

Course:

Communication with spirits - meet a spirit friend.

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Divine Love Spirituality

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I've designed this course for people who might want to do what I do in regards to communicating with spirits. There are lots of ways to communicate with the other side, some of which I'll mention based on my experiences with them and things I've come to understand about them from the spirits themselves.

Yet mostly my communication with them is what can be called 'inspirational writing'. I do 'talk' with them in my mind, however overall I find it easier to write with them. And I don't see them. At best I have received vague impressions and perceptions of them, but unlike some people I've met who can see spirits clearly, for me it's mostly just 'words in my head'.

The course is really a series of exercises that you might find useful if you want to communicate with spirits based on things that I have found helpful, and things that have evolved over the years as I've written with them. I have included exercises to help speak to, write with, and see spirits.

I would suggest reading the whole course first then doing what appeals most to you.

My experiences.

My introduction to alternative spirituality came through the New Age when I read 'channelled' books by spirits. They fascinated me and I thought if people really can speak with spirits, then surely spirits being in a 'higher' part of Creation would be able to provide me with answers to the questions I had going around in my mind. And they did. And they still do. And I love the whole thing about being involved with them. However slowly I've moved away from seeing it as a part of a romantic fantasy of mine, to work, to helping me uncover the truth of my repressed childhood; helping me understand about my fucked life and the negative state of self- and feeling-denial we all live in.

I read a book that said it's very easy to meet your higher spirit guide, and it was. I sat in meditation, and by doing what the book said, found I could easily speak the words of the spirit out loud. It was harder to speak them in my mind, the energy backing up on itself giving me too many things to think about at once. However I never quite knew how much of the words were the spirits and how much were mine - and mostly I still don't know.

Once I had read the message from Jesus and the other Celestial spirits writing with James Padgett in the 'Padgett Messages', I wanted to speak with such Celestial spirits; and if possible, with Jesus himself, for the truth contained within the messages far eclipsed anything that was said in the New Age.

And once I had decided this, the group of spirits I had been speaking with seemed to collectively breathe a sigh of relief and said to the effect: thank God for that, now that you've found the truth of the Divine Love, we can get on with the real work. And so we did.

Speaking with spirits, and spending so much time thinking about things they have said and what life might be like in spirit, has been one of my great escapes, a way of running away from my bad feelings; a way to help maintain my negative self-denying state; and yet also, a way to help me heal it. And it has also been one of my greatest joys in life. I still don't as yet really understand why it gives me so much pleasure, only that they are my friends, and they have always been on my side, helping me, giving me what I have wanted - always there for me. And they have been the only 'people' in my life (other than Marion) who has consistently given me something new to think and feel - about myself, life and God. I have relished all the stimulation resulting from my involvement with them.

I guess I've been speaking with them for about twenty years now, and through this course I will include how my relationship with them has changed reflecting my changing relationship with myself. My communication and involvement with them is still evolving, and indeed has done so dependent on my personal evolution and growth of truth, this being how everything in our lives should grow. And overall I no longer see it as any big deal or great thing I can do, it's

just something that I do.

Who can communicate with spirits?

I believe anyone can. However for a lot of people it might seem like a nice idea, yet the reality never comes about. And also like anything, I think some people are better at it than others, some with 'natural talent', others being able to work at it perfecting it as they progress in life.

From the limited experiences I've had with people communicating with spirits, I'd have to say that really I'm not that good at it. I'd put myself into the category of having a little natural talent - or possibly just a strong desire to do it, and then I've had to work hard at it. I have no problems 'hearing' the words in my mind, however I don't have what I would call a very disciplined mind, so it tends to jump all over the place unless I'm writing what the spirits are impressing on it. Over the years it's slowly settled down not interfering as much as it used to.

I hope with the simple exercises I give you, you will have some experience of it, and in one you might even be amazed at how easy it is, for really I think it is. It's only that we've been told it's meant to be hard, just like so many other things in life. It's not seen with any real value, not seen as an asset in one's life, you're still a bit 'strange' if you speak with the 'dead', and why would you anyway. And perhaps one day, when more people want to do their childhood repression healing, speaking with Celestial spirits might become more accepted, much valued, and at times, even needed.

Communicating with spirits is easy to do, everyone I have helped experience it has had no difficulties with it (women in particular), however few people have felt they have wanted to go on with it. Marion is a case in point. She can actually do it much better and truer than I can. She can give over her mind, let go, and allow the spirits to say or write more truly what they like. However she's not interested in doing it, preferring to stay focused in this reality striving to live true to her feelings.

And my mother, she is a professional clairvoyant, she could 'see' and 'hear' the spirits very easily and clearly from what I could gather (I no longer have anything to do with her), however as far as I was concerned, she didn't utilise her 'talent' (my completely subjective and unloving judgement of her) how I would have liked her to. She was too afraid to push into deeper levels with the spirits because that would have meant pushing into deeper levels within herself, and she was afraid of what she might have discovered.

Which brings me to what it's all about: your motives for wanting to do it.

Why do you want to communicate with spirits?

My motives were totally self-gain. I wanted the power I thought such 'higher' information would give me, thereby overriding my powerless feelings, making me feel more self-

important. I wanted to understand the higher truths, but I also wanted to expand my ego. I wanted to move out into fantasy land, living with the angels and fairies, living in the unseen realms, because my real life was too boring, unfulfilling and unexciting.

I wanted to be the 'Great One', the 'Greatest Channeller That Ever Lived'. I wanted to make my way in the world through this spiritual avenue. I wanted to write self-help and truth books about life that would help people with their spiritual quest, making them look to me for the answers, all so I could show-off how great my knowledge was.

And what do I want now? Just to heal myself of all my repressed bad feelings.

As to what your motives, known and hidden, might be, if you are serious about using such spirit communication to help advance you in truth - to help you understand about your feeling-denial, then they will all come under the light of scrutiny, making you own up to all the bad stuff whilst seeking the truth of why it is within you.

And if you don't want to do use your relationship with spirits to help you grow in the truth of yourself - to help you become true, then as to what your motives might be...

Mind verses feelings.

Through my healing years I've gradually become more appreciative of feelings. I am enjoying having them, even the bad ones, more than I did when I first set out. With anything in life, we can approach it with our mind or with our feelings, and the same can be done with spirit communication.

Because women are generally 'closer' to their feelings, they often have a more intuitive approach and want more of a personal relationship through feelings, something one can have to some degree with spirits. Men from my experiences tend to get all too caught up in the bigger picture, using their mind to get in the way of their feelings. However that's not to say that a lot of men can, and no doubt will, relate to spirits more on the feeling level. And spirits will comply either way, depending on what you need and what they need to experience.

I am mostly writing for the person who is intending, if not already doing, their childhood repression healing, so much of what I say will be with the intention of honouring ones feelings.

Communicating with spirits and doing your childhood repression healing.

It's completely different communicating with spirits whilst wanting to work on healing yourself, compared to wanting their help to further your negative self-denying state. It's a completely different relationship you will have with them.

If you are intent on uncovering the truth of yourself, then this will be all the spirits will help you with. You may find they won't even speak about other things to do with life, only wanting to be with you and help you if you want to help yourself. If you don't want to do your healing yet want more information about it and are longing for and receiving the Divine Love, then again you will have a different relationship with them, just as will you if you only want to work with them for your self-gain.

As you may be aware, there exists a division in the seven mansion worlds associated with Earth. Those spirits still wishing to pursue their negative mind and will states will be attracted to 'helping' those people on Earth wishing to do the say thing - hence the New Age, and all the spirit to mortal communication that goes on in any of the negative truth-denying religions and spiritual systems of the world. Which currently, other than Divine Love Spirituality, is all of them.

Such spirits will be entirely 'in it' for their own self-gain, and for gain which no doubt you won't be privy to. There are endless numbers of such natural love mind spirits wanting to communicate with anyone on Earth willing to listen to them. And many of them all have the 'great truths' or the next new religion or self-help or cosmic revelation to 'earth'. And if you take them on, they will 'feed' you all you need, ensuring your ego remains pumped up to 'do the great work'. And if you flag or tire giving up, they'll simply move to the next person willing to receive them, if they don't already have a few people they are talking to.

And such spirits will tell you all you want to hear. They'll make things up, they'll tell you anything, all so they can receive the power they believe they are getting from you. And many of these spirits might be, and indeed may sound, very concerned with yours and humanity's well-being, they might be generally caring about you, only they fail to understand that they are also leading themselves up the garden path, as they are leading you. And you only have to look into any of the New Age spirit communication to see such things.

If you are intent on healing your untrue state, then it's work, work, work and more work, all to help you uncover the truth of all your repressed feelings. And the spirits who will work with you will be full-on, completely committed and dedicated to the task at hand: helping YOU uncover the truth of all you feel. They will not fill your mind full of untruth, and they will not pander to your ego. They will do what they can do within the laws governing spirit-mortal communication, helping you all they can. And that help will all be aimed at helping you help yourself, through the simple principles of doing your feeling-healing. Helping you to accept, express and seek the truth of your negative state, all with the aim of truly perfecting your natural love.

And if you are wanting such help and are including the Divine Love in your life, then the Celestial spirits will be on hand to give you all the help you require. And much of that help will involve helping you to break down all the bullshit unreal false you that you are. Helping you to understand the truth you will reveal to yourself about your evil state. And from my experiences, I can't be more grateful and thankful to them, they have helped me no end.

What is a spirit - a spirit that you might communicate with?

Mostly I would imagine you'll be speaking with people - spirits - like yourself who have at one time lived on Earth, or at least were conceived with the intention of living on Earth. They are normal ordinary people who have died and now live in spirit.

Such spirits are what are technically called: mortal spirits, having had a mortal origin, or beginning in Creation. And you can ask them about their lives on Earth and their lives in the current spirit world or sphere they might be living in - you can ask them about anything you wish.

As a broad rule of thumb, personally if I were setting out to live with the Divine Love and do my childhood repression healing, I wouldn't want to have anything to do with natural love mind spirits, as they aren't doing the same thing. However I have spoken with some of them, some being family of mine, only it wasn't too fruitful. So I would want to communicate with spirits that were in the Divine Love mansion worlds, or the higher Celestial spheres; and from what I understand we all have Celestial spirits associated with us, who are more than willing to help us directly by our communicating with them.

And as far as communicating with someone who is so much higher in truth than you, it's nothing to worry about, as they can only, and so will, communicate with you on your level of truth.

Celestial mortal spirits are people who started out on Earth and have healed their way up through the Divine Love mansion worlds, finishing their childhood repression healing, so healing all of their negative state, and living in the higher universal spheres. I like to call the mansion worlds 'worlds', as they are not unlike Earth in many ways; and the worlds above the mansion world levels, 'spheres', as they are unlike our world. And the universal spheres of Celestial truth comprise all of our Local Universe - Nebadon, and then continue on all the way 'in' or 'up' in Creation to Paradise, the centre of it all. So it will most likely be spirits from the lower or first Celestial spheres you might speak with, however there are no rules or anything set about this. It all comes back to what you need to experience for your soul development and what they need to experience in the relationship you have together.

Also there are other universal spirit personalities you could quite possibly communicate with. *The Urantia Book* is full of them, including not only truth-seeking and living spirits, but many spirit beings of the orders of mind such as angels and nature spirits. And there is Mary and Jesus themselves who have said they will be speaking with certain people still to come on Earth. And all of these other spirit personalities can help you to accept, express and uncover the truth of your repressed bad feelings.

From where in spirit do such spirits communicate?

This too will be mostly dependent on what experiences you need. If you're doing it with the Divine Love and wishing to progress in your healing, then it will all be to help you. If you are wanting to communicate with spirits who are denying the Divine Love and not wanting to do their healing, then they will be doing it all for themselves yet making it seem like it's all for you.

For myself when I first began, the spirits, angels, nature spirits and other universal spirit personalities mostly came to the two lower Earth planes that are 'around' Earth but lower than and 'before' the mansion worlds.

In these earth planes is Earth, which means spirits in them are for all intents and purposes here on Earth only in another plane or dimension, so unless you have 'second sight' you can't see them, but any spirit in them can see you. So you might have your spirit friend standing right next to you being in one of the Earth planes, reading what you are writing whilst they are putting such words in your mind, and you might never know it. Of course you can ask them from where they are communicating with you, and you might be able to perceive them or even 'feel' their presence about you, this being what helped me a lot in the beginning to believe that I wasn't just making it all up. I was given numerous experiences of sort of seeing and perceiving and feeling those spirits with me, but now as I no longer need them, so the spirits no longer need to descend the spheres and worlds to be with me in the Earth planes. Now they can - so they say - easily impress on my mind what they want to from the comfort of their own living rooms. And I find that once the 'connection' has been made, they seem to be readily available whenever I call on them, which I still find amazing and are so appreciative of. Rarely have they said, sorry, I can't talk now, try again later.

The beauty of communicating with spirits who are themselves living true and with the Divine Love, is all that goes on between you is highly orchestrated to perfection, and you get the feeling about this, you feel it's all organised and well constructed to help you. Whereas if you set out to get involved with truth-denying mind mansion world spirits, you get the feeling it's every spirit and man or woman for themselves. Which it is, with your soul organising your further advancement in your negative state.

What if you want to communicate with spirits but can't do it?

First of all you might have to consider that it's simply not for you to do. The spirits are always there with you in one way or another. They are always aware of what you're doing and what's going on within you especially if you are living with the Divine Love. So if you can't communicate with them, it will have nothing to do with their not being with you. They will no doubt be willing, so all the problem will be on your side.

And to deal with such problems you will need to look into working on yourself, to find and understand what your blocks are, what your real motives are, what you truly feel about it all. And of course to do this, you will need to do your feeling- or soul-healing.

I have met people who have tried to use their mind to overcome their blocks, and so believe they are connecting with the 'other side', however all they say the spirits are telling them has sounded very contrived, and lacks a certain indefinable and indescribable (on my part) feeling to it. There just isn't the 'light of truth' about it to make me feel it was real communication.

Being led astray - evil spirits?

Unless you are wanting to work on yourself to uncover the truth of your repressed state, to find the real and true you, then it will be easy to be led astray by spirits, as they will be complying with your desires.

There are no longer such things as genuine evil spirits who can affect you, and all spirit influence that brought about the Rebellion and Default no longer has any power over us on Earth or over spirits in the mansion worlds.

So what now defines an evil spirit would be one, just like a person, who seeks to have power over another, which is all rather meaningless when we are all evil having been born in a negative state, all wanting power over others.

Still, some people's negative pattern makes them be more the subservient slave type of person and others the more dominate master and lord type, so such roles can easily be maintained between spirit and mortal. If you want to be led along seemingly willingly, or are being led astray against your will, then you can allow spirits to do so, just as you might allow another person. And if you want to dominate another, be it in flesh or in spirit, there will be victims for you to overpower.

I've met quite a number of people and have been to various groups seeking spirit communication who have been drenched in fear of the dreaded 'evil spirit', taking all sorts of elaborate precautions to ward them off, trying to ensure they only communicate with the 'good spirits'. Yet such good spirits are only pandering to their needs being 'nice' about being evil. Such people and spirits were not interested in the truth (even though they said they were) or longing for the Divine Love.

If you are sincere in developing your relationship with your Heavenly Mother and Father through partaking of Their Divine Love, then you can be rest assured that only such like-minded and feeling and living spirits will be with you, keeping away all the interfering riffraff. And if you are living consciously with the Divine Love, even wanting to or are doing your healing, yet bad feelings about evil spirits and being interfered by them come up, then it's necessary you acknowledge such feelings, fully accepting and speaking about them to someone who is on your side, all whilst seeking and longing for the truth of why you are feeling them. Such bad feelings are not to be taken lightly, even if you believe evil spirits won't be a problem to you.

Treating the spirits as people.

Treat the spirits as you would another person. They were people in flesh (mortal spirits) just like you, and are still like you only not having their physical body. Just because they have died doesn't automatically elevate them to being superior to you, with you bowing down to them grateful for every drop of attention they give you, they are not super-beings.

So if you respect another person then you give the spirit that same respect. You are meeting them and then setting out to have a relationship with them. And like all relationships, some might work better than others, some might make you feel better, some you may feel you have a better rapport with than others. And some spirits might be more knowledgeable than you, some may not, just as it is with people.

When I first began writing with them, I was very happy to just write what they told me. I was like a secretary waiting to take down the next instalment from the 'wise one'. As I have brought myself more out into life through my healing; as I have come to value relationships becoming more understanding of what they are really about, I now prefer to continually interact with the spirits having a conversation together. And for the new person, I would now suggest setting out this way, looking to ensure you have just as much say in your communication with them, you expressing your feelings and thoughts along the way, this making it all the more enriching and enlightening for you. Don't be afraid to get personally involved in your communication with them - it's much more enjoyable for you both. They don't have to be the wise teachers and you the grateful pupil waiting to receive the next lecture.

And as we all have relationship problems having been brought up in unloving families, families that have been corrupted to varying degrees by all the negative minds and wills involved, then so to will such problems be in your relationships with the spirits, all of which they will help you work out, as you work on yourself.

All the spirits have done for me has been for my benefit, they have always put me first - all the ones who have been involved with the Divine Love. And I am very grateful to them for this. They have always treated me like a friend, and always been so willing to help me and work with me however I want to. They have been the very opposite of how my parents were to me, this having helped me to understand my rejection-relationship with my parents, and how I have lived such relationships as an adult.

Be yourself.

I would suggest simply being yourself with them - warts and all. They don't care, they've all been there and done that, they know what it's like living such false lives. The more true to myself, yuk and all I have been, the more positive feedback they have given me. They much prefer me being my yuk fucked-up self, and living true to it, than my trying to be false and someone I am not.

Follow your own inspiration.

This is easier said than done. Reading other people's communication with spirits will undoubtedly influence you, however try to allow your own inspiration to guide you. If you feel you want to say or do such and such with the spirits, then do so.

And if you feel your work is not up to scratch, then you have more bad feelings to accept, express and uncover the truth of.

In the beginning my channelling, verbal and written, seemed nothing more than pathetic attempts at trying to parrot what I'd already read by other channels. I so longed to be told 'my own' truth and 'different mind-shattering' revelation, all so I could feel different from the other people. I wrote and wrote, channelled and channelled, but it all seemed like nothing new, as if I were just re-hashing and re-phrasing all I'd already heard and read, all New Age stuff, and then all the same stuff, with even some of the same spirits, that I read in the Padgett Messages.

After some time, as I started to value and appreciate myself more - my feelings, I started to grow in truth finding more of my true self. Then as I felt I was separating from the collective whole, I did start to 'find my own voice', which has continued all thanks to Marion's input, taking me into areas of myself I had no idea about. It's taken me way out on a limb, so far away from the New Age and other religions and spiritual systems, but taken me into the truth.

Speaking with Jesus and Mary.

My ego and feelings of self-importance were sufficiently strong enough for me to want to 'go to the top', so I wanted to speak to Jesus after I'd read the Padgett Messages. And surprisingly I had no difficulties in speaking with him. Not everyone might want to speak with Mary or Jesus, however many people no doubt will. Yet as to whether or not it is actually Mary or Jesus the person has connected with is something very difficult to determine.

Mary and Jesus speaking to you might be very different compared to how they speak to me. Your writing with them, how they say things, what they say, might seem very different to their writing with me, as also with other inspirational writing claiming to be inspired by them. And possibly it's the same with all forms of spirit communication, the end result being heavily influenced by the receiver.

It took me a long time to understand it being something like telling a story to another person, and they telling the same story to another person and so on, with each telling being significantly influenced by the storyteller, even if they aren't meaning to.

And with inspirational writing, the spirits impress their thoughts on your mind and then your mind puts them into words, so there will be a 'lot of you' in all you produce. Mostly I feel when writing with the spirits that something else subtly is going on within my mind, and I don't have to concentrate on which word to write next, they are just there. Writing this now, I

have to think and work at the words I use to express what I want to say and how I want to say it. I tend to stop start, change things, pause thinking about what next to say, should I use this word or that. However with the spirits impressing their mind on mine, it just flows out, I can't write fast enough, and mostly I have only a slight inkling of what's coming next and where it's going. The words just seem to be in my mind, my words, yet sometimes words and phrases that I don't use, words at times I didn't even know I knew. And the overall pictures that come and illuminate my mind I could never think up with my imagination, I'm simply not that creative. All of the truth and its understanding that has 'come' to me with help from the spirits has been way beyond my understanding at the time, it has pushed me outside the limits of my conscious awareness and understanding, this part of it all I love the most.

When I first began writing with spirits my understanding of English was woeful. I still don't feel like it's very good, however I have picked up a few things with the help of spelling and grammar checkers, with Marion, and as I've changed within myself. And all of this is now reflected in how I write with the spirits. When I first began I would write a long stream of words, very little punctuation, it being hell to go back over sorting it out and trying to make it readable. Now I have slowed down, I try to spell correctly (or at least correct it when the spell-checker highlights it) and include all the grammar I can as I go along, this all being driven mostly by my hatred of having to spend hours editing and proof reading it. And I am not as desperate as I was, madly trying to 'get it all down' as if I'd lose it, or lose the connection were I to stop and correct my spelling mistakes or add punctuation. I was very undisciplined, I didn't enjoy the actual mechanics of writing enough. I only wanted the information, how I expressed it was inconsequential.

In the beginning I also wrote and wrote until the spirit said that was enough. My books were endless in length, now I limit them to 100000 words. And amazingly the spirits comply, often ending the book right on the mark.

The spirits are limited by us.

This is very important to understand. You may be writing with say Jesus or Mary and yet all they say makes them sound like morons; or another person may read your work judging it by saying: that can't be Jesus because Jesus wouldn't say something like that; or, that can't be Mary, she wouldn't sound like that. And it's true, Mary and Jesus wouldn't sound like it, they wouldn't sound like how anyone writing or channelling them makes them sound as they are their own person, we making them be as they are, resulting from our own subjective personality expression.

How Jesus and Mary seem through my writing might not be how they seem through another person's writing. And things they say to me might be contradicted by what they say to another person, even personal details about their own lives. Yet does this then mean that all one person writes is wrong and should be discarded, and who is the right one?

Sometimes, as the spirits have told me, they will even say incorrect things, led one off the

track a little, all to help the receiver with their healing, to see some aspect of their self-denying pattern. So things can't be judged too harshly in the immediate, an overall 'feel' of the work needs to be looked at. And the work will evolve, for it is as I said, a relationship.

The greatest limit we face in our communication with higher spirits, higher meaning higher evolved in truth and not just mental understanding, is our lack of truth. The spirits can only communicate with us on our level of truth, this certainly applying with inspirational writing. For example, if you can't speak French and yet wanted to write with a French-speaking spirit, then you'd have to learn French, and as you progressed so would you be able to communicate with that spirit increasingly in French, just as in real life. Some people can be what I'd call 'open' channels, in which they are able to somehow put their mind and self aside allowing themselves - their body, to simply be a vehicle for the spirit to use, so a French-speaking spirit would speak French out of their mouth, and although this might be all very impressive, still it's not actually engaging you, the person, it's not you setting out to have a personal relationship expressing yourself with your spirit friend. So in this situation you would not grow in truth from the experience of it, only in mind understanding - information. We're you to learn French with the view to speak to French spirits, then you'd live a vast amount of experiences as you evolved and perfected your French, all being reflected by the truth your spirit communication, with the spirit being with you every step of the way. (And by the way, spirits seem to be able to speak any language they wish.)

And so it is with Truth, that which really should be your intent and main motive in life: so that being what your spirit friends will help you uncover for yourself. They will give you information but only enough so as to help move you along to the next stage, all in step and in keeping with your soul's truth-growth requirements - that which can only come about through a real and true loving relationship.

I have steadily grown in truth as I have healed my childhood repression. What the spirits can say to me today and how my relationship with them is now, is hugely different to how it was when we first set out together. Now I know what they are talking about, having experienced so much of my healing, whereas before they could only tell me the theory, and only so much as I was capable of understanding. And still I feel that I am somewhat in trainers. Still when I speak to them, I feel they are only relating a miniscule amount of themselves, their truth and what they know, to me, that I am in infant school, slowly plodding along, growing ever so slowly. And when I look back at my early work, I feel like I was just starting out with my early reader: the dog sat on the mat... the Father in heaven loves you... the dog jumped over the log... the Father is offering His love to you...

What will you write?

Gradually I've come to realise all I write with spirits fits into a narrow band. There are countless things I could write about with them, and yet I never do. Often I think: I must ask Zelmar about that, yet I never do; or, I do ask and after only a brief focus on it, we're quickly back speaking about the usual topics we cover. I can write about those aspects of truth

contained within my books all day long, the spirits endlessly wanting to help me, yet say I wanted to ask Zelmar what he did yesterday at five o'clock, and then discuss all he felt and thought about it, it just wouldn't happen. It's not my 'thing', not my 'area'. I simply don't write or communicate about such things with the spirits I speak with. They might give me a brief answer yet not go into great lengths as they will speaking about the truth. So it's either just not a part of my communication with them, or it's still that I am blocked in this area of communication within myself. And really be honest about it, I'm only interested in speaking about the truth with them anyway, so perhaps this is why my writing stays with this narrow band.

Doubts.

No doubt you will have them. If you don't then I'd be suspicious of where your ego is placed in it all.

I still have them. I can't see the spirits I speak to, and even were I able to, would I know they were truly who they said they were? Perhaps it is all a delusion of mine as Marion keeps telling me. Perhaps I am making the whole thing up. And perhaps I am. And I won't know I don't think until I get to spirit and then see what it was all about from their side. I used to doubt it all for years until one day I decided that I may as well accept my doubt and just get on with it. I keep my doubts alive, I don't try to dismiss them. I try to express and uncover the truth of them when they are 'up' in me. And I keep going. I figure, that if I am growing in truth, and if it is all bullshit - all just a product of my negative state, then if I ever finish my healing, I will know. And as I haven't as yet finished my healing, I'm still waiting to know.

Doubts are the big killer for most people when they first start out. To doubt they are speaking with a spirit, to doubt the spirit is how it says it is, to doubt what it says. And yet all such doubts are good and necessary for you have to get into them, into understanding why you have them, all of which will help you see more truth about your relationships with your parents and family; which in turn will help you heal all relationship problems, so your relationship with yourself will become more self-loving, in turn benefiting your relationships with everyone, including your spirit friends.

Doubts are not to be dismissed, neither are any bad feelings for that matter. They are all to be accepted fully, expressed - spoken about (even with your spirit friend), and the truth of them sought.

When I have helped people speak or write with spirits the most they doubt is that they *are* doing it, because it's so easy to do. They can't believe it is so easy - that *they* can actually do it. They believe it's their own mind - themselves - just making it up. But it's not.

Spirit - friends.

Certainly confide all your feelings, and most importantly your bad ones, with your spirit friend

or friends. In spirit the Celestial spirits descend to be 'healing-friends' to the lower Divine Love spirits, and so they can be the same 'friend' to you.

We all need someone to speak all we feel to, this being most important if you are wanting to do your feeling- or soul-healing, however not everyone might have such a person or persons in their life, so having a spirit friend can come in very handy.

Having an 'invisible friend' can be a great comfort, especially if your family and life seem against you. They have comforted me a lot. I have only ever felt love and acceptance from them, something I have very needed.

Types of spirit communication.

I've only witnessed a few types, and now I only speak in my mind to them and do inspirational writing. James Padgett wrote his spirit messages using what's called 'automatic writing' which not having done myself, I can only guess at what it might feel like. I imagine being able to 'put my mind aside' and then holding a pen or at the keypad allow the spirit to 'move my hand' or press the appropriate keys, all with myself looking on amazed at the whole process.

I've seen a video of a man sitting at four easels with a pencil in each hand and foot furiously drawing four separate artworks supposedly by the Great Masters. I've seen numerous people channelling spirits, from those who seem to go unconscious and 'leave' their body, to those like me consciously speaking what the spirits are impressing on their minds. And I have been with numerous clairvoyants who 'receive the messages' in their minds, then telling them to me using their own words and phrases.

And of course there are a host of other ways spirits can communicate with us, from crop circles, to performing all levels of healing from the miraculous to the mundane, from inspiring thoughts and creative ideas, giving insights - revelation, to making 'signs' - crosses in windows, blood flowing from the hands of Christ on crosses, anything usual and unusual. And there are all sorts of accounts of spirits speaking with people, with the Internet being only a few taps away.

And then there are people claiming to be all sorts of spirits, such as Jesus or Melchizedek or the new saviour, all walking about speaking and acting as if they are the real thing. Again freely available for all to see and hear through the Internet. And from what the spirits have told me, there will be many more such people claiming to be spirits, and more spirit information to be 'earthed' in the years to come.

And hopefully in time, a tonne of it earthed will be about the Divine Love, about healing our negative states, about experiences doing ones feeling- or soul-healing. Together with more true cosmic understanding and insight adding onto what The Urantia Book tells us, yet all founded in the truth of Divine Love, and not like all the untruth and misinformation coming

from natural love spirits to gullible power-seeking people about such universal affairs.

Making it public.

Not everyone wants to make their spirit communication public. But for those people who do, there may be something of a need to see what other people say about it - and fair enough.

However as far as critical comment or even praise goes, it pays to be circumspect, not necessarily having to bear all your soul.

Spirit guide?

It was always: meet your spirit guide, channel your spirit guide, speak to your spirit guide.

However what are they to guide you in when your soul is driving your life? So from my perspective, now living only focused on healing my negative state, I refer to the spirits as my 'friends'. And indeed that is what they have been to me.

Exercise: Preparing to communicate with your spirit friend.

These are questions for your consideration. If you have a physical friend, speak to them about any feelings such questions might bring up in you.

- Why do you want to speak to spirits?
- What do you hope to achieve?
- What feeling is driving your desire to communicate with them?
- What beliefs are driving our desire to communicate with them?
- Do you fear them? Are you scared to contact them? Why? Speak about ALL your fears, this part is VERY IMPORTANT!
- Do you want to do it but worry you won't be able to?
- Do you feel any restrictions or limitations - self-imposed or otherwise - on you?
- If you were told that a spirit is standing now right in front of you wanting to speak to you, what would you feel, how would act, what would you do?
- Do you fear the spirit might tell you off, be critical of you, punish you in some way for any bad things you might have done in your life?
- Would you feel better communicating with someone you knew who is now living in spirit rather than a spirit you don't know? And if you would feel better with one you do know, why?
- Do you want to speak with a Divine Love spirit or a mind spirit?
- What sort of information do you want to receive from them?
- Do you fear evil spirits interfering with you?
- Do you want them to help you with healing your negative state? Why?
- Do you want them to help you uncover the truth of yourself? Why?
- Do you just want to say hello, to see if you can do it and leave it at that; or do you want to have an ongoing relationship with them? And if so: why?
- Do you have any preconceived ideas about it, about how it might go, or about how the spirit might be? If so: what are they?
- Do you have any expectations - positive or negative?
- Do you have any idea about how you'd like to communicate with them, such as: see them, hear them, write with them...? And why this way?
- Do you think seeing spirits is better than hearing them - why?
- Do you want them to tell you about your future - why?
- Where is your ego in it all, can you admit that you want to be the great one, if indeed you do?

If you do sincerely want to grow in truth and heal your self-denying state, then I can't stress enough how important it is to speak about all such things, to speak about ALL your feelings and thoughts - and the more the better.

Don't be in any rush to complete this exercise before you can move on, it's not about that. See

if you can honestly speak about anything such questions inspire in you, and all that happens as you are speaking about such things. It's all about self-discovery and speaking with spirits, no matter what else you might think, or want to think it is about, is only still to help you with your personal journey of truth ascension.

You can do the other exercises whilst working on these questions.

And don't just read down the list answering them quickly in your head, for that won't do anything for you. Speak to someone about them if you can - even try to write what you think and feel. And if you can't, speak to your spirit friend. And definitely speak to the Mother and Father.

Exercise: Meeting your spirit friend.

Draw on a piece of paper a stick-figure.

Then if you can, have someone else read the questions below to you quite quickly, not allowing you to have any time to think about them, all so you can just do what you instantly feel to do regarding the figure. Annotate and draw on the figure the first thing that comes into your mind. For example, the question is: what colour is your spirit friends hair (you are going to ask them and they are going to tell you), is it: dark, fair, brown, blonde, black, red, and you just answer the one that 'feels' right, slowly building a picture of what your spirit friend looks like. So remember, take the first word that comes into your mind even if it sounds stupid.

If you don't have a friend to help you, then you can imagine a spirit friend being with you and ask them the questions. And if you don't feel too self-conscious, ask the questions and speak the answers out loud.

Questions:

Write or draw your answers on your sick-figure.

Is your spirit friend:

- masculine or feminine?
- Hair: dark, fair, brown, blonde, black, red; long or short; curly or straight, up in bun...
- Is she or he wearing anything on their head: hat, feathers, scarf, combs - colour of such things.
- Age: old, middle-aged, young, child.
- Is he or she a relative or family member - do you know him or her?
- Eye colour: green, grey, brown, black, red, pink, blue, orange, yellow - other?
- Face: moustache, beard, clean-shaven, make-up, lipstick - colour, eye-liner...
- Tall, medium, short, strong, delicate, angelic, warrior, cosmopolitan, modern, ancient, professional...
- What clothes is she or he wearing and what colours are they. Starting with the top: formal, informal, shirt, tie, coat, naked, gown, suit, sari, belt, pants, jeans, dress, skirt, shoes, heels, flat, boots...
- Now go back and reappraise the whole image, ask: is there anything else to add?
- Now ask your spirit friend to hold out something in his or her hand for you to see, write or draw what it is - don't think about it, take whatever first comes into your mind, even if silly. Then take the next thing, and the next if indeed things come - see what you feel about them, do you think they are true or just things you're creating with your mind.
- Now ask your spirit friend to impress something on your mind, draw or write whatever

it is.

- Now ask spirit friend to give you a word for you to think about in reference to your spiritual growth. If you don't get the word, ask your spirit friend to spell it: first letter, next, next...

Exercise: To help see if you can see your spirit friend.

Draw another stick-figure as in the last exercise.

And this time ask another spirit friend by using your mind - just imagine one is listening to you - to come and stand in front of you, as if you can see them. Then 'looking' at them, go through the questions again. You might find you can easily 'see' them, or you might see something of an imaginary person, or vision or picture of them in your minds-eye. It is with your inner sight that you can perceive them. If you don't see anything at all, don't worry about it. Not everyone can 'see', and those who can see, to different levels involving different levels of clarity. Just do what's easiest for you. Everyone can 'hear' them, if they allow themselves to.

Exercise: Inspirational writing.

As with any writing with spirits, what helped me enormously to begin with, was to have a ready list of questions. I'd jot them down during the day, finding that putting them on paper was infinitely more useful than just keeping the list in my head. It was all very well having a good long list of questions in my mind, however when I was 'in tune' with the spirits, my mind would go blank, and as hard as I would try, I just couldn't summons up my list. So having the questions written down avoided this blankness.

When composing your list of questions try to make them as personal as you can.

You may not need a list of questions, particularly once you find you can communicate with spirits, preferring instead to just engage them as you would a physical friend in conversation.

The idea is to have no expectations at all - easy to say, hard to do. If you want to expect anything, expect the worst - that you won't be able to do it, that it's not going to happen for you. And if you have any fears or worries, like you won't be able to do it, bring them all up and out, speaking about them as much as you can. And if you don't have anyone to speak to them about, then speak to God or your spirit friend about them or write about them.

Here's a list of the sort of questions I might ask when first meeting my spirit friend. It's an introduction, meeting the spirit (person) for the first time - an introduction, as in any meeting and wanting to get to know the spirit or other person.

So assume your spirit friend is with you and listening, or you can ask for them to come and be with you, and then with our list at the ready, simply write the first words that come into your mind in answer to your questions. And don't be afraid to play around with yourself and your spirit friend, helping yourself become more familiar with how your mind works under such circumstances.

Initially just concentrate on writing the first word that comes into your mind, then the next, then the next, then the next... Or, if you have difficulty, even the first letter, ask your spirit friend to spell the word for you.

Here are some more of my questions:

- Are you my spirit friend?
- What is your name? Can you please spell it? What is the first letter, the next, the next...
- Is this your name you used on Earth or the name you use in spirit - or are they both the same?

- Is it the name you'd like me to call you by?
- Are you aware of my life, of all I have been through?
- Would you be willing to help me with my growth of truth?
- Would you be willing to help me to understand more about myself?
- Would you be willing to help me heal my negative state?
- Would you be willing to help me further my negative state?
- Will you be willing to answer all of my questions?
- Will you be willing to tell me about yourself?
- Are you living with the Divine Love?
- Are you doing your healing?
- Have you done your healing?
- Are you living in the mansion worlds? Mansion worlds of Divine Love?
- Are you living in the Celestial spheres?
- Have you been living there long? How many years?
- Have you been in spirit long?
- When did you die - date? What day was it?
- Where did you live when you were on Earth? Country? Town/city?
- What did you do for a living?
- How did you die? What did you die of?
- Were you an only child? Where your brothers or sisters older or younger than you?
- Did you love your parents? Do you love them now?
- What was your healing like?
- Was it hard?
- Did you enjoy it?
- What was one thing you can tell me you got out of it?
- Have you met your soul-mate?
- Do you live together?
- Would you mind telling me some day about it: how you met and what it's been like getting to know each other?
- Do you live alone (with your soul-mate) or with other spirits, couples?
- Are you part of a soul-group?
- Have you come to me today because I have asked you to, or are you with me a lot of the time?
- Why specifically did you come to me today?
- Do we have a link?
- Were you told I needed a friend and so volunteered to be that friend to me?
- Will you be freely available for me to speak with you any time?

As you can see, most of the questions to begin with I have tried to frame as requiring only a yes or no answer. To have lots of such questions, and to run through them quickly, will help you to get a 'feel' for it, for all you 'hear', and to experience the words coming into your mind.

And as far as 'hearing' your spirit friend goes, I don't actually hear words in my head as if it's another person speaking to me, I just sort of sense or become aware of the words being in my mind with an energy about them making me want to write or speak them. And often I will have one word going around in my head and no other words will come until I have opened my mouth to say that first word or written it. Then it's like the flood gate opens and on other words flow.

You may also become aware of, and it will certainly come with more practice and familiarity, your mind jumping in with its own words. Often in the beginning I would have to allow it to have its say before the real word being inspired by the spirit was 'allowed' to come. I find that if I try to speak with the spirits just in my mind without writing or speaking, the energy tends to build up often spinning my mind out, so I get the first few words or sentences okay, but then it's all too much for my mind and it goes into a sort of uncontrolled race, firing masses of questions at the spirit, jumping all over the place, one subject to the other, until I have to end it. I do think I have a very undisciplined mind - which of course is all thanks to my mother being always so frantic about everything.

Exercise: Inspirational writing - other questions focusing more on the spirit itself. Also some of the questions can lead to longer answers.

- What do you look like, can you describe your looks starting with your hair?
- Is your hair colour the same as it was on Earth?
- What style is it in? Why do you keep it that way?
- What about your body, is it as it was when you died?
- Do you exercise - do you need to keep fit, to keep your spirit body toned and in shape?
- What colour skin do you have? Do all spirits have the same colour skin?
- Do you wear make-up, or do anything to add to your looks?
- Do you look better than you did when on Earth?
- Would you say you are good-looking, pretty, ugly, not too bad - what?
- What clothes are you wearing? Why those?
- Do you eat... go to the toilet... drink... sleep...?
- Do you have sex?
- What is your spirit body like - does it have all the openings our physical one does? Can you touch it, can other spirits touch it? What does it feel like to touch?

Exercise: Inspirational writing - start to ask questions that require longer answers so you can get a feel for the flow of words and inspiration. And interact - converse - with your spirit friend, run with it, ask other questions inspired by their answers. You might like to pick a subject, about anything and preferably one you know little about, so you won't condition, interfere or influence the messages as much with your mind, beliefs and pre-conceived ideas.

For example:

So your name is....?

Mark.

Mark, why have you come to me today being my friend?

I have come James to help you with these exercises.

To help me to write this course?

Yes.

Are there always spirits helping me with what I write?

There are, however only if you require such help - if you directly ask us for it - will we make ourselves known to you, like I am now.

Is there anything else you'd like to say to the reader who might be trying this for the first time?

Simply to do it all with your feelings. That is the key to it all - that is the key to everything. And so far as your asking us questions, that is a big help to us. Often we can't just come forward telling you things about yourself, or ourselves, or life in general. We need you to lead, we mostly wait for your lead. You are the one seeking our help, so we are here for you. We don't want to impose ourselves on you, we don't want to take over, we don't want to say to you: write this, then going on to make you write whatever it is we want to say. A lot of people would like us to do this for them, however we Divine Love spirits will not interfere with your will in any way, for that you would be well advised to seek the counsel and control of mind spirits, and I'm sure they'd be more than happy to comply with your wishes, telling you how you should live your life. We won't tell you how to live your life, that is for you to find out for yourself as you grow in truth. We will only be your friend helping you to become self-revealing, this being that you uncover the truth of yourself for yourself all through your feelings. There, how was that James - to your liking?

Yes, thank you Mark, very much so. I always learn more from what your spirits say.

That's the whole point of our interaction with you. There is always a sharing and passing on of truth, understanding and help as we live and grow in truth in the spirit worlds. We all need help, we all need each other, we all need relationships.

What colour is your hair Mark?

It's dark brown. That is how I like to have it. We can of course change it using our minds and many spirits do, however we also have our natural colour which our soul maintains if we don't interfere with it using our minds.

And it doesn't grow - right?

No. It's always the same, however we do sometimes style it.

And you don't get bored with it, always staying the same?

No James, it's not like that. As you grow in truth you are also growing in light, which means you are becoming progressively a brighter spirit, which means you are progressively feeling better and better about yourself, and so how you look. It's as if you do change your looks by changing your spirit light, even though your actual looks don't alter. And other spirits can see this change, it being most noticeable when you haven't seen someone for some time and they have made good progress - they all but look like a different person - spirit. And people on Earth will be able to 'see' this 'light' as they grow in truth, just as you can see people get 'darker' as they move deeper into their negative states. Is there anything else I can help you with James?

No Mark, thank you.

See you then, nice speaking with you.

It's taken me years to get to this point being able to write so easily and conversationally with spirits. It simply never occurred to me to do so, because relationships - how to communicate easily and freely in them, weren't a part of my upbringing. I missed the whole point about life, that it *is* only about relationships and the experiences coming from them, all to help us grow in the truth of ourselves. I laboured on trying to receive the higher truths, wanting to know always the bigger impersonal picture, without any interest in the smaller personal one. So gradually I'm coming back to where I am starting you off in this course - back to simply two personalities meeting and have a chat about things - about anything.

What if it's easy for you to see and hear spirits?

Then you won't be needing these basic exercises to help you. From experiences I've had, particularly with young girls who can easily see and hear spirits, it's been all too much for them, to have this 'other world' that never sleeps, always in their head. Often the spirits have

been too pushy, always wanting to communicate, becoming something of a problem rather than a joy, all of which then brings lots of fear concerning how to 'turn them off'.

If you happen to be such a person, or someone who does easily communicate with spirits yet hasn't embraced wholly the Divine Love, I would suggest this as a means of helping yourself understand what you can do, where you can go with it all, and how it will be best for you. By asking for help from Celestial spirits, bearing in mind they might only help you if you are longing for the Divine Love, will bring more control and working reality to you. All to help you in the end, to do your healing.

Were someone to ask me what can they do about the spirits always in their head, yet they don't want to embrace the Divine Love or consider doing their soul-healing, then I would suggest the doing of their feeling-healing might help them. Or try using other mind controlling techniques, bearing in mind they will also serve to further your entrapment in your negative state.

Exercise: Automatic writing.

You might like to give it a go. As I said, I don't really know about it, not having experienced it myself or seen anyone doing it, however I imagine it might go something like this.

Prepare your list of questions.

Then ask your spirit friend to come and 'take over' your hand or hands if you're typing. Then in your mind, sort of 'give over to them'. This part I don't know how it would feel, however the idea is, so I imagine, that you somehow give up control of actually writing allowing them to 'move you'. So you might feel your hand want to write a letter, or type one, so allow it to, go with it, yet without you consciously trying to guess it or have any control (or as little control as possible in it). It's as if you're sitting back watching - as a passive observer - your hand move or type, seemingly of its own accord.

It may be slow going to begin with, however I imagine that with practice you'd get faster.

The only drawback with this way of doing it, is I imagine, that you're not actually directly involved in the experience unlike with inspirational writing, yet this too can be a positive, as it may mean your mind interferes less with what is written, making it more true to what the spirit would write itself.

Exercise: Channelling.

This is speaking out loud what your spirit friend is telling you. There are three different ways to do it. You will need someone with you to help, and of course to speak to.

a). The spirit telling you things - ‘messages’ - and you putting them in your own way telling the person with you. (This is not really direct channelling.)

Prepare your list of questions. Your physical friend will ask your spirit friend via or ‘through’ you.

Sit comfortably, relax, and tell you spirit friend what you’d like to do with it: for he or she to tell you the answers to the questions, which you will ‘hear’ in your mind, and then frame into your own words telling your physical friend.

When you are ready, have your physical friend ask you - who will ask your spirit friend - your questions. You probably don’t have to actually ask your spirit friend the questions yourself as your spirit friend will hear your physical friend knowing he or she is being asked such questions; or, simply have your physical friend directly address your spirit one. So all you will have to do is ‘listen’ to the answers coming into your mind.

Then listen to the answers and tell them to your physical friend in your own words.

To begin with try to make your questions yes/no answers. Then when you get used to it, you’ll be able to receive more from your spirit friend. A long answer you may have to tell your physical friend in parts, or listen to the whole thing from your spirit friend and then put it all in your own words once you get the drift.

You’ll find, particularly if you’re receptive to pictures in your mind, that you’ll receive more information than just words. This may be too overwhelming to begin with, as they can come very fast and a lot of them. So if it is too much, ask your spirit friend to slow down and use just words until you get more used to it. Don’t be afraid to ask for what you want. And take it slowly until you’re more familiar with it all. One can easily get very excited and carried away with all the ‘light’. The light is very ‘bright’ and intense, even if you can’t see it, so respect yourself by respecting it.

Also encourage your physical friend to ask his or her own questions of the spirit ‘via’ you, once you get going. You too can ask the spirit questions using your own mind when the spirit is ‘on line’ in your mind.

You may find that listening to the spirit is easy, and you can easily put what it’s saying into your own words; or you might find it’s easy to ‘hear’ your spirit, but too much information

comes too fast, there's too much light and pictures flooding into your mind, in which case you may feel it easier to just allow your spirit friend to speak directly its answers through you. This being the next exercise.

b). Channelling the spirit directly. Conscious spirit channelling.

With your physical friend asking questions and conversing with the spirit, just relax allowing the words to come into your mind. Focus on just speaking the first word that comes, and then the next and so on. All you need do is concentrate on articulating the words that come into your mind - just trying to get the words out, and not doing anything more.

If your mind gets in the way you'll feel or sense the words it makes up as being somewhat duller in light, or 'flatter', sort of one-dimensional, whereas the spirits inspired words will be stronger, 'brighter', fuller, more dimensional.

As you speak you are using your mind and will fully involved in the experience so it might seem like it's only some part of your mind making things up, as the words and phrases you're saying will be similar if not the same as how you usually speak, however with practice you will perceive 'another presence' involved.

If you find this conscious channelling of spirits easy to do, bear in mind that they will be of a much higher light and energy than you, which will prop you up as you speak what they are impressing on your mind to say, however once you stop, once the 'light goes off' you may feel rather drained and even a slight depressed feeling as you come back to yourself. So because of this, if you find it's easy and you get on a role channelling away, you might want to limit your time doing it, say ten to fifteen minutes to begin with, until you get more used to it developing more stamina.

I found this channelling very easy to do, particularly if another person was asking the spirit questions. It was more difficult if I just 'gave over' allowing the spirit to speak or 'channel' to someone through me.

c). Unconscious spirit channelling.

Once again I haven't done this but I have seen many unconscious channellers. Again I am only guessing what it might be like to do, however if it appeals to you, 'if you are that way inclined' you might find yourself naturally doing it.

What happens - I think - is somehow you move your consciousness 'aside', you sort of 'zone out' and sit on the fence allowing the spirit to 'take over' or 'possess' your body, speaking through you. Some people from what I gather all but go to sleep, so are mostly unaware of all the spirit is actually saying through them, having to listen to a recording afterwards.

I was too stubborn wanting to retain too much control to give over, and I'm probably too scared to. The energy of spirits, no matter how strong it was - and it was very strong and intense at times, the angels even more so - I could deal with in my conscious state. I loved it all, feeling the rush of light, the words wanting to race out of me. I felt I could and wanted to stay in control - I wanted to be involved in it all, often asking questions of the spirit with my mind as it was channelling through me to someone else.

The upside to this method is again there is little interference from your mind so a more 'pure' channel can be opened.

The downside is, I think it's very stressful and not something I'd want to subject my body and mind to. However, were I to do it, I'd much rather be channelling very refined and full-of-truth Celestial spirits that would have my interests at heart, rather than very unrefined, low-in-truth, mind spirits that are only out for themselves, this being the spirits I have witnessed. I have not witnessed an unconscious channeller channelling Celestial spirits, and for all I know, Celestial spirits might not even engage in such things. I could I guess ask them, which I shall do now:

Mark, would a Celestial spirit engage in unconscious channelling?

Yes, I don't see why not. I can't speak for every Celestial spirit, however if it were what the person was requiring experiences so as to further their growth of truth and to help them in some way express more of their bad feelings, I don't see why not. However if the person was only wishing to expand their negative state, using us to gain power and control via this method, then we wouldn't be interested in it - or the person for that matter. That is unless we were instructed by higher spirits to do so, such as Mary and Jesus, as they would know it was still in the best interests of all involved.

Thank you Mark.

Further downside to this method of channelling I have observed, which may my completely my subjective judgement, is that such mediums tend to be overweight, or gain in weight, which I think is a result of their having to 'ground' themselves, having to deal with all the unnatural energy, mostly all the dross from lower mind spirits. However this dross wouldn't 'gum-up' ones aura if Celestials were involved. Celestial spirits light being so refined might actually have the opposite effect.

This way of channelling, to allow another spirit to 'take over your body' I find very unnatural, it's more than just mental telepathic communication. And I would want to ask myself were I interested in it: why do I want to put myself aside giving over to another, which would then bring up all such issues about being overpowered and controlled by my parents.

The people I've seen doing this consider themselves on an ego level to be superior, being able to do such an 'incredible' thing, however I tend to think it's all rather sad, if that's how one

needs to gain power.

However, having said such things, perhaps it may just happen easily to you, the intensity of connecting with a spirit simply puts you straight into this 'unconscious' state, and if that's so, then I would gently explore it, always mindful of, and to speak about, what I felt about it, during and after. And if I felt bad in any way, to make sure I honoured such bad feelings, speaking immediately about them, seeking their truth. And if it wasn't right for me to do, then my bad feelings would soon show me.

This method of channelling to the observer can indeed be very impressive with the person in the 'trance' seeming to take on characteristics of the spirit.

Spirit communication in meditation.

I used to love sitting in meditation or prayer for the Divine Love, and when the Love was flowing into my soul, talk to the spirits. I was hopeless at just having 'peaceful' meditations or prayers. And often in the groups I held in the early days with the Divine Love, I'd consciously channel any number of spirits or universal personalities. I'd get the scroll out as my brother used to say, probably boring those sitting in the circle, as the spirits droned on and on imparting the 'good word'.

I found it easier to speak with spirits during meditation, and even more so in a group meditation, as the energy was stronger, sort of helping to 'raise me up' to a higher or deeper level. Yet as the years have progressed my mind has changed along with my 'vibration', so it's now easier to speak to the spirits or the Mother and Father without needing to 'go into meditation or prayer'. I no longer need to use meditation to 'tune in', as my brother and I affectionately called it. I guess now I'm just always tuned in.

However the further I grow in truth and the more I progress in my healing, the less I feel the need or desire to speak mentally with spirits, and I no longer channel them. I get more than enough fulfilment out of writing with them, even though this too has lessened over the years. I am more concerned with myself, my life - my relationship - here and now with Marion in the present moment, rather than being off somewhere else in my mind speaking with strangers. I had to ask myself: well, who am I having a relationship with - Marion or unseen spirit people. Do I want to spend all my time speaking with her, or with people I can't see? It almost got to the point where I was having secret affairs with these other 'people'.

Speaking with the Mother and Father.

We can speak directly with our Heavenly Mother and Father via what is called our Indwelling Spirit (which you can read about in *The Urantia Book*).

Anyway, irrespective of the ‘Spirit that dwells within’ you can speak to God, and just as easily as you can speak with spirits.

I do find it amazing that so few people who supposedly speak with spirits and are partaking of the Divine Love, don’t speak directly with God, as I would have thought it be a most logical thing to do. Many people do of course speak to God, but don’t engage God in conversation.

I speak with the Mother and Father, together or singularly, whenever I feel like it. I find it difficult to hold a conversation any longer than a few sentences, as always what They say to me affects me too much, blowing my concentration, and making me have to stop and think and feel more about what They said. I don’t speak to Them as often as I used to (I no longer need to run to Them hiding from my bad feelings, always wanting Them to give me the answers reassuring me everything would be all right), however through my healing years it’s become easier to do so, as with the spirits.

If you want to have a go at speaking or writing with God, I’d suggest directing your list of questions at either the Mother or Father, gaining confidence as you ‘feel’ and perceive the difference between Them. Try also asking the same questions of Them both so you can get a feel for Their different personalities.

You can also try channelling God, just doing the same as with spirits, only addressing your questions to the Mother and Father.

You may also find that wanting to speak with Them, or actually speaking with Them, raises other bad feelings in you, fears, anger perhaps - even guilt, all of which will need to be accepted and brought out into the open just as with any bad feelings, and all whilst longing for the truth of them.

If you are intent on ending your evil state, then all you do with the Mother and Father will be to this end. If you are intent on continuing it, then all They will say and do with you, will be to further your advancement in it.

And when speaking to Them, speak as you would to a friend, as you would to your *mother* and *father* (assuming your parents were your friend), you don’t have to speak in a certain way ‘because it’s God’, or say your prayers correctly. That’s all just the rubbish we’ve invented to keep God at arm’s length. Always just be yourself and say what you think and feel, even if you’re really angry and pissed-off with Them, wanting to yell at Them, telling Them how

unloving They are by subjecting you to your negative condition. It's much better not being 'nice' and 'loving' - as so many people - even many partaking of the Divine Love think is the right way to be - if you don't feel nice and loving. Be true to yourself even if you believe it's wrong being negative or angry, and make sure you tell God and your physical friend or spirit ones, ALL YOU FEEL.

Speaking with angels.

And why not, give it a go. We all have angels assigned to help us, to do for us whatever it is angels do for us.

And you can use all of the above methods in trying to communicate with your angelic-pair.

I find their energy very light and fast and refined more than the spirits or the Mother and Father. When I've channelled some of them I've felt like I'm 'blasting out' the energy they are filling me with as we communicate. And all the spirits, angels, nature spirits, and even the Mother and Father, have a sense of humour - do don't be afraid to have fun.

Speaking with nature spirits.

Don't forget the 'Little People of Light'. Whatever you might call them: fairies, elves, gumnut babies, dryads, devas, elementals, Little Folk, they are always around us, especially in anything to do with nature.

Verna is the main nature spirit I speak with, she being extremely knowledgeable about most things, and has helped me with my healing just as much as any of the other spirits.

The nature spirits love to take on the guise of us, mimicking us, dressing and behaving as we might, or as some human that has taken their fancy. They are sort of little angels, beings indigenous to Earth but living in their own Earth-plane, that which we can't go into unless invited.

To get in touch with them I'd probably ask the Mother and Father to help you do it, and then long to speak with a nature spirit. As to whether it might help you speaking with them by actually being in a more natural place - even say out in the garden, would be something for you to find out. For me, as I have made the connection with Verna, it doesn't matter.

You can apply all the above exercises to see what you feel the best with.

Speaking with other universal spirit personalities.

You may find that such higher spirits come to you. And just as with the spirits or the Mother and Father, treat them in the same way. Just be yourself.

You might not understand who they are, *The Urantia Book* may be of some help, but it's a big book and a bit intimidating for some people.

But like everything, just go with your feelings and see what evolves. We are currently moving into a new age, and one in which potentially there will be higher spirits willing and indeed wanting to communicate with various chosen people. More revelation and information of all sorts about the truth will need to be 'earthed', the next one thousand years for people seeking to do their healing and living with the Divine Love promising to be very enriching.

Speaking with Mary and Jesus.

Mary and Jesus have told me they will be speaking to certain people during the next age, they have more they want to tell humanity both about themselves personally, the truth, and their lives back when on Earth. There are still a lot of gaps to be filled in, so people will be called upon to do so.

Overall with the turning of the age, Mary and Jesus are withdrawing from being so close and personal with humanity, both on Earth and in the Divine Love mansion worlds, and even in the lower Celestial spheres.

Many people will no doubt claim to be communicating with them, or even claiming to be them reincarnated, however they will apparently only be choosing very few specific channels to 'earth' the bulk of what they still want to say.

Channelling me!

And who knows what will happen for me after I die. Perhaps I will be able to speak with people on Earth if it's a part of my life. I don't know, but I find it an interesting thought to muse over. So I might come to you, assuming that my work survives me, that being if I happen to finish my healing, and don't toss it all in the bin.

A final word.

I have loved every moment with the spirits. I have had what some people have called extreme experiences, however I have loved them all the more. I have never felt scared or angry with them, or with anything they have done to me. They have always only made it absolutely clear they are on my side.

And from all I have experienced and seen regarding people's attempts to communicate with spirits, so long as you do it all including the Divine Love and the Celestial spirits, then you'll definitely be in good hands. If you choose to do it without the Divine Love and just the mind mansion world spirits, then it's a case of 'anything goes'.