on earth

Geoff: Yes, and it was just absolutely perfect

Miriam (Ishmael) Very uplifting

Geoff: It certainly was, and again I can smell the air, I can feel the coolness of the wind of the air moving, I can hear the blades of grass around me, and the plants moving slightly in the wind, and I can hear grit under the heel of my hand as I move

my hand. All sorts of minute little things, my awareness is terrific- also sight. There is a bird like an eagle, it's a good distance away, but I can see virtually every feather and how they all fit together, the perception is heightened so much.

Miriam (Ishmael) Isn't it marvelous when you get this feeling, it just shows how little earthly people know, if only they could realise what comes in the future, what they can achieve.

Geoff: But what I am experiencing this with is not just my physical senses, I half spirit half physical at this stage that is why the awareness is so high. So you combine the two to quite a degree, that I never realised, that you combine the two so closely the spirit and the physical.

The one who is with me now, I don't recognise him at all, although we have been together in a few life times in Tibet.

Miriam (Ishmael) Now is not the time to put a name to him

LESSONS ON BELIEF - 1992

In this meditation a guide called Iffy is channeling through Miriam.

Geoff – What I have got is, I am in a sort of gorge, I am above the ocean facing the land and the cliffs run vertical to my right and left, in front of me is a big inlet maybe three quarters of a mile across, and partway down the inlet on the left is an outcrop of rock, must be two or three hundred feet high, and it sticks out into this bay. Just below the top maybe fifty feet below the top there is a little portion cut out of this rock, and sitting on this portion is a person, who has a lovely character, long hair, very unkempt beard, seems to be wearing robes, just sitting there smiling, totally at peace, enjoying the elements, the fresh air, the sea, and so on.

Straight down from here about two hundred feet is a few rocks and of course the water, I don't know how he got up there, there is no cave or access path or whatever, anyway I will go and join him. I am sitting next to him and looking out at the view, which is quite amazing. Now sitting on the edge of this rock where we are both sitting, side by side, is probably six feet from left to right and three feet from behind us to the edge of the drop – there is very little space. Now I have a fear of heights, but while I was sort of hovering in front of him there was no sensation of fear, but now that I sit on the rock and look over the side, there is a slight sensation, now I know that it is safe enough, but it is just the feelings that I get. I think this has something to do with belief and faith and what you can do when you have the belief that you can do it.

Miriam (Iffy) – A question of faith, this is Iffy again.

Geoff – Oh welcome, now I know that obviously in meditation or in spirit I am totally safe, and there is no ways that I could fall over, but the sensation is there. And that sensation obviously is taken across from my physical, it's in my memories.

Miriam (Iffy) - Yes, of course it is.

Geoff – So it's automatic, now if I can get rid of that sensation, now while in meditation, if my faith is strong enough, I should be able to get rid of the fear on earth in the physical.

Miriam (Iffy) – You will, but it will take practice.

Geoff – Hmm, it is easy enough now, but I think the point is, if you have the faith you can do it, it is not something that will happen instantly but the understanding of having that faith.

Miriam (Iffy) – That is the answer, the understanding.

Geoff – Now the person who is next to me has said nothing so far, and he is a very friendly guy, I am sitting there with my back to the edge of the cliff, facing him, and he has hold of my wrists or arm, not to stop me from falling, just as a gesture of communication. He says he has fallen many times, like me, and now enjoys coming here, because this was his first major fear that he overcame. And he still enjoys the feeling of coming back here and having no fear at all, it is a sense of achievement for him, he comes here to look at the view and enjoy what he missed out on for so many years.

Now there seems to be nothing more there, and he sort of pushed me off and I am going out of this bay towards the sea, turned left and I am now going along the cliffs. Where it seems to be is around Seaton, I don't know where Seaton is, is close by here?

Miriam (Iffy) – It is.

LIFE ON THE OTHER SIDE - 1994

In this meditation another regular guide called Gladys channels through Miriam.

Miriam (Gladys) –Greetings, this is Gladys.

Luke: Welcome

Miriam (Gladys) – It was a short talk yesterday, and tonight I am glad that you are able to have your meditation albeit at a different time, for time means nothing to us as long as we are available we like to keep in contact. Those who take your wishes and your healing thoughts also are quite willing to come at a different time. I know it is easy to say your prayers and healing thoughts while you are doing something else but the power is not as strong as when you are meditating. But never the less it is carried out and is good when nothing else can be accomplished for that particular day.

You had a talk last night about the world's situation, and what to expect with the false messiah and the true one, we say "he" but it is just as likely to be a "she" for after all are we not both. And if it is seen that the feminine figure will produce, no, if the feminine figure will be able to convince people more than the male, then the female it will be, but that is not a decision to be made yet. It is just a reminder of what you can expect. There is much planning to be done on our side of the veil, we have to be prepared for people to change their minds, we have to be prepared for the false messiah, we know who it is, but the freewill must be accepted for all, and it cannot be stopped. People themselves must find out if what they are shown and told is not always the truth.

People can deceive and you are puzzled because you know it is deceit, or sleight of hand but you cannot prove it, then how much more sway will someone with much stronger power have over the weak. It is the weak that we have to give confidence to although we are not of course entitled to tell them what to do and who to believe, we can only try to get them to open their eyes and see for themselves. Children are now our biggest target for the moment, for they have been brainwashed by what they

have been able to see, hear and read, that is not good for them at all. They have lacked discipline from home, from school, and it is they that will form the future of the next generation, therefore they must be guided well, and for those who are willing to listen then we have many children on our side of the veil, who can get in touch with these children much easier than we can to be convincing.

They are not allowed of course to say what has to be done but by telling stories and playing games, many will realise that children are great at copying what others do.

These spirit children are very developed souls who have chosen to do this work and they are only allowed a certain length of time before being recalled for a rest period, because they are not allowed to maintain the knowledge of an older soul but must be as children with just a little bit more knowledge than those that they are helping, it is a bit like a teenager who is helping a toddler. But they enjoy the work and often when they have had a rest and something different then they will return, they are returning, because this work has already begun. For those children who are very badly disciplined sometimes when they are in astral then it is pointed out to them the wrong that they have done, but that is all that is done, they are not punished, they are just shown and asked if they think that is right and then it is left for them to decide.

Not many can realise at once that what they have done is bad because they are so conditioned to seeing this on your television, to see the older children what they do and see your other programs of destruction and brutality that is going on around them all the time, and they cannot understand why if others can do it, it is wrong for them, so there is just a little explanation and then the seed is planted for the spirit children who will be helping them at a later date.

For the older ones we try to do the same but in a different way because we are reasoning with people who have the greater intelligence for the most part and it is pointed out to them how much better it would be if they would be responsible for their own families, for the welfare of those around them, and in a

gentle way it is pointed out how the scales must be balanced to have equal right and wrong. Conscience in some people can be very strong but if they have weakened their bodies with drugs then it is very hard for them to do what they know is right, it is far easier to take the easy way, but oh how they regret it once they have passed over to us and they have been able to see how foolish they were.

It is very stormy this week end here in your area and in many other areas too, it will continue for some time this year before there is a lull of good weather, but catastrophes in many shapes and forms will be on the increase for the second half of the year. I have had many lives and many of these in different countries have gone through the same difficulties or very similar to which you find yourselves in now, I have been in many dimensions and on many planets when the same thing has occurred and each civilization reaches out to conquer when evil spreads.

Now I am not saying that this year is going to be an unhappy year for you, because you can have happiness with bad weather as well as good, and happiness you will have in plenty, I am just telling you what to expect so that if you have anything that needs securing or attending to then you know it is best to get it done as soon as you possible can. And we like your garden, we like the curves that you have and the divas enjoy working in it and we look forward to seeing it in full bloom when the shrubs start growing it was quite a picture a week or two ago.

We are not so happy with the picture that is being painted, but that is something that we are not going to alter, we know what it is that needs doing but it is a case of trial and error and the next picture will be so much better, and we only hope that you yourself will sit down to some serious painting or drawing or a hobby of some kind, for we feel that you do need it. Time drags so much as one gets older in one respect and yet it seems to fly in another, is that not so?

Luke - Yes very much.

Miriam (Gladys) – Oh we know friend, we have gone through it so many, many times, but it is a wonderful feeling

when you reach us and know that time does not matter, and more wonderful still when you know that you can create with thought whatever you wish, and there is so much laughter at the mistakes that are made when people try to create something they have never seen or tried before, or perhaps they have seen and not looked closely at or perhaps have seen someone doing something and thought it would be so easy to do, which of course it is, but like everything else it has to be learnt.

We like your sister, the one who gives so much joy when you visit. It is a gift, a very much appreciate gift if people would only realise, everyone has a gift of some sort, everyone, without exception, it is just a question of finding out what that talent is and using it to the best of your ability. We see many of your friends and family, not just from this life but sometimes we have a gathering of families going back many lives. And finding out what has happened, what they are doing, we can of course go and check the records for ourselves, as we have progressed spiritually, but we prefer to contact by thought and getting to meet them and remembering what it was like so many years ago.

There can be some very strange meetings when one realises the different nationality, the different planet from when they first started on the mortal journey, but never does it cause any argument or disagreement, for by now we are passed that. But as one can be both mother and father and child, of one civilization of one particular branch, then it causes a lot of hilarity and confusion until it is sorted out. I think I have talked enough for one evening, I just thought that you wanted to be cheered up a little.

Luke – Thank you Gladys

Miriam (Gladys) – We understand the situation, and we are working on it. I bid you goodnight my children. God bless you.

Luke – Bless you, thank you.

LITTLE PEOPLE

In this meditation a stranger channels through Miriam about a new planet for those who wish to evolve faster.

Miriam (Stranger) – Greetings my friend.

Luke – Welcome.

Miriam (Stranger) – I am another one of your strangers, and this is my first visit. I have been told that you are going to get so many strangers that eventually you will have to get all their names, but not yet. I am going to speak of yet another planet in another dimension, in a different area to the ones that you have had so far. This planet is very, very new in comparison with your world. So we have no history to speak of and it is a planet that has been created especially for those who wish to evolve. You have been told of this before. These are those who are already an advanced soul who chose to work with nature amongst the flowers and everything that is growing. They work with the divas, now the divas generally stay with nature and they very rarely change. These little people, once they have done a certain time with the divas then they wish to progress further on a spiritual path, so they will not be in any other body - just in spirit.

As I said they are old souls, they have had all the lives that they wish to take and now wish to go further on the spiritual side where it needs a great deal of thinking of choice, for there are so many things that one can do when in spirit. They have to decide if they wish to be detached from all human elements or whether to be in contact with the divas or the other little people, there are many choices, so this planet was created especially for these souls and I am one of those who liaise between one planet and another. Like everything else in life, what you wish has to be learnt, you learn the life that you are living now from being born, you learn in every aspect of the material side that you take, whichever planet, whichever body that you take over, and then when you are in spirit you have to learn again, so there are special pyramids of learning.

These pyramids are specially adapted to contain different vibrations so that when these people have to make the decision of what they would like to do, they can go to the different pyramids, where they can experience or see what their life would be like for each choice. They can try out as many as they like before they make a decision and even then they can always change their minds if it turns out to be not what they expected. In fact one can always return from wherever you are, lower your vibrations to come down, or just stay where you are until you are more settled in your mind. Even those who are on a very high spiritual path, they too can come down if they wish, sometimes it is for a particular reason, and sometimes it is just for a break from what they are doing for it is and always will be free will.

So you see my friends, this is quite a different planet altogether. Sometimes they choose perhaps a musical outlet, for music is very much used in the spirit world, not the music that you have but choirs and instruments of different kinds are used to entertain and relax and also for healing and soothing, it is used so many ways. Music can be so beneficial for those who are disturbed in their mind and withdrawn like your autistic children, so some spirits may decide they would like to go musically, others more artistic and creative, others wish to work in the vibrations and energies, learning how to harness and use these energies that are unknown to mankind. I find this very enjoyable work and have been doing it for many years now. I find what gives me the most satisfaction is the music that is used to help the sick or those who are convalescing and are withdrawn.

Also we are able to help animals with music for they can hear sounds that your ears cannot. Animals of all kinds are just as traumatised by what they suffer as people, and their souls have to be refreshed just the same, and music is very beneficial.

Sometimes those who have chosen to come to this planet return with a little knowledge to help the divas, it does not happen often, just to keep in touch.

The divas as I have said generally stay with nature, they have a different kind of progression to make, they stay with nature for the whole of their lives for it is something that they have chosen in the beginning, and they have no wish to change. For what they do is such a great help to all the planets, but I think that I shall leave the work that they do for another time, for it is quite a separate thing, and maybe I will come and speak or someone else will come. It was only my intention to tell you of this beautiful planet that has been created for the little people, thank you for listening and God bless you.

Luke – Thank you, bless you

MAYDAY MEETING OF SOULS TO DISCUSS WORLD MATTERS – 1994

Miriam (Guide) -Greetings my children

Luke – Greetings, welcome

Miriam (Guide) Today is your celebration of Mayday and you did have quite a talk about it at church yesterday, not all of what you heard is true, but not enough to worry about. It did start as a religious festival, that is quite right, even the birds celebrate at this time of the year, unfortunately you do not have enough birds here to bother you with the dawn chorus.

Luke – Unfortunately.

Miriam (Guide) – Yes it is unfortunate, it is a celebration of the beginning of Spring, of new life, it is a time when most of the animal and insect kingdom are born, a time when the earth awakens, this much you can see and know. For us it is a time of getting together, recharging our batteries as you have heard, of discussing world situations and the work that we are doing. It is a time of growth in many ways. People are more alert now, they are more willing to try different things, more willing to progress in perhaps in something they are learning, for the sunshine and warmth do that to you.

When we gather and discuss the world situation, I say world in the broadest sense, not just your world, but all the planets of which you know and some that are far beyond anything that you have heard about, but you have had some visitors from these far distant places. For what affects one planet affects us all, we are all one, it is such a huge one to anything that you can imagine. Most of us who are in contact with sensitives and others cannot even imagine how far this oneness stretches. What we do know is way beyond anything that you can imagine, and therefore we have this get together to discuss what is happening and to see if we can rectify anything in any way, and to discuss the pro's and con's, the results or defeats of what we have been doing. We have power, we have a great deal of power, but we are not allowed to do just what we would like, it has to be within a certain context, in order that we do not interfere with the

freewill of the people, and it is this that we discuss. Because sometimes if we know that there is a happening of which we are all very concerned, we can put forward our concern to those in higher vibration and those will go much higher to see if permission can be given to alter this whatever it is, the sort of permission that one must seek when you have a walk-in (A walk-in is a soul that takes over a physical body (with that bodies permission) so that it might work on the physical plane), when you do not want that particular person to come down to continue the work that they started to do but now find it very difficult.

That is just one of the situations where we meet and then ask for help, it is not always given, it depends upon the severity of the task that needs doing, sometimes instead we are given permission to use the power to enable that person to accomplish whatever they set out to do.

It is not just in the human field that we have our discussions, when there is pollution in the atmosphere, it reaches far and wide, and the repercussions of the pollution has to be discussed and ways and means found to rectify any problem if it can be done. So many scientists and those in authority, think that an idea that they have is theirs' but that is not always so. The idea is given to them in order that they may accomplish and do a certain task, so you see that we have these meetings, not just at the beginning of your year, but whenever the need arises.

One thing when we have a meeting of the minds like this, we do not need a large hall, the space is not needed for us, we can also reach far and wide with our power, it is not easy to explain all that we do, until you have more knowledge than you have at present, but that is just to give you a little idea of the work that we do, something that you have perhaps not heard about so far. We also have an exchange of souls to different parts of the galaxy, that they may see at first hand what is being accomplished and so be better prepared to tutor their band of helpers for whatever purpose, so there is quite a lot of coming and going, ideas passed back and forwards.

The future to a certain extent is shown to us and just how best we can help. There are also some in the world at present who are able to come to us in astral at will, as you have been told about, and in this way they can be of more help to those around them and to the work that they are doing. For the animals who are evolving before they go to the land of shimmering light as you call it, they are instructed into what it will be like, they are shown a little of what their future will be before this knowledge is taken from them, and this can only be done by very, very evolved souls.

Now sometimes you have, in fact quite often you have people who are naturally gifted and I expect you may wonder, is this a new gift, or is this something that comes from a past master of that particular art or science, or whatever it is that they are doing. Quite often they are given tuition in the spirit world for it is something that they have done through many of their lives and something they wish to continue. Therefore what you call the masters, who themselves have had many years and many lives, they are taught by these masters and the knowledge is soon regained and the pleasure that they have in continuing in that work not only helps them, but is chosen especially to help those around them.

You have been learning a lot of the good that is being done, but there is another side, as you know, the power of evil is very strong. It draws to it those who are mostly weak minded, they are drawn at the beginning through pleasure and they think this pleasure will continue if they follow the evil teachings, only to find that once they are well and truly caught then it is not so good as they expected.

Many are on the borderline, they are weak, but not evil to any great extent, for these dear souls we are able to rescue them once they have put out the thought that they wish to be rescued, and you yourselves have done this type of rescue work, as has your family. But for others, there is no turning back, for a long, long time. They enjoy the power that it wields, it does not bother them that people are hurt, and that animals are hurt, they have cast aside all feelings except power. These are the greatest

enemies of creation, through each civilization, the evil has tried to conquer but never as yet has it completely succeeded and never will it, but the struggle will continue for many, many years.

You have been chosen to do work that will help humanity and even the animal kingdom, and you will be guided in everything that you do from evil. That is not to say that you must sit back and say “well I am protected”, you on your part must do your best to cultivate the sixth, seventh, eighth, and ninth senses that you will be given, so that all the sweet talking, all the miracles and all the beseeching words that you will be given, you will understand are not true.

It is not something that will come upon you in one go, it will be gradual, for one must always build slowly and thoroughly in order that it is strong and can not be knocked down. You will have enemies of some who are jealous of what you will do, but you must only pity them for it is work that they have been offered but have chosen not to accept, and that is not to say that they are bad people, or under the influence of evil, but they have not as yet the strength to go forward in the way that they wished.

We have such wonderful times all of us when you are asleep, but as yet you cannot bring back these memories, but let me assure you that we do. Not just with your spirit friends and guides, but with your family and friends that have passed through the veil, for those who are able to come near, they do and they send a message to say “you have done your best” and you know of what I am talking now, others must learn and fulfill their karma, but it is not for you to worry about.

You could not have done anymore. Words that were spoken will be pondered over and it will be good. Now I shall say goodnight my friend.

Luke – Bless you, thank you

Miriam (Guide) – And I shall be back again very soon, God bless you.

Miriam (White Feather) – This is White Feather

Luke – Welcome, bless you

Miriam (White Feather) – It is sometime since I was here, but as it is your Mayday and Mayday we celebrate, I thought I would tell you what the children have been doing. They have their maypole and their dances and it is such a delight to watch them. The older children are very keen at this time to forget that they are older and join in the fun, and of course I say older children, are we not all children at heart?

So we all have a ball, the dances that we have are very, very complicated because we can move our feet better and there is no falling down or at least when the children fall there are no bruises, and it is so delightful. The festivities will continue for a long while, we have horse riding, we have canoeing, in fact it is a day when the children are allowed to express a wish for something, which normally they would not be granted, and for most of the time that wish will be granted. So you can see we really do enjoy ourselves, but there are so many people that gather, so many souls gather for enjoyment and not just from your little planet, but from out of space, so many different places.

They come and join in the festivities for this is more of a celebration than anything that we have for a the children, even Christmas, for this they understand is the beginning of new life, new growth, for even here, when we have gardens, we plant so that it grows at the appropriate time, not just instantly, we have animals who give birth, just as you have on earth, that the children may experience this and take that memory back with them when they select and chose another life.

It is different from those on other planets, from those out in space, they have a different time of festivities, and we go there to where ever they are living, but this they say is the most delightful, I think because the children are brought up in such a different way. Our only regret is that the children of today are not living as children, so many especially overseas are being treated as young adults, when they should be enjoying themselves, making mistakes, having fun, not to worry about their figures and features, but just being children, and sad to say

that that is over in your country and others, and we regret it very much, it will change but not for some time.

But we think that now the people are beginning to rebel against the freedom that was given to, I think you call it, your sixties, when anyone was allowed to do just what they liked. Even the teenagers are beginning to rebel, it is like giving a child too much to eat, they enjoy it at first but then find that it is not the enjoyment they expected, and the result is often very disappointing.

But today we celebrate, all the children and adults and as many as possible congregate in so many different parts of what you call the astral, on this second vibration. Now we know that you have been busy, you have not been out celebrating, but we think that you will be having many happy days this year, and with that I am going back to enjoying the dancing and the canoeing which I love so much, and I am away!

Bless you, my brother and sister, bless you.

NEW YORK – A SMALL RESCUE FROM THE DARK SIDE – 1991

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

Geoff – Right, we will leave that one and go onto the next. 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) – 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 its 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.

ABDUL HELPING TO PREVENT ACCIDENTS/WALK IN – 1993

This is a continuation of an earlier article - and Abdul this time channels through Miriam

Miriam (Abdul) – This is Abdul, that was quite an interesting talk; it is very good, such a wonderful experience that these people go through. I don't think I could ever do what those dear souls do to go to the depths of despair, not yet anyway. We have had many lives together, and we have gone through some dreadful experiences but even so I don't think I could ever go down to the very depths, oh yes I do go down, I do help, but there is a certain area beyond which I have not yet found the strength to penetrate. So far it is beyond me, I am not even sure that I wish to try, I think I would much rather progress on a different plane altogether.

Tonight I and my friends are trying to help with the accidents that you have on your roads.

You have read of people who are suddenly prevented from having an accident, right out of the blue, my friends and I, my little band of helpers, of which there are many really, we do just that especially at times like this when there are so many people on the road, who should not be driving. And it is not just those in the cars and the busses and the transport but it is the innocent that we have to protect, those who just happen to be, on the spur of the moment, at the wrong place at the wrong time, for it does happen. And we are able to prevent this tragedy, not always, sometimes it is their karma and is accepted.

But quite often it should not be, and it gives us quite a pleasant feeling when we see and realise what these people have experienced and wondered how it was happening, very uplifting it is, very uplifting. And then also we have different cases when there is an accident of some sort that we cannot prevent but that life has to go on and it is as you have been told before, one spirit taking over another. That does happen more frequently than you realise, because you chose a life and you do the best that you can, sometimes it becomes just too much, and yet you have gone

so far on that life that permission is given for someone else to continue it, another soul in order to complete a particular task, you understand what I mean?

Luke - Yes

Miriam (Abdul) - It means a bringing together of events which would otherwise be delayed and it is only when this effects a great deal of people, or it would not be done. – I was saying therefore we are there, and can help to switch over one soul to another. It is very traumatic for the instant that that departed realises what he or she have done they regret it. But it is too late for them to go back then, they are weakened from the resolve with which they set out and someone else that has taken their place will continue just as if it was them. We always have a fair inkling that this is going to happen it is not an instantaneous thing, we are watching the progress of these spirits, these dear souls and can feel the weakening before it happens, so we are prepared, we try to give strength to see if it is possible for them to continue, but when it is realised that they cannot do justice to the work that they wish to do, then they are withdrawn and another takes their place. In one way it is sad, but in another it is good because the work that they have chosen, whatever it is, will continue to the progress that was originally intended.

So you see friend, we have such a variety of work to do, no more variety really than you have on earth, with all the skills that are needed, but so different, so different. We each have to learn what is best for us, and as in all work we may find that for a number of years we can do one particular thing, and then find that we wish to change and of course there is nothing to stop us. It is still free will where we are, as always will be, it is just that every time anyone wishes to change then they are given tuition and guidance, as you would with anyone to be taught another trade. And to find out if it is just a “flash in the pan” or something that will benefit everyone and be lasting, but that is another little work that we will do, and you will be getting many more of these disclosures in future. And I think you will find they get more interesting to keep than the original tapes as good as they were.

I think that has been enough talking for one night, and may you have a better night than last night, bless you both, but we do often have a laugh and say “well not sleeping tonight, they are so restless” and it doesn’t matter because when you are tired you sleep and when you are not you don’t, it doesn’t matter does it? Please yourselves and do what you want to do, you haven’t got to get up and go to work, so do what you want to do. Enjoy yourselves and I will be back again another time to talk, for I am always with you, bless you my brother and my sister, bless you and keep you within the light of that higher one.

Luke – Thank you.

PRIESTS TRY EXORCISM

Geoff – I have a woman in a church, who believes that she is possessed. She is not possessed, it is in her imagination, she is a type of hypochondriac, and she is doing herself a great damage, mentally with all these beliefs. Those that are treating her to try and rid her of her supposed possession, are only doing what they believe is right to do, and it is all a waste of time.

Miriam (channeling) - I am glad you said that, this is Dr Paul.

We have a few doctors here tonight, but I am not going to say any more, you are quite right though with your diagnosis.

Geoff – Welcome. Each of these people, priests and so on, do transmit love and energy from God, but unknowingly to this person, but as I said they are going about it the wrong way. What we must do is put the energy from this circle into the mind of this young woman, and make her break away completely from these thoughts of being possessed. We do this by showing her, by exaggerating in her mind this feeling of possession to such a degree that it eventually looks stupid, and she will see and realise that it is her mind and nothing else. And when pushed over the limit, she will suddenly have this realisation and go straight back to normal, feeling slightly foolish. I think that simplifies it a little bit but you get the idea.

Miriam (Dr Paul) – Can you perhaps be a bit more explicit how you are going to go about this, about the ideas you have put into her mind?

Geoff – Possibly she knows that the exorcising of demons from the body according to some religions calls for speaking in tongues, which most people do not understand, except the main priests who are supposed to understand. If we made her speak in tongues and she realised that what she was saying was obvious foolishness and not another language, then she would come to her senses rapidly. So the thoughts that we must put into her mind is the language of foolishness, which contains English words so that she can make a fool of herself.

She is at the moment with 3 people, who are trying to exorcise her in the church, so we will make her do this right now, so we can see the outcome, and assist further. So imagine this speaking as being the most ridiculous form of speaking that you can think of...lets do this now and bring her to the point of foolishness. She is absolutely screaming now in this language, screaming like a form of hysteria, which any second now will stop completely, and now it has stopped, and she sat down with her eyes wide open and realised, the 3 people who are helping her are convincing her that they have exorcised the demons, and they are mistaken, she knows different but she will not admit it of course for fear of feeling more foolish, and the work is done. She will leave, thanking them profusely, for this exorcism and she will return to a normal life, but she knows full well that it was in her mind.

Miriam (Dr Paul) – And do you think she will not be such a hypochondriac in the future?

Geoff – Yes, it is a good lesson for her.

CRYSTALS, CHOOSING ONE AND PROPERTIES

In this meditation made in 1992 Spirit is showing me different crystals. I am holding a discussion with a Guide channeling through Miriam called Dr Lee Chang.

Geoff: Is there a connection between the crystal I'm holding and my right eye.

Guide: There is.

Geoff: I am holding the top of this crystal, which is very sharp and pointed, and then I get a strong pain in my right eye. Is it because the energy of the crystal is coming through the points of the crystal?

Guide: That is so.

Geoff: And it is becoming a very strong fine line, which is coming through my right eye.

Guide: And you were directed to pick up that crystal this evening.

Geoff: Now the two eyes – the right is positive and the left is negative. So when you send that energy – I know it comes from your centers – your chakras and so on. I know it can come from your third eye but now the eyes? I hadn't known it to come through eyes before.

Guide: You are learning more every day.

Geoff: So you can direct the energy as well. The right eye – I can understand what positive energy is. The left eye – negative energy - is not destructive energy – it is used for the good but it is what we term a negative energy like a storm is a negative energy.

Guide: A neutralising one.

Geoff: So the properties of this crystal which is amethyst I think.

Guide: Yes, Amethyst it is.

Geoff: Let me see if I can see what they are.

Guide: You must look deep.

Geoff: There is no soft energy here. It is all hard uniform energy.

Guide: Yes.

Geoff: It's not an emotion that I would consider as soft energy. This is a particular form of a very hard energy force for specific things such as seeing through. If I wanted to see, as we were discussing yesterday, into a solid wall to see if there was a cave behind it, amethyst would give you a stronger power to do that – more uniform.

Guide: Yes, it would.

Geoff: Now, you don't have to hold the amethyst.

Guide: No.

Geoff: What happens, simply because the amethyst is in the room, is that the energy for what you need would be directed to the amethyst, and then directly to whatever it was you were looking at.

Guide: Yes. And these crystals will help you a lot for there is such a good selection here.

Geoff: You have your favourite crystal, and you have the crystals, which feel good to you, and you know there is a very strong energy in them. These are crystals that are compatible to the "balance" of your particular body. What will be compatible to me may not be compatible to you

Guide: Quite right.

Geoff: Although they all have good energies. So by finding a compatible crystal and that is why, when you feel crystals, some of them...you are attracted to the good ones for "like attracts like". You are attracted to the ones that suit you.

Guide: And it matters not that you three (Luke, Miriam and Geoff) all handle these crystals.

Geoff: Because you can clean a crystal very simply with your mind, with white light, but even that is not essential.

Guide: It is not essential with you. It is automatic when you do it.

Geoff: Because when you pick up a crystal, because your feelings, your emotions and actions are correcttherefore the crystal will automatically lend itself to be used for those correct actions.

Guide: That is it. I'm glad you picked that up.

Geoff: That's very nice.

Guide: There was doubt when they said we would direct you to pick it up. You have done it very well.

Geoff: Thank you. Now, the other thing I see in the crystal is communication.

Guide: Yes.

Geoff: Giving you a clearer picture of being able to communicate with spirit. The ordinary quartz crystal is – there is a basic form of energy – the most common form of energy

Guide: Yes

Geoff: And can adapt itself to so many different things. This Amethyst will be termed as a specialist crystal.

Guide: It will.

Geoff: And as you get to know others, each one has its own properties, which you can use. The advantage of getting to know all the crystals is that you only have a certain amount of energy yourself, and when you draw an energy from guides and spirit, you disperse it to the best of your ability. But if you were au-fait with crystals you would disperse it by placing a variety of crystals in front of you to suit the energy that was going through you, and therefore the strength would be enhanced quite a bit.

I can understand more now about crystal healing. I can see a person lying flat on her back with different crystals pointing in different directions towards her. Each crystal magnifies a certain type of energy, which can be used, when you understand, for healing.

The basic crystals. If you had one at the head and one at the feet, both pointing upwards, it would bring a flow of energy – clean energy, unused energy – through the feet and into the body. This is like a neutral energy. It is there ready to be used but it as yet doesn't have a direction. Then when you take a specialised crystal and direct a different energy through it to a certain part of the body, the effect is so much stronger because the basic energy from the quartz crystal is there, and that expands the energy and strengthens the energy you are putting in to do a specific job.

Guide: You have it quite right.

Geoff: So you program the crystal, which you are going to use to do a specific job to actually do it, and then the quartz for the right energy to magnify that specific function.

Guide: And if by any chance, you are trying to help someone and you do not have your crystals with you, then you can just visualise where you will put them.

QUESTIONS NIGHT – 1989

In this meditation, Geoff, and others in the circle get to ask all sorts of questions, and a guide called Paul is channeling through Verna trying his best to answer.

Verna (Paul) – I better start talking before this channel falls asleep! (Laughs) A few more big breaths and she would have been fast asleep, and out I would have gone, ignored, ignored! Well, we never thought we would make this journey tonight, we started falling asleep the first time we tried, but we have made it. I have come for a little chat, but I refuse to talk to the gentleman on my right (Geoff). You know there is the saying on earth “he puts the fear of God in me”, we use that up here too when we come and channel in the circles! (laughter)

Geoff – Well are there any question you want to ask me? (laughter)

Verna (Paul) – Yes! (laughter) lets give you some of your own medicine, now there’s a good idea! Well what is the best bait to use to catch Kob?

Geoff – Ahh, that is easy, prawns.

Verna (Paul) – But we eat prawns, well fishing is not a good idea. He knows them all. Well we often go fishing with you, it is more peaceful to go fishing with you than to meditate with you! You don’t have so many questions to ask!

Luke – He’s like his mom.

Verna (Paul) – Yes, like his mother. And you are full of questions, you just don’t let them out! We hear them, you must write them down, we listen to them during the day and we hope that you will ask them in the evening, and then you sit nice and quietly, and so write them down, and just talk to us like friends, and we will answer all your questions. It will be a change getting some from you instead of your son. It will be a big change, well I have really just come to visit and sit here, because I love this little circle.

Geoff – What is your name?

Verna (Paul) – The channel keeps wanting to say Peter, but my name is Paul, I don’t know where she gets Peter from. I am

shouting Paul, Paul, not Dr Paul, no he is doing the rounds with some teenagers, yes, like a floor show, he is actually doing some marvelous work, he is working with these teenagers and especially in astral, you know he can get through to them, the same type as him, the lost ones, they come up here and they have this, as he calls himself “ducktail joller” (*South African slang*), he has a hundred and one names, it depends on which country it is in!

Yes, he helps all these teenagers, who are lost, he does marvelous work that man, with all his funny ways, and even here he has a sort of following of all past ducktails, and they have an awful lot of fun with their music and go back to doing what they did in the olden days, and they bring the astral children to these do’s, so that they can relate. And he is doing good work, each for his own mind you, not quite my type, not my type, I have a little bit of snobbery in me. Yeah you think it doesn’t happen up here, it is hard to change every way you were, it is hard, but you do it, we don’t think we are any better than anyone else, which happens on the earth vibration.

But the habits die hard. We still get a bit waffy at times, you know we like the style of life that we had, and we continue it up here, the Indians continue with their way of thinking. And the Chinese theirs, we continue with ours. And if you haven’t in your mind any fresh memories of any other life, you automatically sort of follow on the way you lived in your latest escapade on earth.

Miriam – What was your last life on earth, where was it?

Verna (Paul) – It was wonderful, I was a very wealthy man, I had an English castle and my estate and unfortunately I had a few lessons to learn. I wasn’t a miser with my money, but I was inclined to try and tell my family what to do, do this, do that, you want money do this, it is underhand bribery which you don’t realise at the time. You use the power of money, and I had lots of friends who I realised when I popped over here were not friends at all. I mean they went to the reading of the will but never went to the funeral, well not in their hearts they never, but you see I was one up on them because I could watch all this,

unaware they were of me floating around, checking who was true and not true, and it was quite an experience, you actually feel some of the true emotion, and even those who are showing emotion, and don't have true emotion, you sense that as well. And I had a lot of remorse in the way I treated people, but I wasn't really bad, I was a bit of a snob, and I now would give anything to be able to take my money from where it went, which has all dwindled away now into different parts of the world.

Because it was many years ago. Just imagine you know on earth what you know in spirit, and you write out that will, or you use the money while you are still on earth, and you help so many people. And I never did that, and in a way I suffer just as much as maybe a minister who preached the wrong religion, and comes up here and realises that he preached of hell and other things, which were non-existent, that is the same feeling I get. That I had all that money and power and I kept it all for myself and my family, and there were so many people begging for help, crying for help, there are so many wealthy people on earth today, and they have got the hardest lesson to learn.

Please, please coming from an extremely wealthy man, do not sit in your chair and envy anyone who is extremely wealthy, usually it is a lesson in life for them or in spirit for them, a lesson of total remorse of how much they could have done, and how little they did. And more wealthy people suffer coming over to our side than ordinary, everyday people like yourselves, and when I call you ordinary, everyday people, you are the kind of people who are so lucky, as your values in life are intact.

Hey, I came for a nice quiet chat and I got all heavy, but I think that I wish I could tell all other wealthy people that, we have wealthy people, extremely wealthy people who teach spiritualism and who practice healing and do not give their money to the poor, to the animals, they give of their hearts, and their love and they give of their tongue to others for hearing, but they do not help with food or clothing or animals, or bills for spiritual churches, or whatever!

And they would still have some over, but no they have their lesson to learn, so my friends when you make your million, I

will be keeping a beady eye on you to make sure that you spread a little around. You know you have a saying in this home and we know that saying very well, and we hear you and you say “you get what you give”, we have heard you use this expression, and if you gave you would get, and if only those people knew that, you might not get money back for the money you give, but you will get such pleasure and such love. Ah all this conversation about money has brought two or three of my wealthy friends here, and they all agree, they are all standing there nodding their heads. Maybe this is a little, maybe you are going to make a lot of money my friend, and we have all been sent around to give you a little talking to, yes, you never know!

Miriam – May I ask a question, if you can answer? The aristocrats like royalty and so on.

Verna (Paul) – Not the Walt Disney?

Miriam – No, do they normally continue life after life, or is it a one off thing.

Verna (Paul) – Oh no, they send most of us back as little white mice! (Laughter) To teach us the biggest lessons of our lives! In fact we are so remorseful of the money we didn't spend, we sit here and we think well lets go back as wealthy and spread the money and no, sometimes we choose to go back as awfully poor people, to pay for our lessons or maybe to teach someone who made the same mistake as us. No my dear lady, we do not continue, we could wish to, to choose to, and it may happen, but the trouble is we fear with all our hearts knowing that when we reach the earth plain and have chosen to go back as a wealthy person, because we have learnt this lesson, and we are going to give our money away left, right and center and help everybody.

And we return to earth, and we forget, and we have to wait until we are spiritually awakened, because we start all over again. And we are so fearful we will go through the same remorse that often we would rather go back as paupers. And hope that some other rich guy has gone back, and has remembered and is kind enough to give us some of his money! (Laughter) I think I would take the challenge and go back as a

wealthy man, but maybe, I wasn't too bad, at least I was not a miser to my family and my friends, and I had a lot of visitors and gave a lot of pleasure. I wasn't a nasty, mean man, but I could have been better.

Well I will leave you now, I have thoroughly enjoyed my visit, we will stay for a cup of tea, we know there is a tea time, and this channel is very dry, we think she is suffering a little, we suffered on earth, we know, this hangover business, yes we don't forget these things. We don't forget these things, but you had a wonderful time and it was very good for your spirits, in fact we made sure that you felt better today than you should have felt. (Laughter) We worked very hard in astral last night, we even had to give a bit of healing and try and restore the broken physical a little, it was fun. And now we shall have some tea, yes?

Miriam – Well, thank you for coming.

Verna (Paul) – And this channel still wants to say Peter, please tell her my name is Paul, come back Peter, come back Paul, I don't know where she gets Peter from. God bless you, and we will stay for tea, you can see if you sense us, maybe have a little giggle. This was very nice, I think I will come back and maybe give you some more tapes on my life, this channel was thinking research, yes we could do that. You could go back and do some research on who I am and where I lived, and yes I was in the medical profession and ended up teaching, very snobby high up individual, brought down a peg or two when I came up. And yes we would enjoy doing this, and watching you put the puzzle together, and maybe proving a point to one or two people, yes I think we will come back, and do this.

Miriam – Yes that would be very interesting.

Geoff – We should have every Saturday night while we are here, a sort of chat night, where we can ask all these questions.

Miriam – That is a good idea.

Geoff – Then we can write down all our questions.

Verna (Paul) – We will make a note of that.

Geoff – Thank you that would be great.

Miriam – That would be lovely, all different people could come through.

Verna (Paul) – You see then we know which night we should come back. But you should be enjoying yourself as well, not just sitting here meditating, you should get out.

Geoff – Well then we will go out Sunday, there you are problem solved.

Verna (Paul) – You are impossible.

QUESTIONS NIGHT –CROSSING OVER – RELIGION - 1989

Verna (Channeling) – Everybody is willing to come and channel and talk, for it is question night, and everybody is pushing everybody else out of line (laughs). If you think you have fun, you should see this side, anyway I happened to be pushed forward, so I shall just take it as a compliment. They think that I am more intelligent than they are, would you like to have a small discussion on something?

Geoff – Yes, who has a good topic? What else do we need to know?

Verna (Channeling) – We have lots of children here, they are a little offended that no one has asked them what it is like for children, and they have their children's parties.

Geoff – In that case I have a good question then.

Verna (Channeling) – They are waiting.

Geoff – If I have lived several lifetimes, and the next time I come down on earth and I die as a child, do I cross over as a child? And do I stay a child or go back?

Verna (Channeling) – Yes

Geoff – Stay as a child until next incarnation?

Verna (Channeling) - Yes

Geoff – Why is that?

Verna (Channeling) – They shouted “because it is fun!”, but that is not the answer. You grow in spirit, you may grow, but mostly you do not. As the question was answered by the previous visitor, the average age of somebody who dies at sixty or seventy will show themselves maybe at forty, those who die at eighty may show themselves at fifty, somewhere there about, and you always remember the time of your life that you were most observant, and this is when you passed over as a child. You are aware of children who have passed over in the form of the embryo, am I correct? They have channeled back to you as ten, twelve, fourteen year olds, and sometimes they have come back to you as four year olds, and so they may vary their ages.

But you learn in the spirit world, you continue to grow, not in the sense of height, but you continue to grow in wisdom, and you learn, and as you study you do become older, in spirit and in soul, and so we do not have years as such up here, but yes if you counted in your years you do grow older. But you will not go from a child to an old man of three hundred years old, if you stay in spirit for three hundred of your years. That should answer some of your questions. So yes, you would mature as a child and you would grow and learn, until you were ready to come back and challenge the lesson, which you know you have to study further, and progress. But you could grow as old as forty if you so wished, but mostly you would not, you would become an older child and you would find that your job, the work up here would be to help younger children to progress to your stage, and those who need help coming over.

And you would also help elders, especially those that come over and do not understand children. You would be the go between, and that is basically what happens, there is the odd exception, as with everything, but that is what I would like to say happens to the majority of the children.

Sometimes they have chosen to come back to the spirit world to help teach the parents they have chosen, for instance we have children who have come back in the embryo stage. You could say in the comical way we have said “halt, change of plan, come back”, and the soul has been incorrectly placed in some way or another, incorrectly is a very strong word, but plans have changed. Other people on earth have lessons to learn, to learn to cope with the tragedy, maybe they have done something wrong in their past lives, and they are learning the lesson for themselves, and going through the same pain. And the child and the soul up here has chosen to go back and teach those parents a lesson, but please do not think that everybody you know that lost a child or has had the terrible pain and agony of losing a baby, has done so for they have lessons to learn. This is not the case, maybe as I said there was a change of plan, and I think that is the simplest way to answer that question, but if I had to go into detail we could be here for three days.

CLAIRVOYANCE

Miriam – When a clairvoyant is given a message, and they are taking instructions from whomever, why do they then get a symbol instead of a direct message?

Verna (Channeling) – Let me just find out, he says that the way he worked with a clairvoyant, he found communication easier with symbols, and he works that way, but with other clairvoyants he has found that he can work with thought form. It is sometimes how the student would study, the medium or the clairvoyant themselves would sometimes chose a path and they would believe that they can get symbols, and they will start seeing symbols in their minds, and they will work from there and they will block their minds off and they will not receive anything else.

And then it is sometimes necessary for the guides to continue to work in the form of symbols, sometimes if that person progresses further, they may be able to see clearer and receive thought forms in other ways other than symbols. The clairvoyance that is received by this channel has never ever been a symbol, and never will be, she opened her mind to the thought of being able to clearly see in a positive way, and believing what she saw, and was never taught any other way or she was not needed to be shown in any other way. Sometimes it is done with colour, as people see colour and they believe in colour, and then they put blinkers on and they only work through colour, if they could work through colour and thought form together, it would be marvelous, some of them do progress to this stage and some of them stay with colour. But the only downfall with working with symbols, is that we often get clairvoyants giving their own opinions of what the symbols say or mean, and then we have to quickly give them another symbol to re-adjust the story.

And then they are way off, and we do not personally like this; by the way I am a different friend to who was talking earlier, we did a little swap, we do not like to work with symbols, it just happens sometimes, and we often really work with clairvoyants to change the symbols for proper viewings for

showing the people and they can see, if they would just take their blinkers off. But it is safer not to use symbols, believe you me, if you do go to a clairvoyant and she sees a river with a bridge, and she says you are going to cross the bridge and on the other side is a tree, and in the tree is a big rope with a loop in it, and so you are probably going to hang, please be very careful, take the rope, accept the rope but do not think it is for your neck.

That is what I would like to advise you with symbolic clairvoyants, please just ask for the symbols, never, ever believe that a clairvoyant is giving you a message and knows exactly your future, or the story she is telling you, she may suggest “this is what I feel the symbol could be, accept it, go home and think about it” and when you think about it, please do not build up stories where you think “oh yes, I got a rope, maybe I am going to be hanged or something”. A little exaggeration, but never the less I would like to get the meaning across.

KARMA

Questioner - Is karma a human response to crime and punishment, or is it purely for improvement?

Verna (Channeling) – I would like to accept your second statement, it is for improvement. You have chosen to come back to earth this time to learn certain lessons which you knew you never learnt or achieved in the last life, so you have chosen to learn those lessons, but we are very smart together with the help of God, he gives us all these little duties to do and he takes ZAP, your memory away and you have to hope and pray to God that you remember why you chose to come back!

And that is your first step, it is not easy, and we watch from up here, especially people who have chosen to come back and be not punished, but hurt and injured in some way to help teach other people. You might have come back and not needed to learn many lessons yourselves, but you might go through, excuse the expression “hell on earth” to be able to teach some soul which you looked down on while you were up here in a higher vibration, and so some children are really ill treated.

We were brought a little girl a while ago who was burnt, she chose, this little soul to come down to teach a kind mother, whose spirit has been destroyed on earth through taking the wrong path and meeting the wrong people and being too easily influenced. And through the tension and the trauma that this dear soul was put through, she burnt her own little girl, and this little girl came back knowing full well that she was going to go through this torture, I bring the story up as I was here the night that the little girl was brought for healing. She is much better, now that girl came down, with not many lessons to learn, but such a brave soul went through all that agony to help teach another soul.

Now if that is not a wonderful story, and she is doing well.

I will say that if any of you are brave enough to come down and help someone else, you get little perks and special treatment and help because you have come down with great love and you will advance fast, but your karma might then change very fast, you have chosen your karma or your karma has been chosen for you, you were aware of it before you come down to earth, and as you grow, the faster you grow, the more you become aware of love and light and giving and understanding and all the ways spiritual, God's way of living, you can change your own karma.

KUNDALINI ENERGY

Verna (Channeling) - That is a very touchy subject, it is a very delicate subject for anybody to discuss, as it has to be used, that power is so powerful, it has to be used with greatest of caution, and we are all weary and Kundalini comes from the base centre, the sexual centre, and the power and control together, what am I doing answering this question?

(Laughter)

Question: Have you met any spirits that achieved some particular eminence on this plane and if so are they carrying on the same sort of work, with having achieved so much on earth?

Verna (Channeling) – Oh yes, we have friends coming up here, well you always refer to it as coming up here, that's your

fault, we don't refer to it as coming up here, because we are right down there with you. But yes as vibrations go, we have friends coming up here, anyway they are so advanced on the earth plane and are almost angels, and have done so much good work and have fulfilled their duties and on coming over, if they do not wish to work at our vibrational level and channel and continue with their earth work, they have already done so much that they may go onto a higher vibration almost immediately, and that is how high some souls are on earth.

Question: Could you name any of them?

Verna (Channeling) – Mother Teresa. Her spirit is so well advanced and so are many others, sometimes they may not even be in spiritual based environment, because they might be doing work in the worst area of New York City, they would be saints, they would be doing the most awful duties, working with the most violent people, and living the most horrific lives and knowing in their hearts, for instance the priests that go into the violent areas, they do not teach spiritualism as, heavens above, those people do not believe in loving one another, how do you tell them to love someone who is dead? That would be impossible, they go down as angels and they work with this terrible, terrible stress of knowing that any minute they could be knifed, and so you know that they are so advanced and they do not realise it. Their death to them would not matter one bit, and we give them so much love and so much help, as remember when they return to do these duties they forget how spiritually advanced they really are, and how high their vibrations could be.

And there could be somebody sitting right in this room, who is in the same position and they do not realise it, because you see if they realised it they might not fulfill their duties and fight the fight they have to, to achieve what they have come back to do. Gee am I good?

Question: When you go to a place that you haven't been before on earth, but when you arrive, you know what's going to happen when you arrive, what is that - insight?

Verna (Channeling) – Well there is a gentleman in this room with whom we have discussed sixth sense, and that is

something that he will be so good at, and it is a form of clairvoyance in a way, of receiving a message in a thought form from your guides and your helpers, but what you have to learn to do is accept that thought. So it is developing a sixth sense, now unfortunately for you gentleman, ladies have a much stronger sixth sense. A lot of the sixth sense power is based on a hormonal balance, if you could believe this or not, and every woman and every man has female and male hormones in their bodies.

Now the female hormones enhance the sixth sense, the only reason, please do not get worried, dear grandfather, the reason why we are enhancing your sixth sense is not due to your female hormones being in excess, it is a way of getting you to start your clairvoyance again, now you may rest in peace. And so may all the men around, just a little joke to heighten the vibrations, we do tease a lot. Anyway back to your question, does that answer your question?

Question: Is it also that perhaps you have been there in another life, and you remember it?

Verna (Channeling) – Oh yes, quite often, I thought the gentleman was referring to something that was going to take place. But you are quite correct.

I think I will leave now, I have had a marvelous time, I am not a very serious type of man, but I am with my answers, but I love to work on a higher vibration. This is a warning I would like to give you, if your clairvoyant is giving you messages in a church or a meeting and it is very jovial and joking, please do not think that it is a serious matter underneath, and that the answers are not correct, we do answer as best we can but the higher the vibration, the easier it is for the clairvoyant and for my friends and myself, so remember that, if somebody is very jovial and lighthearted, it is not because they are not sincere, some of us find it easier to work on those vibrations.

And I will leave you now with all God's blessings and lots of love from all your friends.

RELEASING ENERGY FROM YOUR BODY

In this meditation we have a very humorous Indian channeling through Verna and I'm just going to ask him another question.

Verna (Indian Guide) Yes, I'm very smart. (laughter)

Geoff Okay – can I ask you a smart question. All day long I've had so much energy coming out of my right foot and my right hand – they've been throbbing all day. Can you explain what this is?

Verna (Indian Guide) Little jokes – not offhand. (laughter)

It could be a few things. Everything has to do with the mind. Everything has to do with the power of the mind. The energy in the body is controlled with the power of the mind. You might ask me what of mental people – their minds still work. Maybe differently – maybe their minds cannot tell a limb to move, but their minds are still working in different directions and the energy comes to them. I have just been told your friend is standing next to you. You have tremendous energy.

Geoff So, is it my mind that has been sending out energy all this time?

Verna (Indian Guide) It has just been released. That is sometimes why your body will automatically go into a cold sweat or even a hot one. From fear – it is a release of energy.

Simple fear, a fright – it is a release of energy from your body. But unfortunately that is not always positive energy, otherwise our work would be simple. We would simply frighten you off – fill the world with positive energy but it really does not work that way, my friend...

(laughter)

Verna (Indian Guide) It does not work that way – that is slightly negative. A sort of unpleasant energy. You would want to get rid of it.

Geoff Yes, I understand that.

Verna (Indian Guide) You know, I'm a very old, old Indian and I lived in the days when we sent messages by smoke. The last resort of communication but even then, did we not need a clear day?

Geoff True.

Verna (Indian Guide) Did we not need a clear day, and to get your message – to send your healing – to send your thoughts – you need a clear day. I hope this lesson will not be in vain and that you will practice clearing the mind. Practice to meditate with noise and learn to ignore it. That is not easy but if you never do it, you will never learn.

Geoff Thinking back as well – I think we sometimes go into meditation too quickly and casually instead of relaxing with breathing and thought forms and so on to get into a more relaxed state before you start to meditate.

Verna (Indian Guide) Well, next week or next time, I suggest you listen to the old Indian and you get rid of the thunder and the lightening, and the rain and the drizzle and the clouds, and slowly but surely make the sun shine and in the clear blue sky, you have your rainbow and you may use those rainbows and go from the top of your head, and put the colours through the energy stream of your body. All the colours of the rainbow - pull them from your head to fill your entire body. It can only benefit you. I will leave you now – they're teasing me. White Feather says, will I come back with some more tips some other time. White Feather is a comic, and I will be pleased to do this and this is one tape I sincerely hope that you make notes of and use, and I will be back with more tips.

Geoff Thank you.

Verna (Indian Guide) I leave you now with flowers. I am sure you can smell them. Please try. Use your senses. Know you can smell them – want to smell them. Yes, I think I must return. I have so many exciting things to teach you.

Geoff That will be nice.

Verna (Indian Guide) There is so much you can train yourself to do as long as you do not lose faith. If you think it is your subconscious mind at any time – so what! As long as you

are bettering yourself and learning to heighten your vibrations. I leave you with God's blessings. Take care, my friend.

Geoff Thank you for coming.

Verna (Indian Guide) Thank you very much.

SEEING WITH EYES OPEN

In this meditation we are being shown how to see with our eyes open. There is a Guide called Grey Wolf who is channeling through Miriam to Verna and me.

Geoff: He now wants us to concentrate on – he will leave us now but he wants us to concentrate on seeing with our eyes open an object in the room which they will show us.

Verna: Grey Wolf, do you have a horse?

Miriam (Grey Wolf) Yes, definitely.

Verna: The whole evening – I have had like a prairie field with all these horses in but there's one horse in particular that's been standing here waiting and waiting and waiting and waiting, and I've been trying to work out whose horse this is and I've got a connection with you and I feel it is your horse.

Miriam (Grey Wolf) It is, of course it is my horse. Oh yes,

Verna: He's been here the whole night. He's standing just on the right.

Miriam (Grey Wolf) A beautiful horse – can you perhaps tell me the colour or is that too much to ask?

Verna: No – um, I know he's very shiny and natural, he's not black and not brown.

Miriam (Grey Wolf) Bronze.

Verna: Yes, between black and brown you could mistake him for both.

Miriam (Grey Wolf) Yes.

Verna: Well, depending on how the sun shines.

Miriam (Grey Wolf) You got the colour very well indeed.

Verna: He's got this beautiful mane – oh, he's so gorgeous. He's really a show off, I mean he's just prancing and even now that I'm talking about him, he's just like a model, you know, he's just flapping his tail and shrugging, moving his head – I mean, he's just a

Miriam (Grey Wolf) He knows what you're saying.

Verna: He's come right up close up now that he's been recognised at last.

Miriam (Grey Wolf) And what can you see Geoffrey?

Geoff: I can actually see that horse on the prairie as Verna was saying especially when it came closer.

Verna: Doesn't his name start with a 't' - one of his names – one of his old names.

Miriam (Grey Wolf) Twana

Verna: What does Twana mean?

Miriam (Grey Wolf) Goes with the wind.

Miriam (Grey Wolf) There is something else for you Geoffrey.

Geoff: I don't think I can see anything in the room.

Miriam (Grey Wolf) I think you will have to look a bit further down to see what you have.

Geoff: There's a tiny lame dog holding up its left paw. This is like when the kids (*Spirit*) used to bring us their animals but this has been brought by Mutts (*My old dog*). This little dog has a psychological hang up – even though he's now dead, his leg is still broken. (laughter)

Miriam (Grey Wolf) Yes. That is why you had to look down – he was not going to jump up.

Geoff: Enough said. I've fixed his leg because this dog knows when you go to the vet you get fixed.

Miriam (Grey Wolf) I think he just wanted attention.

Geoff: He knows that he's been fixed. Cute little character – okay, he's moved off.

Miriam (Grey Wolf) And what about your father – can you sense anything.

Luke: Not at present.

Miriam (Grey Wolf) No colours or anything at all. You all needed uplifting tonight which is why it was not so much lessons as a happy night. I think we will leave it at that, on a happy note.

Geoff: There's just one thing I would like to try beforehand – just before you go – maybe you could give us some guidance.

If you look at me Verna and I look at you, and see if you can see the aura and especially if we can get Grey Wolf to give us a bit of energy or to brighten that aura so that we can see it.

Miriam (Grey Wolf) Do you mean you want me to see the aura?

Geoff: No, if you could brighten the aura a little bit or put some energy into the aura so that Verna and I can see each others aura.

Verna: I think it is actually easier to see the aura in the light.

Miriam (Grey Wolf) Against a light background as a rule. It is better.

Verna: It's easier to see spiritual energy in the dark – I don't know if I'm getting it or if I read it but I've definitely got it in my head. (laughter).

Geoff: Well, I can't see anything.

Miriam (Grey Wolf) But you're quite right, it is much better to see an aura in the daylight or even in a bright light – much better because it is the spiritual lights that you wish to see tonight.

And the energy that you will see – more as you practice in the dark then the more energy you will see. But I will say if you concentrate on your father then you can see some of that energy now, for you have seen this before but Verna hasn't. It is not as strong as it was when you saw last time for he has not been well which we know but you should be able to pick that up.

Miriam (Grey Wolf) Do you see anything, Verna.

Verna: No, I've got little spots of purple all over the room – you know, like...I can't explain.

Miriam (Grey Wolf) More like a mist?

Verna: Like tiny little lights all over him.

Miriam (Grey Wolf) Then that is the spirit lights. You cannot see lights coming from your father?

Verna: Oh, I see a big round – oh, it's gone. Like a torch, you know, I saw....Somebody switched it off.

Miriam (Grey Wolf) It was just enough for you to see.

Geoff: He's got flat batteries

Miriam (Grey Wolf) Yes, I'm afraid he has.

Verna: It was the size of a tennis ball and it started lighting up as a torch and it was moving.....

Miriam (Grey Wolf) It comes in various forms. It depends what is needed for the teaching that is given – it comes differently but that is what you were shown tonight. And now, if you have no more questions, I will bid you goodnight.

Verna: I must say, you know, the energy that I've seen in the room – all the little dots - it's like looking up into the sky and seeing the stars but even further away than they are and tinier than they are – all over generally.

Miriam (Grey Wolf) Yes. On and off just flickering all the time – that is spirit light. I hope you all have a very good night and I am thankful that I came. I am going on my horse and we are riding like the wind. (laughter)

Verna: I wish you God speed wherever you go.

Miriam (Grey Wolf) Thank you – God speed.

LEARNING TO CHANNEL

This one is a short channeling by Verna.

Guide: Greetings, my friends from a new visitor. In fact, a second time round visitor except that I never channeled the first time. The queue was far too long and I had to move on but I listened and I learnt. The light of the circle attracts so many but I think you are tired of hearing all that, so we will get on to something new.

We think there are a few people in this room who would like to learn to channel. We listened to your earlier discussions so I will not stay long but they have asked me to say if you will all keep very quiet and still, and one at a time let each person with the help of your love and energy either channel or say whatever comes into your mind whether you think it is your thoughts or not, we will help them. All we ask is your love and your energy so if those who would like to channel could clear their minds and just relax and laugh about it and enjoy it and not worry so much. Whether it is your mind or whether we are there is immaterial. You have to start somewhere even if it is with your own mind. And I will leave you now and let the rest of the queue step forward and the people who would like to help them.

Miriam: Thank you.

SOMEONE WHO HELPS PEOPLE TO PASS OVER – 1990

Miriam (Channeling) – Greetings to you, this is my first visit, but I heard so much laughter going around with the children, and such a bright light, that I thought I would come and see what was going on. We have all heard of what love comes from this circle, especially on the healing night, and from all the meditation, and this is the first time that I have been able to come. I am one that does much traveling, it is my job to see that those who are newly arrived have been directed, not that is not right, not directed, it is all freewill, even on our side, but that they have chosen the path, which leads to the right place for them.

For those of you who do not know, there is as much free will up here as there is on earth, and the more you are free to choose whichever path you like, once you are past the children's stage and you know instinctively which path to take for you to fulfill your karma for the future, that is not to say that you know what that karma is going to be, but the feeling is given to you.

That might sound strange but that is so, just as you know that when you are coming home, that that is home, it matters not what part of the world you are in, it is what you are calling home, then instinctively you know that this is the path that you must choose. And we are there, many like myself, we are there to see those who are perhaps dithering between one path and the other. And in our case we are able to show these people a little glimpse of what is ahead to help them to choose. Not too much, and these of course are the ones who are not to be in the grey lands or the dark lands.

It is a tremendous task but one we really enjoy. It is a responsibility for although we know which path is the best for them, we cannot actually direct them but we can put different thoughts into their mind to give them the choice. So that even if their eyes are not opened enough for them to see part of the future, then at least they have the ideas put in their mind and it is not long before they choose the right place. Sometimes they are

torn because they see members of their family or friends, and they wish to be with them, but then we have to tell them that they can still follow their path but they may still see their friends whenever they wish but not constantly as if they were living in close proximity.

They only have to wish to see whoever it is and if that person is not occupied then they will be there. This is what we have to put into their minds and give them the assurance they need.

Geoff – Do you work a lot with people on earth just before they pass over?

Miriam (Channeling) - Yes we do for in this way it is easier for us to find what frame of mind they were in prior to passing over and how quickly they will be able to adapt. For we already know, not all, but most of what lessons they are going to need and which choice of paths they have to follow.

Geoff – I can see two things, which is a little confusing, I can see you as traveling, and with a black band around your forehead or headpiece, almost that of a nun, I can see someone else standing in a black cloak, again it could be a nun's habit, but white around the hood, and what I am getting is both are you, when you go down on earth and talk to people on earth, you appear in a different manner.

Miriam (Channeling) – That is quite right, your gift of seeing is expanding, but also we have these on because when we talk to the people who are just passing over then there are quite a few dressed just the same as I and we can point these out to the people. So that they do not feel that they are being chosen for anything wrong or different, that we are a group but specifically attending to that particular person.

Geoff – But the image that you show on earth, it gives out such a beautiful, warm and loving image, as they see you, it really is beautiful.

Miriam (Channeling) – Yes. And it is this type of work that we ourselves did when we were on earth. I hope that has given you another little something to think about, certainly it has given the young man on my right some different experience to what he

has had in the other circle. But let me assure you that there are so many wonderful things that you can learn, but you do not always have to take it as gospel that what you are told is true.

You just absorb and take in what you want to and the rest will come gradually. Just accept that what you are taught here is definitely truthful, we may tease a little individually, as this lady will tell you, but when it is in the circle and individually if you ask if that is truthful, then we are compelled to give the right answer.

I would like to come again another time and tell you a little more about the work that we do, if you would like that, and I shall get ready the answers to the questions that I know will be forthcoming.

Geoff – Yes, that would be wonderful.

Miriam (Channeling) – May God’s blessings be yours now and forever more and may you grasp what treasures you have, what blessings you have and hold them to you and bring them out at times of distress, and know that these blessings are never taken away from you, for they come with God’s love.

Geoff – Thank you, and bless you.

Verna – Thank you, bless you.

Verna – I got my dad, and I said come on old man, tell me what it was like when you passed over, and he laughed and said it was beautiful, it was confusing, in fact it was quite chaotic because he knew that he no longer had the pain but he still had the feeling, the emotion of having the pain. And then he asked if I could understand that, and I said well no not really. So then he said like when you have got a headache or a terrible cramp, the rest of your body reacts to your mind, your mind runs around telling your body you are in pain, when the pain is gone the rest of your body calms down. And what happened with him is when the pain left his spirit still held onto some of this reaction, and that is why they took him to convalescence. But he said it was peaceful, it wasn’t traumatic, and so I said come on stop now, why don’t you channel and tell everybody this.

And he said “what me? Don’t you remember I hated even talking on the telephone”? And then we kind of stopped from

there and he said okay he would come back to me and we would have a nice long chat to me about what it is like. He is still not doing anything yet, he says time is like indifferent up there, it is just like he has been up there for a few days you know. There is no rush for him to suddenly learn or do anything, he said there was one bad thing about being in spirit, and that is they inform you that you have got to go back to earth, so he said to them, well have a word with God and ask him if he can do me a favour and let me stay. And I said what happened? And he said they reassured him that by the time he would have to come back to earth, he would want to.

Then you have learnt enough to know that that is what you want to learn and want to achieve and then you actually look forward to coming back.

Geoff – Yes, you only come back when you are ready, it is your choice.

Verna – So that was wonderful.

INDIAN GUIDE TALKS ABOUT MEDITATION

In this meditation an old Indian guide channels through Verna and talks about meditation. (1989)

Verna (Indian Guide) To meditate is to teach yourself discipline, to teach yourself to concentrate, to teach yourself to think of one thing at a time - intensely so. When you have achieved such things your vibrations will be automatically heightened, but it is called "self discipline" and only with heightened vibrations could you receive the vibrations of others.

Geoff But when we meditate we normally go into some area and wait for guides or helpers to talk to us – to help us – what should we concentrate on then.

Verna (Indian Guide) In your own meditation your vibrations are automatically heightened, and so it is easy for you to communicate and to visualise without interruption. If you have not quietened yourself down, and used your form of concentration and relaxation to heighten your vibrations, you would not easily be able to lift yourself up to the top of a mountain without hearing the distinct ring of the telephone, and it interferes with your senses. This takes time and training.

Geoff Yes. Some days in meditation, I can go very deep and other days it is very difficult to get into meditation.

Verna (Indian Guide) I would compare it with radio waves, sound waves.

Geoff Some days you have clearer reception.

Verna (Indian Guide) Some days you have atmospheric pressure and this causes a disturbance, and the waves are distorted, and when your mind is in need of relaxation, that is the most difficult time, and that is when you need all your discipline for you have distorted your wave lengths. You have to clear the air. It is also good when you go into meditation to think of your mind as air. Imagine it then, with all your thoughts from the outside world – be it an illness, somebody you are concerned of, be it work or whatever – think of those things as maybe a little storm, and then slowly but surely clear the air - stop the lightening, stop the thunder, see the rainbow - and just

by doing this in itself you will not be thinking of the trouble which caused the storm in the first place, you will be too busy thinking of the storm and, therefore, you'll have one thing out your mind which is the cause of why you had the storm there in the first place, and slowly but surely you will find it easy to get rid of the storm and you will not be thinking of the direct problem. It is a very beautiful exercise because once you have got rid of the storm and the rain, you show yourself your rainbow in your mind and you are back to the spiritual colours. Maybe you would like to try that.

Geoff Yes, it makes sense doesn't it.

Verna (Indian Guide) Yes, I'm very smart.

Geoff (laughter) Thank you for that.

Geoff Okay - can I ask you a smart question. All day long I've had so much energy coming out of my right foot and my right hand. They've been throbbing all day but nothing ever happens.....can you explain what this is?

Verna (Indian Guide) Little joke – not offhand.
(laughter)

Continued on next tape.....

ASTRAL HEALING (SPIRITUAL BAND AID)

In this meditation I am experiencing the Astral Healing, and a Guide called Ishmael is channeling through Miriam.

Geoff: Have we got time for another one?

Miriam (Ishmael) Well, it would have to be a small one, I think but it matters not if the tape runs out, does it?

Geoff: There's a small black child standing in a doorway. This is a genuine child not a playful one and he can see what is being done. It's his higher self asking for help on his physical. It's an African child, from Central Africa, and he's got – he is allergic to something. His skin is covered in saucer sized sort of infected, inflamed areas and it's just on the surface of the skin. He is quite advanced spiritually.

Miriam (Ishmael) Oh yes, he is.

Geoff:and because of his age, and he still has a connection with spirit that's why he can do this. What he's basically saying is. "Look, I've got a lot of work to do - just fix this so I can get back to my life." It doesn't make any difference to him. It's no sort of brilliant miracle for him. It's par for the course. It's like us going to get a band aid.

Miriam (Ishmael) Yes.

Geoff: That's all.

Miriam (Ishmael) Isn't that lovely.

Geoff: Yes, beautiful and the doctor is fixing it up. No problem and they're chatting away and we'll just leave them to it. They'll fix it up and he will go back. Just sort of waves "thank you very much". No problem.

Miriam (Ishmael) No problem at all.

SPIRITUAL DEVELOPMENT ON THE EARTH PLANE – 1992

Geoff – I am in a room, it's a party, they are showing me that it is a party with a lot of children around, and it seems to be in Barry's mother's house in Newcastle. I am getting Eileen, but that wasn't Barry's mother's name was it?

Miriam – No.

Geoff – Barry's mother who died of cancer, what was her name again?

Luke – Lillian.

Geoff - Lillian, that's right. I can see her there in a blue dress with white polka dots and looking a bit drawn, so I presume this was before her death.

Miriam (Channeling) – You are quite right about the dress, and who do you think this is tonight?

Geoff – Dr Chang.

Miriam (Dr Chang) – That is right. It is good to have you back again.

Geoff – Thank you, it is good to be back. Now I am sitting in a corner of the room, looking at this party, and I am sitting with a person who is very tall and thin, a man I presume is Uncle Bob.

Miriam (Dr Chang) - No, not Uncle Bob.

Geoff – No?

Miriam (Dr Chang) – You will get it.

Geoff – Alf.

Miriam (Dr Chang) – Yes. Not too tall, a bit thinner than Bob.

Geoff – There are many others there, in the kitchen on the left, now let me describe the room, I am in the corner, going down my left and the right hand side is a wall, from the right the next wall goes across, so diagonally opposite me is the other corner, on the right hand side is a door going into another room, and on the left hand side is a door into the kitchen. And there are several people in the kitchen, the room that I am in like the

lounge, there are mainly children in this room and the room on the right, there are mainly adults.

Alf is looking at this scene and feeling very detached from it, his experiences during the war made him see a different side of life to what he was used to, and when he came back into this same environment, he found it difficult in a way to handle and became slightly withdrawn and quiet.

Miriam (Dr Chang) – You are quite right with that.

Geoff – He then moved away, and spent the rest of his life in a form of solitude, he would converse with other people, and act normal, a bit more quiet than usual, but inside him there was a great turmoil, he could not find peace. He could not understand life and what made up life's forces, he did not know which was the right religion or way of life or what direction he should be going in. No one taught him and he spent the rest of his life in this turmoil, when he passed over he then understood that his time on earth was a lesson which he had chosen. Alf is now a teacher, he had to experience that life to understand how people who are looking need so much help on earth and not from spirit.

There were spirit around willing to teach, but as his mind had not been open to this he shut himself off from anything spiritual and life after death and so on, and looked towards development on the earth plane from earth people, and it was not forthcoming. He saw many religions and spoke to many people, and there was nothing which could convince him of the right way to go, and when he died he felt very disappointed and sad that his life ended that way and that he did not believe in life after death.

Although he had a suspicion but while on earth would not explore this, on passing over he spent a lot more time in solitude, he was then disappointed that he had such an opportunity on earth but did not do anything with it.

Miriam (Dr Chang) – And how often that is said, but you have picked that up very well indeed. He did keep everything from the family and friends.

Geoff – But he has now learnt, and continues to learn day after day, he spends all his time learning and he loves it, he

revels in it and is so happy. He gives us this message because he wants us to understand that there are many people here who given a slight push would develop and blossom, and it only takes a little push for it to happen. Now there is karma where there are people who experience a life on earth without any spiritual development on the earth plane. But there are also people who are on the borderline, who are waiting to learn but it takes, before spirit can get involved, it takes a little push from someone on the earth plane to explain that they must open their minds just a little, and then they can develop.

Miriam (Dr Chang) – Excellent.

Geoff – Thank you.

Miriam (Dr Chang) – I am glad he is enjoying the teaching.

Geoff – Yes he is indeed. He is very proud of my parents for their development, and he has only recently, very recently, looked down upon this family to see the state that we have progressed to. And in the future he will communicate with the two of you on a regular basis and I can see between the three of you the tremendous togetherness, love, bonding, closeness, which has been missing since the three of you were in your youth. And he looks forward to communication with you and this reconnection of this love that you have for each other.

Miriam (Dr Chang) – Yes, that will be good.

Geoff – And now he will go, and besides learning himself, he also teaches others over there. He works a lot with children and he does as much as he can to teach others as well as learning himself.

Miriam (Dr Chang) – He would have loved many children.

Geoff – Yes. And Lillian would also like to say that she is very happy and when you knew her, she was always quiet and shy, you knew her very closely and you could see her for what she was, but she was timid, is the word she uses, and now she is not so timid, she has so much inside her to give and she does this all the time, and she is so happy that she is now joining up with Alf and the two of you, for more communication in the future and also Eileen will join in. And she is saying Eileen needs working on but we will work on her no problem.

Miriam (Dr Chang) – That is very good, excellent.

Geoff – And now they will go and leave us to our work, very happy, and off they go.

SPIRITUAL PEOPLE BEING ABLE TO CONTROL THEIR ENVIRONMENT - 1997

In this meditation our circle links up with other individuals in different parts of the world (The Golden Circle) and we take it in turns practicing with the energy. (Unfortunately this starts halfway through the meditation)

Geoff – We need to correct the balance of nature in this particular area, which has got out of hand, now this energy is softer still on animals and we send it out as a form of mist, which just radiates out from me standing overlooking the scene and it covers all the trees, fields and so on. It comes out like mist but it is a strong energy given by this link up of people, and circles and so on, directed into me by Ernest, made a connection, then sent out in this mist over the area. The divas then take a handful of this mist and use it to increase their own energy to do the little jobs that they want to do. Where for instance this bush that I saw just now without leaves, its roots are being strangled by the growth of grass around it, so the grass has to be untangled from the roots of this bush, so the roots can get more water and nourishment from the soil, so that the leaves will grow again.

I want to see what they are doing with the grass, what they are doing is moving the energy around inside the grass, now imagine a piece of grass with five stalks, what they will do is take the energy out of two of the stalks and put it into the other three. It is like in the old days when you used a fountain pen and used the rubber end to suck up the ink, it is the same sort of thing, the energy goes down two of the stalks and flows into the other three. It makes the other three much stronger and healthier, and the two stalks just die away, but they haven't died, it's just the outside that has fallen apart. The vibrations in the area are much nicer and harmonious and so are the divas that have had this sort of helping hand to sort out a problem, which was getting a bit on top of them.

The object of the three lessons that we have had is that there are many things that can be done to correct the balance of nature

and of animal and human life. We are used to, on the earth plane, using doctors as against spiritual healing, there are many different types of spiritual healing, and what we will be able to do in the future is to adjust and heal on a much larger scale by this linking up of groups. An example would be an area where there is a needless war going on, where there are say a thousand soldiers on a battlefield and instead of taking each individual one and trying to help, we would use the group energy of these various units channeled through one or several people and we can link up these thousand soldiers so they all hear at the same time. And they all feel the sensations, vibrations, the upliftment, the change of mind, the understanding, there are so many things that we can put in as a whole.

Many people like myself linking up and surrounding these soldiers, using the energies drawn from all the circles to sort out that particular problem. Now that seems extremely advanced from what we know now, and it is hard to believe in a way at the moment, but in five, ten, fifteen years this will become commonplace to all in this circle and the other circles that they work with. The gap between us and the ordinary people on earth will widen dramatically, but we will function, if you like, at two different levels, one is as a normal person knowing the next door neighbour and they don't have an understanding of spiritualism, and the other in a circle along with other groups and people doing this work, which there is no way we could mention it to the ordinary people because it would be too far fetched and unbelievable.

Now as these circles progress more people are taught in a variety of different ways, just by seeing somebody who has higher vibrations, who is happy, content, harmonious and so on, they will begin to question. And the questioning is what spirit wants for the development of earth in general, the more people who ask questions, the more they will accept the answers given, because they are seeking knowledge instead of "being sold" a new idea. As the change into the new age comes these units will convert or make knowledge available to more people for those who want to ask, until eventually those spiritually advanced will

dominate and the harmony of the earth and environment will change and that is when the new age will happen.

What is left, if you can imagine the majority of people on the earth being spiritual, the minority left will then be those that have not progressed enough spiritually in other lives before this life, and in the majority of cases it will be their karma, this having to go through being in the minority, this not knowing, not understanding etc. Also those that have been given psychic powers and used them the wrong way will also remain in that minority and the gap will widen.

Miriam (Ishia) – You have put it very well friend, very well indeed, for that is how it will be.

Geoff – Yes quite something, quite fantastic, but I can accept all of it because I have seen it. I understand it. And now, it seems to be something urgent, which needs doing. I am being taken down a road into a wood, the trees are almost bare, a few leaves are brown, very cold, I am going deeper and deeper down this road, with wood on either side. Maybe it is not urgent, not what I thought, what it is, is the wood I have just passed through, it is early Winter, no greenery, I have come to a small clump of houses and the village itself is surrounded by greenery as if it were Spring. The harmony, this is where Ernest lives (A Golden Circle member), the harmony surrounding this little group of houses is great, you can feel it, you can feel the vibrations coming from it, but they can control it. Because of the work that they have been doing, assisting divas and so on, they can control their own environment, and this is not taking advantage of your powers, it is acceptable. Travelers who pass through don't give it too much thought, they just think that there must be too much water in the area, or some other reason why everything is green, but in actual fact it is controlled by Ernest and his friends, and they have this tremendous relationship with, first of all the divas in the area, and secondly with animals and thirdly with spirits who often go there to communicate, to teach and learn and all sorts of things, a very harmonious place.

And where they live is quite comfortable in as much as they can even sit in the garden in the winter, and the temperature surrounding them is comfortable and not freezing cold.

Miriam (Ishia) – There are many people who can do that in the East.

Geoff – Yes and the people that live there, I can see seven that I know of, they are all highly advanced spirits and very beautiful people, beautiful souls. They are watching me talk about them, and watching the circle, as I can see them so they can see us. They send their thanks that we have joined them, they send their love and ask that we enjoy this break, this Christmas, and know that we will view things in a happier light, every time we gain more knowledge, it will make us that much happier, that is the message, the more we learn the happier we will become, the more harmonious we will be with each other and the group and they say God bless and goodbye for now, they have other groups to communicate with this evening and they will continue with that and greet us again for more mutual learning in the new year. And my wife, Verna will be involved with this lady that I am talking to because she is to the group as Verna is to me. She is the “people person” for want of a better word.

Miriam (Ishia) – Very aptly put, wouldn't it be lovely if there was more of the earth, so pure and lovely and well kept like that?

Geoff – Yes and now I am leaving that area, floating upwards looking down, seeing the expanse getting wider and wider the higher I get. And we leave it, it is gone.

Miriam (Ishia) – Are you on cloud nine?

Geoff – Yes, that is brilliant.

Miriam (Ishia) – It is such a wonderful place

Geoff – Yes the harmony and love that is in there

STRANGER CHATS ABOUT ANIMALS – 1993

Miriam (Channeling) – Greetings my friends.

Luke – Thank you.

Miriam (Channeling) – This is my first time here, I thought I would bring you news of the animal kingdom.

Not all animals evolve beyond the animal group soul, but when they do it is because they wish to help in some way either with their fellow creatures on earth or with the souls of the animals who pass over, to help on our side of the veil. You already know and have heard about Mutts, your son's dog, a great character, so were the other two but they are quite content to help in a group. Mutts does a lot to help healing, not just for animals but for people, I am not quite sure if your son knows this but he had a gift of getting into the minds of the disturbed.

And bringing them comfort and getting them to open their eyes and accepting help from spirit, just as you have known and see an animal become attached to a person on earth and bringing them comfort, so it happens in the spirit, or in astral, and that is one of the many tasks that he does. He is also able to help when animals are in great distress through slaughter, he helps with the crossing over. And then they are handed over to other groups.

Your cat Skittles has a way with children, I know that while you had him, he is showing me your son playing with him, the teasing that he got, but he realised that it was not meant to harm him, and he does a lot with children who are in the same position as Mutts is doing with the adults. Children who are withdrawn, children who are brain damaged, he is able to bring them so much comfort, and to help them to continue the life that they have chosen. Children in a coma, who have to lie for many months, find relief with the animals.

I am one of a band of people, or spirit who have undertaken just to concentrate on the animals for I was a very, very shy and difficult child in many of my lives, it is something that I had to experience and it was the animals who eventually persuaded me to emerge from that state and to fulfill the commitments which I wanted to do, but had not the courage.

Those lives are long past, and I need not return to a physical body of any kind, so I concentrate on the animals. I showed them in the beginning how they could help the likes of me, and they in their turn could continue the work that had begun.

Some people ask why animals have to be slaughtered the way they are, and they should not be. The animals themselves, many species agree to be used as food for the survivors, for the chain of life. It is when people do not kill for necessity but for a game, for unnecessary clothing, for unnecessary products of the whales, and the manner in which they are slaughtered, causes them much distress. Your own leader of the circle that you had, has devoted many of her lives in helping these animals, she has now gone beyond this vibration for a task with those particular animals is finished. But she still looks back, knows her friends who are still on earth now, and sometimes relays a message to them.

Then you wonder why so many different species of animals were created, but each environment, each civilization needs a different type of animal to survive. I will not go back to the very beginning for that would be too far, and too long a history to relate in one session, but for many, many millions of years there have been different types of animals suitable to the atmosphere. That was to help to clothe the inhabitants to feed them and then when that necessity was complete, their task was finished, and there were many ways in which they passed over and out of existence.

You asked, or rather you spoke of how was it known that the earth was changed every two thousand years, approximately, but so many, many millions of years have passed that we could not describe the number of times the earth has grown and died, and grown and died. Not just on your planet, not just in your solar system, but from the very beginning of time it has been so. And I am not yet sufficiently aware of just how that beginning was.

For if so, if I were to advance further I would not be able to undertake the task that I have chosen with the animals, sometimes I think I will, but time to us is so much different to time that you talk about. I could say that I have all the time in

the world to make a decision. Sometimes you know when an animal comes to you it is coming for healing, is that not so?

Luke – Yes.

Miriam (Channeling) – They know, they have far more instinct developed than a lot of people, and the same thing applies with your absent healing, if you see an animal, it need not be near to you, but if you think that it needs uplifting or healing then the thoughts will suffice. We watch you chase the cats that go after the birds for that is their nature, and the best that you can do is to deter them in some way, they will not take any notice of any kind thoughts that you send, that would have to come from those who are looking after them.

We appreciate everything that is done for the animals, the birds, and we know that there are some like snails that you do not like, but they have a purpose, in some way they have a purpose, and again it is in some way you are protecting that that you do not wish to be destroyed.

SUPPORT FROM SPIRIT IN THE MIDDLE EAST – 1993

In this meditation Miriam is channeling a guide.

Geoff – Now I saw a doorway, went through it, inside was a very primitive metal hoist, and round chimney that went up maybe a hundred feet. I have gone to the top in this hoist and I am in a minaret is it, the top is a very tall tower, like a roof on it, there are no railings the sides looking down are sheer, there is a canopy over my head, with a bell. It is like a church tower or minaret.

Miriam (Channeling) – A minaret.

Geoff – Now I know from here, Muslims are called to pray five times a day, and I am sitting on the edge now looking over this Muslim city, and it is something to do with Iraq and Iran. Right, there is tremendous disharmony, but this is made so much stronger by the groups of religions, you have the Muslims on one side and Mohammedans on the other side.

Miriam (Channeling) – Yes.

Geoff - Now both sides are dedicated to their respective religions, but when the country started to fight, so the one religion assumed that the opposite religion would be the enemy, now there are so many in this religious group that they create a very powerful force, it is like two gigantic forces and as they come together the dividing line, of the two sides pressed together, becomes turmoil, and depressed, uncertainty, anger. Now as these groups pray, I have seen the Muslims pray, and they all pray at once, now I can see this huge, immense circle of Muslim minds now suddenly changing from the anger it felt as a group to the harmony of prayer.

Now it is not a beautiful golden harmony, it is a clinical form of harmony, something that they have been brought up to do and therefore many of them do it without putting their hearts into it.

Miriam (Channeling) – That is it, without putting their hearts into it, it is too mechanical.

Geoff – Yes, now as they finish prayer, so the grayness, the anger begins to return to that group, and the same happens on the other side, the Mohammedans get a lot of peace in the evenings with their families, and this is quite a harmonious time, I can see this is a dull orange and chocolate brown, and then as this harmonious stage finishes so the anger starts to build again, but not as much as the Muslims. Now I just want to give to both parties, to put energy into both sides, which will circulate and multiply, and there must be a way of doing this.

I think first of all, if I call on other spirits to give lots of power and energy, it would use a lot of energy and it will have to be re-done all the time, whereas if I can find a system whereby the energy that I put in is multiplied through the group mind, expands throughout the group mind, then it will be more permanent.

Miriam (Channeling) – Yes.

Geoff – The way to do this is to get a group of people and work on them, and I have a group now, and what they are getting is a purple, mauve colour, by somebody else, but I think what I am seeing is a spiritual group in amongst this one.

Miriam (Channeling) – You are.

Geoff – Now the spiritual group of course can re-create, so by giving them and finding them the right colours to use and keeping them thinking positively and to continue having faith, they will recreate more of this energy and it will begin to seep out into the community around them. And the more people they get who are not necessarily converted to spiritualism but believe somehow in this energy or the positive-ness, they will again expand that energy, until it spreads throughout.

There are other things to see as it spreads out, for instance there is one black patch where you would get the dedicated fanatics who could never be changed, they would have to be worked on in a different way.

Now there are several other guides here behind me, and what they are showing me is, when you have two communities like this it is like being in management in a way, you have got to control the whole community, and not the individuals.

Miriam (Channeling) – It is, and that is a good description.

Geoff – Now it is not a case of who ever you find, you can heal them and give them love and so on, they must be taught and they must experience a variety of different things as a group as well as individuals, as the individuals progress they will be taught a different way. I am seeing the job of the person who controls a part of these two groups, although there are a lot of them, there has to be somebody directing them, quite something to see, now on my left is a monk, a very happy guy, he is dressed like a monk, but he has been working with the Muslims for many centuries, it is his ambition, his desire to advance them to such a stage that they begin to learn faster and faster and he is happy now in this particular period, the last thirty, forty, fifty years where the different religions and tribes of countries have talked to each other and communicated more.

Each one goes through this stage of getting more weapons, getting stronger, dictatorships and so on and then they calm down to more harmonious people. There are still several countries to reach this critical point where wars break out, where there is a lot of hardships and so on, but it is all part of an overall lesson for these people to learn, for they can't progress until they have been through this stage and learnt this particular lesson.

Now going up another stage and looking down on the whole of the Middle East, you see a much bigger game plan, and you can see all these little groups must experience many things before, each stage is progression, some will achieve it a lot quicker than others, and now I am talking about whole groups, whole countries, and as they convert or progress then they can assist others to progress.

Miriam (Channeling) – And that is how the wars will be solved eventually, but it will take time.

Geoff – But we must not be sad at the loss of life and suffering, obviously we feel when there is great suffering, but we must understand that it is for their own good, for their advancement for without the suffering, they will not understand it, and they will not learn that they must not inflict this sort of

thing on others. So although we will feel saddened when we see it we must understand that it is for the good in the long term. Now there are several spirits around me, it is like one huge circular ledge looking down on the whole of the Middle East, it is just the way it is being shown to me, and all the spirits around me are uniform in their appearance, which means they are here specifically for this task of overlooking this particular area, and as I look down I see many, many more levels of spirits experienced in different things, each guiding spirits below them.

They are all in communication, from the spirits right at the bottom level to the spirits at the level where I am now, and the spirits surrounding me can understand immediately what is going on with the hundreds or even thousands of spirits on the levels below. The communication links are quite fantastic and everything is monitored and looked after, there is not one soul that is left out, when that one person requires help, he only has to ask. For those that don't know and don't ask for help, they are still supported.

Miriam (Channeling) – Is that not a good thing to be able to see?

Geoff – Yes, it certainly is, and I looked upwards and there are just tiers and tiers of other people, other spirits experiencing different things, and then I saw the future, and different planets, universes and so it goes on into infinity, all part of this huge scheme which I haven't yet the experience to understand.

Miriam (Channeling) – Not even I understand it all, and it will be a long time before I do, because I intend to carry on with this work for some time. But now I think I must ask you to close because the power from your father is waning. We think that he needs it himself now, but I have enjoyed it and I hope that you have enjoyed it too.

Geoff – I certainly have – thank you.

THOUGHT FORMS ATTACHED TO ABORTIONS – 1992

In this meditation a guide called Ishmael is channeling through Miriam.

Geoff – Right let us see what is next. I can see many children, but these children are grotesquely deformed, there is a head of a child but there is no body, it is shoulders and arms then it just tapers to a point and that is it. And these are abortions, when the mother decides on the abortion, she has a picture in her mind what her child would look like, but the picture in the mind is only the face.

She knows that it is physically there, but of course she never sees it and what she is doing is creating a thought form which somehow attaches itself to the.....no

Miriam (Ishmael) – To the grief.

Geoff – I was going to say it attaches itself to the little spirit, as it passes over, but it doesn't, the little spirit carries on going and leaves behind this created thought form. So the best thing I can do is just to get rid of these thought forms, but there are many, many of them. There is more to this somehow, the thought form that has been created, the face is beautiful, the body is ugly and deformed, but there is an emotion attached to it, and this is the emotion obviously that the mother has sent out.

Miriam (Ishmael) – Yes, it could be love and it could be hatred, and it could be fear.

Geoff – But mainly it is guilt, and the guilt remains with the mother and attached to that guilt is the face of that child, no that is not quite right.

Miriam (Ishmael) – You are getting there.

Geoff - It is a loving emotion, which is held to the mother by guilt. So once she learns to cope with it and forgives herself, then it is released. So there is no need to do anything with these aborted children, they are not actually spirits, they are simple thought forms with emotion, which are part of the lesson to the mother who had the abortion.

Miriam (Ishmael) – Yes, but it makes you understand another feeling, another emotion, another thing.

Geoff – Yes it does.

LAUGHTER STOPS WORRY

In this meditation (1988) Verna is channeling a regular Indian Guide. He talks about Verna while channeling through her.

Verna (Guide): This mind (Verna's) used to be so clear, and now it has so many problems. She is something like a big wheel with all the little chairs filled up with different thoughts, and we have to turn it inside out – and empty all the chairs. We all have trials and tribulations, daily routines in our lives and in a month or so we laugh about them all. If you think of things each and every one of you went through just a year ago it seems a different lifetime, never mind just a year ago and yet the problems seemed impossible to solve and now you laugh at them - that is, if they were material problems.

And so when the day gets you down and the situation is too much and you are lost, blame it on the old karma, blame it on anything, shrug it off your shoulders, it's not your problem. Try any old trick of the trade to train yourself in a light hearted way to accept that you cannot change the world all by yourself. Take one day at a time, one problem at a time. If you cannot solve that problem, do the best you can and put it aside. Do not worry about it. That will not solve the problem. There are some people in this room who are so lighthearted, one person in particular. She has a favourite saying that if the sky fell down she would just laugh. Right?

Miriam: Right.

Guide: We need a chip off the old block here. If we could just follow in those footsteps even slightly and laugh more. If something really gets you down, sit down and have a little laugh. You'll find that you cannot worry – it is impossible to worry if you laugh. Laughing and exercise. That's the best alternative medicine one could have mentally and physically as they are so closely connected.

Anyway, I think I've had my little say. I'm sorry that it was mostly a lecture for this channel. It seems to come home and doesn't know – and I love your favourite expression whether she

is Arthur or Martha, and so we will teach her to laugh more. She used to. She has lost her way a little. She is getting angry as we were talking about her as if she is not here. She is in fact getting furious, because she is unable to stop this conversation and now she is laughing and we are teaching her to laugh, but it is healing her and so it's actually quite easy. She has a cross laugh at the moment. She doesn't know whether to laugh or get cross but in any case she cannot worry about it, because she is laughing so it's just a little lesson. I will leave now. There is one person who would like to talk to this channel while she is feeling lighter and then we will all move on. We have many visitors here tonight as usual so I bid you farewell.

Miriam: Thank you for coming.

VERNA EXPERIENCES TRANCE

Verna (channeling) – This time we are using a different technique, we have put Verna in a trance, which makes her feel too sleepy to resist. It is something new, she is honoured, but she doesn't know it, she is unaware of it for you see it enables me to flow, I am speaking with great ease now.....

Geoff – Yes, you are coming through very well.

Verna (channeling) – Yes, and they have also discovered that it is not such a strain on Verna or the channel if we use this method, and I am quite proud of myself. Yes and I wont stay now I would rather come back, they and myself, just wanted to experiment, and we have been working on Verna for most of the evening, she is not quite sure of what is going on, it works, and we are very pleased. It is as mentioned, fairly new, especially to us, but others have obviously studied it at length before it has been used, so don't worry she will be quite normal once I disappear, she will simply wake up.

Geoff – Yes, and then if you use the same method next week, then we can talk for a long time.

Verna (channeling) – Yes, there is so much I wish to tell you, I have forgotten what I told you the first time.

Geoff – That's all right, then we can go over it again.

Verna (channeling) – Yes okay.

Geoff – Behind you I can see a lot of spirit light, more than normal.

Verna (channeling) – They are using this to help with this type of trance, and they are looking after Verna and myself.

VISITING CHILDREN RECENTLY PASSED OVER

In this meditation I have just been to the place where you go to when you first pass over for convalescence.

Geoff: I got back to this convalescence area. I walked in and there is a Guide on my right who I think is Yussef.

I walked straight up to the area where the beds were and on the left-hand side, the second bed along there is a boy wrapped up in sheets. So, I went and sat next to the bed and it was a Japanese boy and he told me that must have been about six, seven, years old. He went to hospital with some form of illness and that's where he died, but he didn't know what he had or whatever.

And he had only been there (Convalescing) two days and he was terribly confused, because he didn't know anything about dying. He didn't know he was sick – had to die or whatever - and also when he got there it was totally different to the way he had been brought up, because he had been brought up very, very strictly and he couldn't understand these kids running around playing and people talking to him. Must have been a very formal Japanese home.

Then he sat on the edge of the bed facing me and I held his hands. I was talking – about all sorts of things then we went out into the garden where all the other children and adults were. They'd all (Children) got some one with them.

We sat down at the edge of this garden and we looked down at Earth and I told him that's where I came from and then there were lots of emotional questions. Then you said come back (from meditation) so he got back into bed The guide was still standing there as he got back into in to bed and then he sat upright sort of on his knees and said "Ichi". His name was very, very clear...I.c.h.i. – Ichi. Well, I'd asked him his name before – didn't get anything and he said it's Ichi – Then just a big smile, as he knew I understood, and I left.

WHAT OR WHO IS THE OPPOSITE OF GOD? – JANUARY 2007

We learned a long time ago that there was not a Satan or Devil lurking in the background, but we also learned that everything has an opposite – so what is the opposite of God?

So I said to one of the Guides the other day: “There is an opposite of everything, and if God is the ultimate “good guy” then there must be an ultimate “bad guy”.

After a short wait the most beautiful voice I have ever heard said: **“I am everything.”**

...the opposite of course is “nothing.”