

Paul - City of Light

Paul

CITY OF LIGHT

James Moncrief

book 1
a novel

Money came easily to Paul. The family business gave him security and the challenges he needed to satisfy his career ambitions. He enjoyed his daily work, however he was pleased now to be having time off. Sitting on the wooden veranda of a rented beach-hut, he stretched out his arm accepting the offer of another cool refreshing bottle of the local brew.

Paul, Mark, William and John were mates. Together they had traversed the depth and breadth of youthful experience, and their friendship had grown to become more like that of brothers than just friends. It had been a year since they had all been able to coordinate their lives to give them this time away, and they were very happy to be spending time together once again.

Taking an exaggerated mouthful of the cool ale – Paul loved the way the bitter taste overwhelmed his senses – he swallowed, unconsciously wincing to demonstrate his manhood by being able to put away such a rugged beer with ease. The coolness of the chilled bottle and amber liquid felt very refreshing. He took another mouthful, and for a brief moment contentment seemed almost within reach.

This holiday was one he'd been really looking forward to, it being a chance to relax and re-focus his thoughts on life. He turned to look at his friends who were chatting and laughing about old memories. He loved them all very much. Inseparable in their youth, they had all gone through school and university together. However, as their lives evolved, distance and change had begun to pry their closeness apart. Relationships, new families, and careers had them in their grip. That was life though, and they were all happy, still full of ambition and with a sense of excitement for the future. This natural disbanding of the group had been easily accepted by each of them, so being together now was special and held for them a new sense of appreciation.

The tropical island atoll was their favourite retreat. Numerous times had they begun and ended holidays in this very same isolated beach bungalow. It was off-season, and except for a small number of honeymoon couples, they were quite alone. The sun shone and sparkled on the lagoon below. The sand was pure white, the sky clear blue. The tropical thunderstorms that had threatened over the past few days had not amounted to anything, so everything was wonderfully peaceful.

The beauty of this location always held a special place in Paul's heart, and with the days warm and the nights mild, and the local islanders servicing their humble needs for food and drink, the times of excess and obliteration were long gone. There was no need for them any more. It was now for them all a place of peace, quiet and relaxation. An island for a few leisurely weeks of no responsibility to unwind on. It was almost: paradise.

Re-positioning his feet on the wooden rail he pressed back into his chair and looked out to sea. The coral break kept the large ocean waves away from the lagoon, and having had their force broken, they gently lapped up on the pristine beach.

Their stay was drawing to a close.

Once again they had discussed their dream of staying on the island forever, but each knew that in reality, boredom would soon set in if they stayed too long on this tropical paradise. The peace was wonderful, a welcome punctuation in the drive to push on in life, but they all enjoyed the hustle and bustle of modern city living. It was, in many ways, fulfilling.

Paul allowed his thoughts to wander in the silence. His friends seemed to unconsciously know that this was time for himself and not to interrupt. He closed his eyes opening his senses to the surrounding environment. Gradually his thoughts turned inwards. And there it was. It always seemed to be near. Mostly in his busy life he ignored it, but occasionally in a moments peace, there it was. These weeks on the island had seemed to bring it closer to him or had he come closer to it? What was this inner call he felt that brought a slight unease to his otherwise feeling of contentment? It was a strange feeling, as if, cocooned in the heart of his peace, lived a restlessness, almost an

anxiousness, like there was something outstanding, something that needed to be done which he'd forgotten to attend to. Occasionally it seemed to well up strongly within him threatening to break out. It was as though a part of him wanted him to do something but gave no clue as to what it might be. Neither did it give him any insight into its origin or a direction he might take. It was almost like an eerie foreboding, something looming on the horizon, something that was drawing him closer to it, and yet he never seemed to get nearer. Sometimes it was annoying and he pushed it away, but today, feeling good about everything, he accepted it; drifted with it, and wondered if it could possibly lead him somewhere?

He opened his mind further to it, trying to immerse himself in it, to make it seem more real or at least bring it closer to him – bring it up within him. What was it trying to tell him? He tried hard but it slipped away, it seemed to drift off out of reach. He took a deep breath, opened his eyes and drank thirstily from his bottle. He breathed deeply again and decided to give it another go. He felt a twinge of anger rising within him; he really wanted to get to the bottom of it, to find out what it was all about. He calmed himself and for the second time turned his senses inwards scanning for the feeling. He began again by thinking and reminiscing to himself about it. Suddenly he was surprised at how familiar the feeling was now that he was applying himself to feel it. He saw clearly how it had been with him for a long time, it having come and gone with varying intensity over the years. He mused to himself how it had always seemed to be back there – somewhere – but only now, after so many years of living with it, was he beginning to really want to know what it was all about. He could see how he'd allowed, even wanted, relationships and work to block it out, but such things weren't there now and it was returning stronger than usual. And he remembered that periodically during the past he had wanted to spend more time trying to locate it with clarity within himself. He had hoped that perhaps during this holiday, away from the activities of his daily life, and in the peace and solitude some light might be shed upon this inner yearning. Occasionally in the past he had tried harder to put his finger on it, yet it had only continued to elude him. Taking another deep breath he tried to look even deeper into himself and was suddenly confronted with a definite and very strong sense of foreboding together with sharp feelings of loneliness. The hairs on his arms and the back of his neck raised themselves and he felt like a cold breeze had suddenly swept through him. And in that moment, struggling with the shock of the intensity of his feelings, he sensed that a mysterious and ominous question lay even deeper inside him, one that longed to be revealed, so it could be answered.

The onshore breeze cooled his face. Coming to his physical senses he used the effect of it to bring his attention back. Focusing back on the present while raising the bottle towards his lips, his mind for a fleeting moment took hold of the breeze and he imagined it was going to carry him away to a place; a place where an explanation of his inner longing and unrest could be found.

The afternoon moved peacefully on. The breeze had strengthened; the signal Paul had been waiting for. The others declining his invitation in favour of a few more beers, watched as he walked along the beach to enjoy his daily exercise. Everything was ready. He greeted Saul the aged boatman and smiled at the ever willing-to-help young boys. Having paid Saul, he attached his home-made tiller extension rod, put on the well-worn buoyancy vest – more out of formality than for its life saving ability – clipped on the trapeze harness, and then together they all pushed the old Hobie catamaran into the delicious blue water of the lagoon. The weathered old craft's, sun-bleached apricot coloured banana shaped hulls, floated high on the water. The boys pushed the rudders into place as Saul waded out holding the boat into the wind while Paul quickly and dextrously hopped aboard onto the trampoline and made ready. Speaking his customary, 'Good sailing', Saul pushed hard and waved him off.

Paul pulled in the mainsail and jib sheets enough to catch the wind and start moving in the direction he wanted while he hooked himself into the trapeze rig. He had considered not using the jib at all, as the wind was easily strong enough to give him a good sail, but he liked to push the old tub as fast as she'd go. Now he was ready. He pulled in hard on the mainsail sheet and set it in its cleat and then hard on the jib sheet, and setting it, braced himself against the force of the wind as it caught the sails. With a very quick burst of acceleration he was away! God, that sudden take off was always such a buzz! He truly loved this old yacht, tough and resilient as it was to the eroding effects of the sea, it had served him well. He angled harder up into the stiffening wind, pulled even harder on the mainsail sheet, causing the yacht to bite into the water and increase its speed effortlessly lifting the windward hull up and out of the water. Now for his second buzz. He pushed out with his legs on the rising hull, stretching himself out over the sea hanging by the trapeze wire. This was one of his favourite sensations. He loved leaning out, suspended above the water with his feet lightly balanced on the airborne hull, the yacht racing along, his body-weight counter-balancing the force of the wind. He felt so free.

Countless times over the years Paul had sailed this little vessel. He knew it intimately. He had spent many hours on it alone and at full stretch. Usually it required a passenger to get the best out of it, however he singly enjoyed the skill of challenging the elements. Everything seemed perfect, as the bottom hull slashed through the small lagoon waves. He was well in control and steered toward the far reef, which was a good ten-minute run.

As he relaxed, settling into his chosen course, he looked back over his shoulder toward the beach where the others were watching him from the shade of the bungalow. They acknowledged his look raising their bottles giving him their cheers of encouragement. He smiled, then returned his focus to the task at hand, enjoying his full weight being carried by the partially rusted wire. He wondered, yet again, how long it would be good for taking the strain, but decided it didn't really matter. If it broke he would only fall into the warmth of the tropical water below, which, as he well knew, would be refreshing and certainly not dangerous. Numerous times before he had been caught by a strong gust, been slow to react, ending up head first in the water as the 'cat' nose-dived. Today, however, he felt confident, his skills having been toned to perfection over the past two weeks. He sailed on, his thoughts turning inward again, another perfect opportunity to contemplate his life.

Thoughts of his girlfriend came into his mind. He had known Sasha for quite some time, and although their intimacy had only recently developed, his heart was filled with love for her. He thought about how he felt very relaxed and comfortable with her, and in no rush; no rush to drive the relationship in any particular direction, which was definitely a new experience for him. It was definitely a very different type of relationship. Out here enjoying the freedom of the lagoon he seemed to feel even closer to her: somehow bonded. His heart felt it could open as large as the whole world for her. He wanted to live his life with her. He looked forward to getting to know her better. There was plenty of time. He felt they had a special connection, it was very exciting and the future held great promise.

Initially they had known each other from a distance as family friends, but life had moved them closer together. He was missing her, and he could see her laughing in his mind's eye. The holiday had been planned well before their intimate relationship had begun to develop and he'd had no wish to cancel his plans, but still a part of him had not wanted to leave. This time with his friends had been very enjoyable, but he now longed to be back with her. His heart ached with anticipation at the thought of seeing her at the airport. Thinking of the sweet moment of reunion he let his love wander out over the sea to her. Like a message in a bottle travelling over great distances in no time,

he wondered if she could feel his love coming to her.

The romantic thoughts of new love were empowered by the beauty of the tropics. The mix of lush greens and sea blues appealed to Paul's sense of beauty and passion. He thought he would one day bring Sasha to the island. He thought again of living the rest of his life with her. It all seemed easy, as if it was, strangely, meant to be. Of course he had been swept away by new romance and passion before, only to see reality weeks or months later, yet he seemed quietly confident about Sasha. For the first time in a relationship he'd even contemplated having children... But enough of that. He stopped his vision as his inner unrest and longing returned. Back again. Was it ever going to be resolved? Was he ever going to know what it truly meant? 'What is it?' he yelled out in his mind over the sea. 'Why are you always there, lurking in the background, unseen and waiting to unbalance me? What do you want? What are you?' And now, worst of all, it felt like it needed to be dealt with before the rest of his wonderful life with Sasha could begin in earnest. What really is it? He wondered again. He had hoped that resolution would have come by the end of his holiday. 'What on earth is it?' he said, muttering the words to the wind, 'What do I have to do...?'

The sea was choppier closer to the reef. Sea spray periodically splashed up almost high enough to reach him. Tropical sailing was friendlier to the sensitivities of the body compared to the icy waters closer to his home. Nearing his destination, Paul prepared himself to go about. The catamaran decelerated, started to turn, and as the breeze left the sails, he swung in. He released the sheets, unhooked his harness and ducked under the boom; re-hooked then waited for the heavy old yacht to complete its turn and re-engage the wind. The wind struck. He pulled in hard on the sheets and rode up on the hull as it climbed out of the water. Re-positioning himself he steered for the now distant bungalow, and with a few minor adjustments the familiar reassuring rippling noise of the water below told him all was set and sailing sweetly.

Halfway back across the lagoon, Paul thought he'd tempt fate a little. Having done so many times before, he slowly inched his feet forward along the upper hull toward the bow. This had the effect of moving his weight forward, causing the leading bottom hull to dip slightly under the water. It was a game they would play with each other. The crewman would ease forward teasing the yacht to nose dive. It was a game of cat and mouse. If his weight went too far forward the hull would instantly bury itself, diving nose first under the water. It would go deep unable to raise itself out. This brought about an instant cartwheel, the 'cat' diving deep, turning front end over, throwing off its commanders who'd be catapulted through the air, crashing into the water. When this happened it was another rush of exhilaration, this time indulging in the joy of being completely out of control. A wipe out as such with two, was easy to amend, but was more difficult with only one. To right the yacht from that position took a little longer and required a bit more effort. And there always seemed something final about seeing the 'cat' turn completely upside down, with the mast and sails pointing towards the sandy sea floor and the two hulls, like strange shaped buoys, marking its position. Paul played the game with himself, flirting with the danger of this potential outcome. How deep could he edge the hull under the water without it nose-diving and turning 'turtle'?

He was nearing the end of his journey, having remained upright, and was feeling pleased with himself in his conquest of the elements. Mark, John, Willy and Saul were all standing in the shallows awaiting his return. They knew what he was doing and were joking amongst themselves as to whether he could last the distance, or would be thrown off. With beers in hand, none of them looked ready to swim out and help him if he did up-turn her!

He was heading straight for them. Time for one last burying of the hull, he thought, as he again inched forward. The lagoon was still relatively deep right up close to the beach. Usually he'd show off by arriving perfectly in tact, easing back and sailing the yacht gently up onto the sand. But not this time! Ah, what the hell! He might not be able to sail again before he left the island. He pulled harder on the sheets and took a big step forward committing himself to a spectacular arrival. There

was no going back. He quickly flicked the sheets hoping to nucleate them; the hull dived deep. Paul prepared himself for his airy ascent and undignified landing. As he felt his feet begin to lift off the hull, he unhooked the harness clip as it slackened and made ready to be completely airborne. And up he went! With a final salute to his friends and seeing the smiles on their faces, he prepared to crash-dive into the water. But all was not right. Looking below he saw the 'cat' had turned. Unusual, occasionally it happened, and it presented a problem. His landing-pad was to be something quite a lot harder than water! The sail and mast had now crashed over and lay below him. He tensed himself ready for impact. Crunch! The others watching the spectacle unconsciously ducked down a little wincing in sympathy. They had all at one time or another been in a similar situation.

Paul crashed into the sails with a thud. Salty water splashed up in his face, then came the pain! His head throbbed with a heavy dull ache. Oh, shit! He thought, I've hit the mast! The thud resonated like a shock wave through his whole body. He tried to lift himself by pushing up off the mainsail, however it sank deeper into the water under his weight. The 'cat' was turning turtle. The pain in his head was now excruciating. He was beginning to feel nauseous. His whole body seemed so weak, and suddenly it wasn't responding to his commands. He could feel the stability of the sail dropping out from underneath him, and knew he had to swim to keep his head above water but all his strength was quickly draining out of him. The buoyancy vest was useless. He couldn't do anything. He felt utterly helpless. So tired. He thought he would just have to relax until his energy came back. Instinctively he took a deep gasp of breath and held it as his head slowly went under water. Blackness was closing in all around, his eyes still tightly closed from the pain. In a blur of confusion, he thought the air in his lungs would bob him on the surface giving him time until the others came to help, but he could still feel himself sinking, as if he was being pulled down by something in the water. A picture flashed into his head; his foot was caught in the mast rigging, and the mast was sinking! He was going down with it! He tried to kick his foot free, but he felt trapped in a nightmare of powerlessness! His lungs were aching for more air. He was trying with all his might to resist opening his mouth. In his head he was screaming out for help. Fear suddenly loomed up at him. Everything was so black, as if the end was near, and he felt himself fading from consciousness. The pain was all around and with no strength left, all he could do was surrender to it; it had complete control over him. So this is it! He thought, as he felt himself being consumed by it. Succumbing to the anaesthetic of death as it swept over him, his body suddenly felt warm and he no longer felt any fear. The darkness seemed somehow welcoming now, inviting him out of the pain. Saying good-bye to Sasha he accepted its invitation, surrendering further to its will. His mind spoke of its own accord, *I am yours, I give in, I'm done for... it's all over...!*

DAY 1

‘Light... Light! There’s light, I can see it! I must go to it... It’s calling me... I can feel it pulling me toward it... Relax, let go... So peaceful, loving, reassuring and warm. It feels good. It’s carrying me along. There’s no pain. It’s welcoming me, I can breathe... I can breathe! I’m still alive! Light... I see the light!’

‘Relax Paul, you will be all right,’ came a voice out of the light. He could do nothing else, feeling quite detached from all the senses of his body. It was as though they were functioning of their own accord. ‘Allow your eyes to adjust themselves.’ More words echoed through the light. Slowly feelings began to return. Paul felt like he was lying on a solid, firm board. Thoughts returned, my head! Hadn’t I hurt it?

‘It will be all right, Paul,’ the soothing woman’s voice spoke again, ‘the doctor has seen to it and it is fine’. Amazingly he felt no pain, and the words were reassuring. The light was still very bright, and seemed to come from all about him with no origin, somewhat similar to the blazing effect of sunlight suddenly hitting eyes accustomed to being in darkness. He felt as if he was awakening from a deep sleep with the darkness of night suddenly switched into the brilliance of daylight. A faint sense of sight now seemed to be returning. Straining to see and focus was exhausting and he had to relax again. He realised he had to be patient. He gave up trying to see.

‘That’s it, you’re almost there, only a little longer Paul, relax,’ again spoke the comforting voice. Suddenly Paul felt the palm of a hand gently covering his closed eyes. It startled him. It felt cool and feminine, like the voice. ‘This process of re-awakening can take a little time, and even once your eyes are fully adjusted you will have to lie quietly until the final adjustments are made.’ Her palm on his head had the instant effect of helping him to relax. Her voice continued, ‘I am your nurse for the present. My name is Zeta.’

Zeta slowly raised her hand from Paul’s head. His eyes had adjusted sufficiently to see the palm of it as she pulled away. As Paul looked up at her she smiled, ‘Welcome Paul, you had a very serious accident but now you are fine.’

Memories of his struggle in the water, the moments before he blacked out, flooded back into his mind. ‘I can’t remember anything after I blacked out’, he murmured, ‘what happened to me?’ ‘You nearly drowned Paul. The blow to your head knocked you unconscious. Your friends swam to your aid, rescuing you just before you drowned.’

Panic suddenly swept through him. He gasped for breath just as he had done in those final moments. Shock again threatened to overwhelm him. Zeta returned her hand to his forehead. ‘You’re okay, you *nearly* died, your Earth life is not over yet. But you’re here now as if you *have* died.’ Paul was confused and gasped in reply, ‘What do you mean?’

‘You have lived a full ‘death and reawakening’ experience. You are now here in this world of spirit, but complete disengagement from your earthly physical body has not occurred. It’s being well cared for back on Earth in its comatose state.’

‘Spirit?’

‘Yes, Heaven.’

‘Heaven! Is this some sort of joke?’ Paul exclaimed, suddenly seized with fear and anger rushing uncontrollably to his defence, ‘What do you mean, “Heaven”?’

‘No Paul, it’s not a joke, it’s the truth. After you’ve rested a while longer I’ll show you, and explain everything to you; you’ll be able to see for yourself.’ Then holding some pills out toward him, Zeta continued, ‘I know this is all a terrible shock for you but it has to be done this way. Swallow these, they’ll help you rest.’

Overcome by the whole situation, his mind suddenly numb, Paul unquestioningly took the pills and as Zeta helped him up, he swallowed them with water. He lay back. He was still weak and could do nothing to resist the heaviness that almost instantly overcame him. This time a feeling of warmth and security accompanied the returning darkness helping his fear and anger to abate. He gave in to it. It was very soothing. I must be having some weird dream, he thought. Surely this must all be some sort of joke. How long have I been lying here...?

‘Paul, it’s time to wake up now,’ Zeta said as she gently rocked him trying to bring him round. His eyes slowly opened and moved easily into focus. ‘It’s time for you to wake up now, we have things to do.’

Looking around the room, he saw it was small. Simple primitive art was hanging on the walls. There was no furniture other than his bed and a wooden chair against the far wall. He could clearly remember his accident. He felt no fear. He thought he must be in hospital. He vaguely remembered having some sort of strange dream. He remembered Zeta’s comforting voice.

Zeta stood beside him dressed in light blue jeans and matching shirt. With her blonde hair pulled back and her full smile and gentle blue eyes encouraging him to get up, he started to rise from the bed, his body responding easily, and with no sign of pain. He felt wonderfully refreshed from his sleep. She motioned for him to dress as she turned to walk away and said, ‘I’ll be outside.’

‘Heaven?’ he mumbled as it came back to him, ‘She said I was in heaven. Oh yeah, that’s right, it’s a joke, they’re probably all waiting outside. Heaven, spirit world, was she really serious?’ Paul automatically dressed himself in the clothes that lay over the end of his bed, his thoughts still somewhat jumbled. They fitted him reasonably well but he thought to himself that they were not what he would have chosen.

As he opened the door of the room, Zeta smiled beckoning him to follow her. She was alone. They walked down the long corridor and passed many doors like the one he’d come out from; past a big open reception area, and out through large revolving glass doors into the light of day. Walking down the street and across the road, they passed numerous buildings and shops. There was quite a throng of people going about their daily business. The city was unfamiliar to Paul and the pace Zeta was walking didn’t allow him to ask her any questions. He struggled to keep up as they wove their way through the narrow side streets. ‘Where are we going?’ he called out, but failed to capture her attention. This is all so strange, he thought to himself, where am I? ‘Heaven,’ he muttered under his breath answering his own question.

Finally Zeta stopped at a door to a building. Turning to Paul as he caught up to her, she said, ‘This is your residence for the duration of your stay.’ Zeta pushed open the door and ascended the stairs. They walked up two flights and in through the doorway of an apartment. The main room was large and bright, and colourful rugs of various designs were laid out over the wooden floor. Off to one side was the bedroom and bathroom, and at the opposite end an open kitchen. In the middle of the room two large couches of a light green material were positioned opposite and facing each other. Flowers filled numerous vases, sweetly scenting the air. Two candles were burning on the coffee table between the couches. Other pieces of furniture decorated the room. It had a

comfortable feeling, lived in but not too worn.

‘There is plenty of food and beverages in the kitchen and you won’t need money over here. Please sit down Paul,’ Zeta motioned to him to sit on one of the couches. He sat. She sat opposite and seeing the look of confusion on his face said, ‘I want to explain a few things to you. Firstly Paul, I’m sorry it had to be such a shock to you, but as I said, it couldn’t be helped. We had to do it this way because of the limitations of your mind and it’s beliefs, but we’ll talk more about that later. You are to be resident here for ten days. That is your allotted time. Once your time is up you must return to Earth. Now, this world is the first world of spirit, and by that I mean, it is the first world of heaven. When everyone dies on Earth they come here first. They are *awakened*, in the receiving rooms similar to the room you woke up in just now. Then they’re checked in at reception, that is, they are signed onto the Central Register – I already did that for you – and some are free to have ten days orientation exploring this new world before they are helped to move to where they will begin their new life. Many people, who are now spirits, continue living in this world while others move to other worlds of spirit, all depending on ones state of mind or soul, but we’ll discuss that also later on.’ Zeta paused as Paul broke in.

‘Am I really here in heaven? Is this all for real? Everything seems just like Earth. Are you sure you’re not having me on? This is some sort of dream isn’t it?’

‘No Paul, this is all real.’ Zeta replied, smiling. ‘I know you have very little understanding or comprehension of life after death or of life here in the spirit worlds, but you will have by the time your ten days are over. Few people on earth have any real understanding what life after death is like. The standard belief for many who believe in an afterlife, is something like there’s just this nebulous thing or place called ‘heaven’ in which God and perhaps Jesus are, it’s very simplistic. Heaven, is the rest of Creation and there are a great many different worlds over here in spirit.’

Death had seemed so far off in Paul’s daily life. His life had seemed to be gearing itself up for some changes but this was a little extreme compared to what he had in mind! It was the last thing he would have expected and now... He was here! And he knew it wasn’t a dream because it was all too real. But it was still very confusing.

‘Heaven,’ he said again, more to himself than Zeta, as if by saying the word his real life might come back. ‘Zeta, what city is this, and how did I get here?’

‘This is a *City of Light*, and you were brought here by your guardian angel.’

‘I was?’ Paul said, even more confused, and with his head racing to try and make sense of all she was telling him. He had left religion or any sort of spiritual matters to the memories of his old school days. The torturous boredom of sermon after sermon never appealed, and as for angels, well, they were a romantic notion with seemingly no relevance to his life. Over the years he had tried to keep an open mind about most things. Religion, he’d had little to do with, angels carrying him over the threshold of death – nothing!

‘Don’t concern yourself Paul,’ Zeta continued, ‘it will take some time before you fully understand and accept what has happened to you. At least you have no preconceived ideas about what heaven, and life after death are all about. Those who arrive here filled with expectation and beliefs, good and bad, take far longer to adjust. Some remain ‘lost’ for a very long time. It is just too hard for them to give up their earthly understanding of death and the ‘hereafter’ and accept the reality.’

‘But it all looks so much like Earth: buildings, houses, people walking about, this room – what’s different? I admit I’ve never even thought about what life after death would be like, I hadn’t even thought that there would be life after death, but this is somehow not what I expected. I don’t know what I did expect, if anything at all, but somehow this just seems all so normal. I don’t think I believe you Zeta, this *must* just be some sort of leg-over, surely your pulling my leg; some sort of sick joke, like something set up for Candid Camera to see the pigeon’s look of incredulity, and then

someone's going to come out and say "see, fooled you, sucked you in well and truly with all that spirit nonsense didn't we, smile, you're on..."

'I know it's hard for you to understand Paul, but the difference is that you're living in another realm now. If you tried to visit your family and friends from Earth you would be unable to find them, however you are quite welcome to check the Central Register, to see if anyone you knew on Earth is here now. Everyone who arrives here is checked in and when they leave this world for higher worlds, checked out. And as you start to familiarise yourself with life over here you'll be able to see many subtle and even quite distinct differences. This world is in some ways a mirror image of Earth but in other ways it's unique. Certain things and places here need to be very similar to Earth so that when people come over they are not to disorientated. We all need something familiar to relate to, it helps us adjust. If this world were too different our adjustment time would take longer and in many cases would even be traumatic. This first spirit world needs to have an 'Earthy' feel about it so you can easily get on with your new life. As you move to higher worlds, those being further removed from Earth, there is less of an Earth feel about them as they reflect more of their own unique character. Paul thought about this for a moment and then said, 'Yes, I'd like to go and check', feeling that he really had to prove things for himself.

'We'll go to the Central Register a little later. First I have some other things to tell you.' Zeta asserted her command over him. He resigned himself to listen, sitting back and trying to relax. His eyes wandered about the room. He felt like pinching himself to wake up out of this unfamiliar place. 'It sure must have been some nasty knock on my head!' he stated out loud to himself then thought, this is all mad. She's nuts, I'm nuts. It can't be, where's Sasha? He was suddenly filled with overwhelming feelings of wanting to see her and a sense of panic and desperation. 'Why isn't she here?'

'It's okay Paul, you'll see her again soon'.

He started to settle down regaining self-control. Zeta paused allowing Paul's thoughts to run their course then continued when she felt he'd turned his attention back to her. She went on in her official manner, 'First of all Paul, there are two ways in which you can spend these ten days. You can go and carry out your own investigations, or, you can follow my guidance. Everything about life here is based on what *you* want to do. You are entirely free to do whatever you want to. I can't make you do what I would like you to do.

'All of us over here have access to higher guidance – just like you do on Earth, however, it's our choice as to how much and how often we use it. Most of us strive to maintain a balance between the two. I personally like receiving guidance and discussing my understandings of life as they arise, with my higher guardians. I also have others who come to me and consult my wisdom and understanding. Over here, an ongoing, teacher/pupil relationship is provided if you want it.

'It's similar to the way you live on Earth, maintaining a variety of friendships. Some friends are able to offer advice and guidance at times if you need it, and you can offer your help to others. The only difference here is that some of us appreciate and value truth above everything else. That is, those of us who want to live true lives – lives of truth, do. Our lives are focussed on growing in truth. Truth is the way in which you can progress higher and move up through all the spirit worlds. People on Earth mostly deny themselves truth. They don't understand what it is. Many believe they do, but they don't really know what truth is and how to go about evolving it. They fail to see its beauty and don't live by being inspired by it. Here in spirit, some of us, truly honour those above us who are living higher lives of truth and we support those below us of a lesser truth. During your stay here you will meet some who are on a higher level of truth than you are, and others who are on a lower level.'

'What's my level of truth?' Paul interjected.

'It is of the second world of spirit, which means, had you really died, then after your ten days of

looking around you'd be taken to the second world, there to begin your new life in spirit. You have learnt various things from your experiences of life so far, these things helping you to evolve your level of truth equal to the second world.' Paul nodded, having no real understanding about what she was saying and asked, 'How many worlds are there?'

'There are many, many worlds Paul, all being of a higher truth and more beautiful than the next. The highest world we call *Paradise*, and that is God's world. It's the level we are all aspiring to grow to in truth, and one day actually reach. It is however, a long way off with thousands of spirit worlds between it and us. For the time being, we will be concerned with this world and the next six. These seven worlds are often referred to as the *Mansion Worlds*. After them the worlds or *spheres* as they then tend to be known are sometimes referred to as the *Fields of God* – the higher *Celestial spheres* of spirit. Those higher spheres have little to do directly with Earth whereas this one and the next six have quite a lot. As you progress in truth up through the higher worlds you become more spiritual, more like a true spirit being and less and less like a human being. However on this world, although you are living as a spirit you are somewhat only a partial spirit, still very human and Earth-like.

'You see Paul, the focus of life on Earth for most people, is to survive. To do the best they can within their immediate surroundings. In your culture, survival means to try and make enough money to have a comfortable existence, to mature and have a family of your own, to try and achieve job satisfaction and live happily ever after until the hand of fate comes along and ends it all. Over here we also strive to live life happily, however, we perceive happiness in a different way. It is how we achieve happiness, those of us who want to live the highest truth they can, that will be the focus of your trip over here.'

Zeta rose and moved toward the kitchen. Paul gazed out of the window, deep in thought. If this is all real, what an experience it will be! How extraordinary! Will they believe me when I return? They'll probably think I'm just crazy, and it's all a dream I made up. And maybe that's all it is! Paul's thoughts continued racing on through his mind. Zeta returned with a glass of juice and handed it to him. He nodded thank you as he realised he was rather thirsty. 'So Zeta, where is this world and all the others you speak about?' he asked between mouthfuls.

'It's nowhere to be seen in the starry sky you see at night on Earth. It is of a higher vibrational resonance of light and truth. This world and all the others exist at higher frequencies than your material world. Just as you can hear only within a certain frequency range but dogs, for instance, can hear higher frequencies of sound, so does the Earth exist in one 'zone' of light and truth and the other spirit worlds in higher zones. All of the frequency zones are material and spiritual, and it is through these that Creation is structured. Earth is the lowest zone; Paradise the highest. Each world has a unique frequency or tone of truth by which it lives. Truths are the signposts on the journey upwards in frequency. As you grow in truth you grow in *light frequency* and the higher light frequency the more you can fully express yourself as a loving child of God. Once you have outgrown the truth of this world you will have to move onto the next, in spirit you always move progressively higher, however you can travel back down through all zones or worlds if you need to. And only under special circumstances can you travel to a world higher than your own level of truth before you've evolved yourself to its level. When you have lived all the truth on this world you'll then need to move up to the next to continue having more experiences in that world so as to keep evolving in truth. Truth is what gives our lives meaning and substance. Without it you can feel very lost, purposeless and uninspired by life. That feeling you were trying to reach within yourself on the beach before your accident was a feeling given to you by your soul: a longing by your soul for truth. Your time has arrived in life Paul whereby you can no longer, so far as your soul is concerned, live without knowing more about truth and how to obtain it. You are standing on the edge of a major life decision. To either: acknowledge that inner feeling; to answer the call from your soul for truth, or to deny it. If you deny it you can return to your life and carry on with you in

control, running your families business, having your holidays and seeing what happens with you and Sasha. If you choose to go for it, to want to embrace your soul's longing for truth then your life will change quite considerably.

'On Earth, all people are growing in truth, though most are unaware of it and not consciously trying to advance their truth, even trying their hardest to deny themselves of it. There is truth to be had in each and every experience. When life teaches you something through your own experiences you advance in truth, and this is very different from just learning about things and understanding them with your mind. So down there on Earth you can actively grow in truth and ascend higher in frequency just as if you were in spirit, whilst living daily life. After you die and come to spirit, you begin life again, in the world of truth equivalent to that which you achieved on Earth.'

'I see,' said Paul, struggling to fully understand the picture that was taking shape in his head. 'So I can grow in truth on Earth and at the same time I am growing through the higher worlds of spirit without being there.'

'Exactly.' Zeta replied, 'You are actually always a spirit even while as that spirit you are living in your physical Earth body. Some people feel very inspired to push ahead in uncovering life's truth whilst on Earth, while others don't make any effort at all, neither whilst on Earth nor when they come to spirit. And others feel no real need other than to slowly progress, then making greater headway after they arrive in spirit. They may of course not be aware of this, but we are. You were like this Paul, happy to cruise along and meet life as it came to you. You thought occasionally about the greater meaning of life and what it was all about, but you soon lost interest in such questioning because the answers all seemed too far off, making it all seem too difficult. Now you've been suddenly thrown into living your life from the perspective of furthering your truth and knowledge, and as you will begin to *see*, the answers to these questions may now be available to you and within your grasp and understanding. You are living an opportunity that few will ever have, to come over here in full consciousness ahead of your physical death-time, and experience life in spirit. You have a unique opportunity to have new experiences; to learn new things and to further your growth and your understanding of truth.'

'Why me?'

'It's what God wants. The full answer to that question will come as you evolve your truth. Gradually you'll awaken to understand your relationship with God and God will explain things to you through your soul.'

'Hmm', Paul replied, then thought to himself, yes, I guess this is a real opportunity. This part of my *extended* holiday I certainly did not bargain on. If this is all true it sure is amazing! It is incredible, fantastic, to be able to come to where you go when you die! Wow! To see it all and then to return to Earth, God, that is amazing! He drank the last of his juice as the full impact of what had happened and was happening to him began to really sink in. Then he said, 'So Zeta let me get this straight, I'm dead; but I'm not dead. I crashed my head knocking myself unconscious, have been saved from death, but now, here I am having died, but not died? Is that right?'

'Yes, more or less'.

Paul took a deep breath, his thoughts racing. No. It was still all too much. He suddenly felt like getting up and running out the door, getting out, getting some fresh air, it was all too preposterous. It was crazy. How could he be dead, or nearly dead and yet still be alive and what was it that Zeta had said, that he's body was okay, it was being looked after back on Earth. My body? So what's this sitting here on this couch? This last thought suddenly airing itself was almost too much to hold back and contain within his mind.

'It's your spirit body', Zeta replied. Paul dumbly nodded as if he understood, which he didn't. 'The island you were on was surprisingly well equipped for medical emergencies and your parents insisted on taking the risk with you in your unconscious state immediately flying you back home.'

The whole experience was rather traumatic for your friends.

‘Now Paul,’ Zeta continued, ‘let me tell you about myself. ‘I come from a higher world, one of the Celestial spheres. I am your celestial guardian during your stay here, and I will help orchestrate your experiences. My truth is very much different from yours, as I live my life whole-heartedly with God. I strive to live the Will of God in everything I do. I live life with the daily inclusion of God and God’s love – Divine Love. God for me is a real and living personality, and I commune and talk directly with Him, and He talks directly to me.

‘When I was on Earth I was just like you. Actually we have much in common. I used to see things as you do. I used to live life very like you do. I was really very self-indulgent. Life, I believed, should give me whatever I wanted, and that I should be able to just take the happiness and satisfaction I thought was rightly mine. I came from a large family and my father was a wealthy businessman in our community. And although it wasn’t the done thing in my day for a woman to work in business, I helped my father run his businesses, more than my brothers. I wanted the power and control such wealth brought us. I wanted the status in society and I wanted to be loved and respected, and I thought material gain was the means to fulfil such desires.

‘When I arrived in spirit, like you, I had no idea about life after death. I had not given it much thought at all. The preacher of our church maintained the golden rule that if you “do good unto others” whilst on Earth, life in the “hereafter” would “do good unto you”. As a part of my business philosophy I never harmed anyone and prided myself on practising fair play. I thought that at least this might be a way to keep me in favour with God when my life had run its course, just in case there was a God to be found after death. I was always very practical and simply thought I’d deal with life after death when I had to, if indeed there was such a thing. So, all in all, not knowing what might lie ahead once my body hit the dirt, I thought I had better concentrate on the life I was living and make it the success I thought it should be.

‘I was greeted by my *dead* grandmother when I came to in spirit. She was standing at my bedside when I awoke. In the same way that I was there for you, she was for me. At first, I was so surprised to see her standing there all dressed up in her Sunday best; I just couldn’t believe my eyes. She told me that I had died and that she was going to take care of me, and she did. She took me through my ten-day orientation and saw me settled into my new life over here. I stayed in this very room on my arrival, which is why I requested it for you.

‘My grandma spoke to me all about truth and how important it was. I nodded as if I understood just as you have done, however, it wasn’t until I began to live over here that I came to fully understand what she was talking about. But, unlike how she was with me Paul, I’m not going to burden you much with the technicalities of truth; you simply don’t have the time. I will show you around, guide you, and discuss with you your own conclusions and evaluations of truth.

‘Zeta, is my spirit name. It was not my Earth name. Zeta is the name given to me directly by God. When you reach the higher Celestial levels of truth, you too will receive your soul-name.’ Zeta paused for a moment as if caught up in her own memories. She stared off into space, then new inspiration came to her and she continued.

‘The final thing I want to tell you right now Paul, is some more about God. I know God has meant little to you in your life, however over here God will slowly begin to mean so much more. He doesn’t for everyone if they don’t want to grow in truth, but He will for you. It is a natural part of the spiritualising process. As you grow in truth, so will you grow in your understanding of God. The next six spirit worlds after this one, are somewhat divided in their understanding of God. The division is broadly three-way. The first one is for those who are not genuinely concerned with God. They may have cast Him out of their lives or are just simply uninterested in Him. Some of these spirits may believe in Him, others not, but in reality their lives are based on living without directly involving Him. The next division consists of those who do believe in Him and want Him in their

lives in some way but only conditionally. They may believe they are totally living with God, but deep down they are basically still self-willed and self-gratifying. These people have only a mental relationship with God. And belief in God doesn't automatically mean you're living true to God. They believe in God but don't know Him personally as a result of their direct experiences with and of Him. Their beliefs can be so strong that they falsely feel they know God but they don't truly. They might believe they are doing what God wants but they're only deluding themselves. Mostly what they know about God they have been told often having been learnt usually when they were very young. Finally, the third group consists of those who are truly and sincerely God-Willed in their focus. Their priority is to put the Will of God first, before their own will. These people want to live true to God and true to themselves. They are only concerned with growing in truth. They want to live their life, as God wants them to. They want to live life through their heart and with their feelings rather than with their minds. They want to have a soul-to-soul and face-to-face, real feeling relationship with Him – one of unconditional love. One in which they can simply enjoy being His child knowing with all their heart they are loved by Him. They want to know God very intimately and without interference from anyone especially the Church or any of the other standardised current religious system. And even though many people do believe this is the type of relationship they are having with Him in the Church, their relationship will always be limited by the false beliefs of the Church. They will never be able to achieve a completely free relationship with Him; free of the mind and its erroneous beliefs, free to believe what God wants them to believe and not what the Church wants them to believe. I know it may sound a little confusing, however I will explain more about this later. It is this relationship with God on an individual and very personal basis, here in spirit and back on Earth, that is the primary reason for your visit here.'

As Zeta finished and fell silent Paul concluded that he definitely fitted into the first category. He wasn't much interested in God. All those religion pushers he had been glad to see the back of once he left school, they had brought him to an understanding of what was his religion in life and it did not include church on Sundays or on any day for that matter. Some of his friends still participated in religious practices and occasionally they'd asked him to come along but he had declined their offers. He respected their choices in life and he expected them to respect his. And as God had not been standing at the gates of heaven to pass judgement on him when he awoke earlier, he secretly felt he had been correct in dispensing with all that nonsense.

He got up and walked over to the window. The light was still bright outside, though not knowing why; he was expecting it would be showing the signs of late afternoon. Everything looked so bright and clean. It suddenly dawned on him that the signs of pollution that he had taken for granted every day on Earth were not there. Everything looked new. He could detect that a subtle weathering effect had been applied to the buildings and material structures giving them a fresh movie-scene appearance. He was trying to look further down the street at the buildings on the opposite side, when Zeta spoke as if she had been reading his thoughts.

'We have no material sun like that on Earth, Paul, the light is maintained by the *Custodians of Light*. These are universal mind spirits that look after all the material requirements of these spirit worlds. We are on a world designed for a specific purpose. This world did not evolve into being, as did the Earth. It has been created to cater for the life experience of *Ascending Will Spirits*, such as ourselves. We have no need for fuels as you do on your world, as all energies are derived directly from *The Light*. All spirits, including you, do not require food and water; we exist just on the light. However, as this world is not of a very high vibration of truth, most spirits still choose to eat and drink. The old Earthly habits die hard, so to speak, and it takes time to wean oneself off them. I enjoy eating and drinking when I'm visiting the lower spirit worlds because it reminds me of my Earth days, however when I'm living on my true world I don't need material sustenance. The *Light of Heaven* sustains the requirements of my soul's needs.'

Paul turned to look at Zeta as she spoke. He couldn't imagine her not eating and drinking, she looked so human. She didn't look like a spirit, but then again what did a spirit look like? It all seemed too incredible. Not eating. He suddenly felt hungry.

Zeta rose and walked toward the kitchen. Paul admired her graceful femininity. He had always enjoyed and admired a woman's grace. He enjoyed the natural beauty that seemed to so easily flow from it. His thoughts naturally turned to Sasha, and he felt a pang in his heart. She must be very upset. If only there was some way he could tell her that he's not dead and that he'll be back soon. It all seemed so ridiculous. He sighed.

'She will be fine Paul,' Zeta said, again answering his thoughts. 'This time of grief for her is necessary in her life-plan. Some things, although they are extremely hard to cope with and endure, are for the greater good of one's overall life path. She will be just fine'. Returning from the kitchen she laid down on the small table between the couches a platter of cold food, then she walked toward the door. 'I have to go and attend to some other business, so please go wherever you want. I will return later and we'll go to the Central Register.'

Paul nodded as Zeta pulled the door closed behind her. He went to the fridge and got himself another juice, one that he felt he needed even if his *spirit body* did not. He returned to the couch to try and put his thoughts in order, he wished the juice were something a little stronger.

God, truth, spirits, heaven, dead but not dead, what had happened to his life? Some knock on the head. And yet here he was. When Zeta spoke, he believed, how could he not, all she said sounded so right and she certainly didn't seem like a religious freak. It was all so matter a fact and real. Again he was suddenly overwhelmed by his thoughts, and this time he did have to get out.

The light was warm and not unlike sunlight. Strange not having a sun. Paul hadn't walked far from his apartment when he became aware of an older man beckoning to him from the other side of the street. Wondering what it could mean, he crossed over to meet him.

'G'day mate, how ya been? Bob isn't it?' asked a scruffily dressed man putting his hand out in a friendly gesture to Paul.

'No, you must have the wrong person, my name is Paul,' Paul replied.

'Oh yeah? Oh well, doesn't matter. I see a lot of people 'ere who I think I know,' the elderly man continued and then asked, 'been 'ere long, have ya?'

'No, I've just arrived today.'

'I see, a new arrival eh?' the man muttered, and then continued, 'I remember my arrival day. It was a long time ago, I forget now exactly when. What are ya doin' now?' he asked, glancing at Paul from the corner of his eye as he pulled tobacco from his pocket to roll a cigarette. 'Good smoke they have over here, at least that's one good thing about this place, not like the rubbish they'd try and jip ya for back on Earth, eh?' he continued before Paul had a chance to answer his first question. 'Care to join me and a few mates for an ale or two, reckon you could probably with a good drop?'

'Love to!' Paul replied eagerly nodding, still feeling bewildered by everything.

The old man turned and began walking, 'The pub's down 'ere, not far, you'll probably need a drink,' he repeated chuckling to himself, 'God, I know I did on my first day and then when they told me it was all "on the house", I thought I'd died and gone to heaven!' Paul smiled as the old-timer broke into laughter over this obviously standard line of humour.

'So how'd it happen?' He asked Paul again with another sideways glance as they walked, then again continued speaking before Paul could answer. 'Death. You know that time when the great hand comes down and plucks you off; it took me by surprise all right. Yeah, I was having a right old time. Me and the lads had been at the pub, you know, a few quiet beers before heading home to

the wife. Just like the good old days it was. I'd had a good collect on the nags. Me 'orse had come in like an all-time dream. Old Freddy had given me the tip; said it was a sure thing, couldn't lose. How many times have you heard that one? But what the hell, I thought, I'll give it a go. It was a long shot, hundred to one! I put a fiver on it and what do you know, can you believe it? Old Freddy came through, straight down the outside, a nose in front, and thank you very much; it was my shout all round down at the pub! So we'd had a few, well, probably just a bit more than a few. I don't remember much after that. I was on my way home, I remember getting through old Reg's fence, shit it was a bastard when you'd had a few,' he chuckled, paused, drew on his cigarette and continued, 'then down she came, pouring buckets! It was a wild old night all right, but what did I care,' he chuckled again, 'at a hundred to one I'd have slept out in it! Wouldn't have been the first time, and then crunch! It was like God Himself, had crept up behind me and hit me over the head with a piece of two b'four. I didn't even see 'em the young bastards, but it was all over in a flash. Like a bolt of lightning striking me down cold, I hit the turf. They rummaged through me pockets laughing and shouting. I remember lying there looking up through a small break in the clouds at the stars, and I started to laugh. You know, you win some and you lose some. Easy come easy go, I always say! Then them old stars seemed to be callin' out to me. Beautiful they were, like music, and a sweet song singing for me to come. I'll tell ya, it was the most peaceful time of me 'hole life. I knew me number was up then and there and that it was time for me to go. Death, I'd never feared, shit, I'd been close enough to it many times. I knew it were only a matter of moments before the Almighty would call me,' he paused again, drew in some more on his cigarette then went on, 'and then *She* came; the most beautiful thing I've ever seen, an honest to God, angel! She was so sweet and so pure and she spoke to me, 'It's all right Harry, that's me name, I've come to look after you, to see you across into the next world,' she said.

'And I was all right. I remember I felt all-warm. I lay there and closed my eyes and that was that. A real beautiful sort she was, that angel. And you know what else I thought while I lay there in me final moments? I thought about me poor wife. How I loved her so, and how she'd never know. I never really told her ya see. She knew I would end it all this way. She often ribbed me that they'd find me, a dead old drunk. However, I did really love her and I know that she really loved me. You know, I'd like to tell her that one-day, that I love her. Perhaps it would make everything all right again?' The old man fell silent. Paul looked at him trapped in his own regret, and wondered whether he'd ever consulted the register to see if she had arrived?

'We're 'ere lad, come inside and I'll shout you a beer,' he laughed at himself again, 'I'll buy you the whole pub!' Harry laughed even louder as he pushed open the door. Inside Paul felt like he had stepped back into his last visit to London. 'The English tavern, alive and well in spirit!' he said grinning.

'Yep, bloody Pommy pub. It's okay tho', it has the best beer!' Harry muttered.

They walked into the middle of the room. Friends of Harry acknowledged his arrival, welcoming him with glasses raised. Harry then introduced Paul to the three weather-worn old boys, who were looking like they were decidedly well on their way. 'Lads, this 'ere's me new friend Paul, he's a new arrival, so I thought I'd shout him a friendly ale or two.' They all laughed at Harry's well-used remark of paying for free beer and raised their glasses again in welcome and acceptance of Paul. Harry went off to order drinks for them all.

'Cheers. My name is Albert; I died in the Great War. This here is Pete, he died when his ticker gave out early, and this is William, he died under suspicious circumstances.' All three snickered, 'Yes, it is said he died smack bang in the middle of man's greatest joy in life!' They all snickered again, like little boys who had been caught looking at something they shouldn't have. Harry, returning at the end of the introductions with beer-filled glasses, exclaimed, 'Yes, wee Willy there died in the arms of eternal bliss, and she was an absolute beauty!' They all laughed again.

Paul - City of Light

‘So Paul, have you got a sweetheart?’ Albert asked.

‘Yes I do,’ Paul replied.

‘Poor lass,’ sighed Harry, ‘she’ll be mourning. You know sometimes I think it’s downright cruel. Without any warning in some cases, one minute you’re there, next you’re gone. Gone! Unable to say good-bye and tell your wife and kids how much you loved them. Just gone! If there’s one thing we would all do if we got another chance, that’s not to take life for granted. We all talked about it on Earth, that some day you might suddenly be gone, but who really believed it? Of course we all knew we would go some day, but that some day was never really meant to arrive. And then without warning, gone!’

A sombre silence fell over the table as they drank their beer. Paul felt sorry for them. At least, he thought, he’d get a second chance. For these poor men though their lives on Earth were over. It all seemed so sad, with so little love in their lives, and yet with such a richness of life-experience. What was it all for? Then wondering again if they had gone to look up their loved ones to see if they had arrived, he quickly finished his beer ahead of them to get his question in before one of them started talking again.

‘Have you been to the Central Register to look and see if your wives and children have come over yet?’

Pete replied, ‘Oh yes, Paul, we have, and we do often. My wife is still to arrive. She is a very old woman now, and we had no children. Harry’s wife, though she has come, he hasn’t seen her yet. It’s hard for us you know, Paul. In some ways over here we are so free, but in other ways we are so trapped.’

‘I don’t understand’, said Paul.

Pete continued, ‘Things might seem similar over here, like how it is on Earth, but really it’s not. Things change. You think you want to do something one moment, but when you actually get around to doing it, you don’t do it, other things come up and get in the way. After some time you come to realise that really you’re not so sure if you really do want to do the thing you thought you did. Time seems to pass you by, and it becomes just easier to meet here and have a few beers. Do you know what I mean?’

Paul nodded, thinking about what Pete had said. He thought he sort of understood but then he didn’t think he did. Their lives were just too different from his. He could imagine things changing after you’d died; perhaps your relationships changed; things weren’t quite the same anymore. Perhaps it was all just too hard to try and reclaim your earth life after such a big upheaval. Life after death was after all still all too weird for him. No, he concluded to himself, he didn’t understand at all.

Paul turned to Harry and asked in a moment of inspiration, ‘Harry, would you like me to come with you and we can go and find your wife?’ Harry’s eyes brightened with joy at the proposition. But then they seemed to go dull again, ‘Oh, no don’t worry, I’ll go when I feel ready, thanks.’

‘Rubbish!’ Willy butted in, ‘You will go Harry, it’s perfect! Yes, Paul what a good suggestion, Harry would love to very much. We’ll get him ready and see to it that he goes.’ Then turning to Harry continued, ‘this could be it Harry, your lucky break! ‘*She*’ said it would come for you in the form of youth. You told us yourself Harry, that was what your angel said as she left you. Perhaps, this is it? You have nothing to lose. All you have to do is go and tell your wife what you wanted to that night out in the rain. Yes, Harry this is it! What are you going to do, sit around here waiting until you die again? You’re going Harry, it’s time!’ They all raised their glasses and then drank on.

Paul left the four men, after having made arrangements to meet them the next day where he had met Harry. He was feeling somewhat better about things, like he was back on familiar ground. As he

Paul - City of Light

all but staggered down the footpath on his way back to the apartment, he wondered if they would show up and if Zeta would agree to his plan. He felt good. If it all worked out he would be happy for Harry. It was hard to manage his thoughts and keep them coherent, however he decided William was right, it wasn't fair that Harry should suffer – and for how long? All he probably needed was a little support and he would find his way. Harry was lost; lost in the legacy of his past, death having removed him from the confinements of one life and put him into the confinements of another. It had not healed him of his drunkenness, though it seemed to have awakened him to some values of life. He definitely knew that love was important and it seemed to Paul that it held some sort of key for his release...

Paul lay on his bed recounting his experiences with Harry and the others. He felt tired. The walk had cleared some of the fuzziness from his mind. A lot had happened, there was a lot to accept. He was still feeling quite disoriented. As he dozed, his thoughts turned to Sasha. In his mind he called out to her that he loved her and that he looked forward so much to being with her again. He thought about living the rest of his life with her and then of their separation at death. He thought about how important it will be not to ever take his love for her for granted, so that when it was time to go, or if death suddenly took one of them, then at least they would have been sure of their love for each other. And then he thought that potentially they would meet again in spirit after death. This thought gave him a nice feeling. Sleep came to him as he dozed off imagining that being with someone on Earth didn't have to end with death, it could last forever...

DAY 2

‘Paul, it’s time to wake up,’ Zeta was gently rocking him, ‘you have an appointment to keep. You cannot be late for Harry, it’s his big day.’

Paul showered and dressed. Zeta had prepared something to eat. It was still light. He wondered if he’d slept all night.

‘There are no nights here, only light. This is the world of spirit, where there’s no need for sleep - only a need and time to rest and integrate the days experiences,’ She answered, having once again read his mind.

‘That’s quite a skill you have there Zeta. Are you a mind-reader?’

‘It comes as you grow in truth.’

‘And how did you know I was meeting Harry?’

‘All a part of the job,’ She replied with a smile on her face.

Harry looked like he was ready for church. Paul called out to him and the others as he crossed the street. He had bidden farewell to Zeta, who said she had further business to attend to, and now arrived honouring his part of the meeting.

‘Harry, good news! I’ve found out where your wife is, so we can go straight there if you like? Hey, you look like you’re off to get married!’ Paul said warmly greeting him. Harry, laughingly joked back in return, ‘Yeah, but on my wedding day I was ‘under the weather’. At least by then I’d had a few. Today they wouldn’t even allow me to have one, not even one little heart-settler!’

‘You’ll be fine.’ said Pete. ‘He’s so nervous and excited; you look after him Paul. We old-timers do need our hands held at times.’

Albert flagged down a taxi, and Paul, having received the address from Zeta who, not surprisingly had it, told the driver the details. Pete and Albert then helped Harry in. As they withdrew, Willy stuck his head in the door and looking at Harry said, ‘Now remember Harry, if you get stuck for words just remember what you wished you could’ve told her that night.’ He shook his hand and the three of them stood back on the curb and waved off their dear friend expecting to never see him again. Paul, sitting beside Harry, looked back over his shoulder and waved to them. He felt a deep shiver within himself as he saw all three of them standing there on the side of the road with tears in their eyes.

The taxi driver chatted all the way, making remarks about life as he drove through the city. It wasn’t long before the houses were becoming scarcer, making way for the country. The day was bright and the fields expansive and green. Paul thought how pleasing it was to be out in the country, and what’s more in spirit, and how odd it felt, that only a few days ago he was on the island, on Earth! In flesh! Gosh!

Looking at Harry who was quietly gazing out the window he mused to himself about how hard it must be for him. The guilt playing on his mind showed clearly on his face. He obviously knew it was a bit of a gamble, the ultimate horse race, to see if you can be accepted once again by such a

faithful wife. How had life changed her? Would she even recognise him? How strange it all seemed to Paul. So many couples, together on Earth, then separated by fate, must have moments of reunion like that which potentially now awaited Harry, and whether it be a good or bad outcome, it was worth a try. Paul felt confident all would somehow work out. Then his mind started running imaginary scenarios of his role as the negotiating middleman. What if she didn't want to have anything to do with Harry, how would he console him? But then, what if it all went well, how wonderful for them both!

'We're here now, these are the cross-roads,' the driver said as he slowed down and pulled off the main road. Harry and Paul got out. Paul stretched and looked at the rolling fields that spread out, seemingly, for miles in front of him. He turned around to speak to Harry only to see that he had already started walking off down the road. Paul called to him as he walked quickly to catch up, 'Harry, where are we?'

'This is where I used to live. It's just the same as it was on Earth. I know my way. This is where it happened.' Harry replied, pointing at the field on the other side of a rusty old barbed-wire fence. 'That was where I died, over there on the ground.' He started to climb through the fence. Paul helped him, then eased himself through.

'My house is up there on the hill, in behind those trees,' Harry grunted. They began to walk up the hill. Paul took Harry's arm giving him a little more strength to climb the slight incline. As they approached, Paul could see a driveway emerging from between the trees. When they turned towards it, a large white dog started barking and came bounding up to them. It was a friendly character eagerly wagging its tail in welcoming gestures. Then from behind the trees came the clear voice of a woman calling the name of her dog. Harry stiffened somewhat but walked on. A woman came into view, grey-haired and strong in her poise. She called out that the dog was friendly and wouldn't hurt.

Paul looked at her while she looked first at him and then at Harry. It only took a moment and then she let out a cry of delight, 'Harry! Is that you Harry, oh my God! Oh my God! Harry!' Paul released his grip and stayed where he was. Harry quickened his pace and hurried up the hill with his arms outstretched. Harry's wife with tears now streaming down her cheeks embraced him. 'Harry, my darling, what took you so long to come? I've been waiting so long! Now at last you are here. My endlessly lonely days are over!'

Paul, fending off the over-friendly dog, followed Harry and his wife up to the house. Inside they were both crying and laughing with joy and happiness. Harry apologised for his erroneous ways and confessed his love for her. A meal was prepared and they talked and laughed about old times. After the meal, Marjorie told them both to sit out on the veranda and she would bring them refreshments. Harry agreed but asked if it could be juice, announcing that his days of the bottle were over. He felt so good and he never wanted to hurt her again. As he and Paul sat together, Harry leaned forward and said, 'Thanks for everything Paul. I feel like I'm about to start life all over again! I feel like a young man! It's like I've got a second chance, and I ain't going to blow it. Thanks again my lad and may God give you 'is blessings.'

It was time to go. Paul suddenly knew he had to get back to see Zeta. As he got into the taxi Harry asked, 'Paul, can you give Pete, Albert and Willy my address? Tell 'em I won't be coming into town for some time. I feel I need some time to myself, but tell 'em that I'd love to see them soon and that Marj would like to meet them.'

Paul nodded to Harry that he would carry out his wishes, shook his hand, and sat back as the cab moved off down the driveway. As he waved good-bye, Harry and Marj stood together, arm in arm, looking as if they had just returned from their honeymoon.

According to his built-in time clock, Paul guessed it to be around mid-afternoon. As Zeta had not yet arrived, he took the opportunity to go and pass Harry's message on to his friends. They were very pleased to see him, and declining their invitations for a drink, he recounted the events to large smiles of encouragement. They were delighted that their friend had made up with his wife and spoke about the future that possibly awaited them. They were pleased that they could go and see Harry and as Paul left were busy discussing what might be a suitable time.

Feeling slightly more at ease with being in spirit, he walked back along the roads from the pub pondering on how many people there must be in this first world of spirit who are in situations similar to these men. And he thought of the possibilities, according to what Zeta had told him, waiting to be explored in all the other worlds. The idea of perpetual adventure appealed to him, roaming around the spirit worlds meeting new people and listening to their lives and the experiences they'd had. There seemed to be so much potential, and with no restrictions; no need to earn money to survive! Such freedom, to be able to go anywhere and do what you liked! He thought of how very different life would be, of how much time there would be to spend on endeavours other than just work. Already he could feel within himself a slight change. This place was beginning to have some kind of effect on him. He now surmised that he understood to a greater extent what Zeta had spoken of yesterday. He knew that his life, be it here or on Earth, would never be the same again. He suddenly felt an overwhelming urge to know as much about it all as possible. An acceptance of everything was beginning to cognise within him.

'The potential is indeed great,' he said to himself. Then his thoughts continued, if I can come to understand all this and take it home, then perhaps I can help educate people like Harry and others so that their lives need not be so restricted when they arrive in spirit? Perhaps if people can become more aware of life after death then they could in some way be a little more prepared? And that might in turn even help them with their earth lives.

His mind was buzzing. He thrust open the door, and seeing Zeta sitting waiting for him, over enthusiastically exclaimed, 'I understand the full potential of my being here and how I can help others back on Earth Zeta, and I have decided that is what I want to do! Today was fantastic, to see the look of happiness on Harry's face. I'm so pleased it worked out for him and his wife.' He went into the kitchen to fix himself a refreshment while he was talking, then returned to the room and sat on the other couch waiting for Zeta's reply.

'Yes Paul, there is a lot you can do to help make the lives of others a little happier. I'm pleased you had such a productive day. There are indeed a lot of spirits such as Harry who are resident on this world, trapped within their own emotional fears. We are all very pleased with your achievement today, Paul. It's a terrific feeling when you can truly help another person or spirit; a wonderful feeling of giving and receiving, and it is an important principle for all of us to understand. But don't get too carried away, as there's a lot more to learn yet.'

Paul acknowledged her point, accepting it was still all so new for him. 'So what's next, Zeta? I'm willing to learn all I can.'

'Well, I would like to explain a little more about your being here.' She responded, as Paul sat back eager and ready to listen.

'First of all I should tell you that we have been observing you on Earth for quite some time now. We, the governing council I work with, decided that you were ready for this experience and it met with your soul's requirements that had been made known to us, so we formulated a strategy to educate you about a very important truth we want you to understand. This truth is the higher reason you've come here. But before I can tell you of its nature, a decision is required from you concerning your willingness to accept it. And our difficulty was this: how were we, in such a short

space of time, going to be able to educate you enough so that you could choose this truth for yourself? So that you would actually experience it yourself, without it merely being an intellectual exercise, something you would really decide you wanted to do? You see Paul we do not know if you are ready for this truth. It is a very simple truth, however you need to be ready for it, and only then can you act upon it and choose to live it.

‘As we discussed your potential situation, we decided to allow experiences to prepare you, and if the impact of such experiences over here moved you toward accepting this truth then it will be revealed.’

‘Why can’t you just tell me now?’ Paul asked not really understanding the need for all the mystery.

‘I could, but it would mean little to you, it’s about choosing to ask God for His Love.’ Paul exhaled and thought, is that all? Zeta continued, ‘Yes that’s all,’ again reading his thoughts. ‘It is very simple, however many people have a lot of difficulty with it. It’s good that you are open-minded and don’t have pre-conceived ideas, beliefs, or thoughts about God, for they invariably restrict one’s growth of the truth in these worlds. Remember how I told you about the three broad divisions of people and their relationship with God: no relationship, conditional relationship, and a full and real loving relationship? Well, I will further expand on that. Simply, there are those over here who are living with God’s Love in their hearts and souls and those who are not. Those who are, are living in a real loving and actual relationship with Him and His Divine Love. Those who are not, are living life only through the experiences of their self-love, or, as its also known, their Natural love, and this ultimately limits their growth.’

Observing Paul’s body language she saw that he was struggling a little with the whole God thing. Even with all her perceptive abilities she was finding it a bit difficult to see how Paul could ascend into complete acceptance of this truth, it being such a new concept to be so suddenly thrust upon him like this. She having lived and experienced the acceptance of God’s Love within her life, and finding it expanded the reality of living in spirit beyond anything she ever dreamed of, naturally wanted to help others to have the same wonderful experience. It had such great potential, but was unable to be fully expressed or passed on to another until they themselves were ready to experience it. She decided to be silent and leave Paul to his own thoughts as she continued with hers.

It was with faith that Zeta was looking forward to the days ahead with Paul. She was most interested to see the impact his experiences in spirit would have on him. It would be these experiences that brought him closer to the acceptance and understanding of embracing God’s Divine Love. Already she could see slight signs of change, and the experience with Harry had impacted deeply on him, giving him the experience of what real service was, and the joy that comes simply from helping another. He had lived a direct experience of truth-interaction. It was this that had interested her. If Paul had not arrived in Harry’s life, Harry would still be down at the pub drowning in his sorrows. And he had not even asked Paul about the circumstances, which led him to help. Harry seemed to just accept Paul as if he was a guardian angel sent on its mission of mercy, and knew nothing of the fact that Paul had had to ‘die’ for a time on Earth, in order to come over and help him, and that it had all been foretold by the real guardian angel who attended him those many years ago, “One of youth will come and help you”.

Zeta marvelled at the Grand Plan. It always gave her great joy when she saw the usually unseen workings of fate and destiny revealed: life with all its hidden secrets, and we the puppets dancing the merry dance of seemingly random experiences, yet all of it being completely orchestrated and fully planned by God Himself.

It will be very interesting to see how Paul progresses, she thought to herself. She had been looking forward to this time for so long. She enjoyed his personality, and now being with him in spirit was fun. It took all her skill and training to reveal her truth gradually. She could not force it

upon him, he had to come to his own decisions and conclusions, and she could not concern herself about the time restrictions imposed on his stay. She reasoned to herself, all that is necessary will come to be. If it is to be that Paul is to come to full acceptance of the truth of God's Divine Love, and return back to Earth as a herald of this truth, then so it shall be...

Paul gazed in awe. Indeed, it was a great hall! The *Great Hall of Records* was spectacular, its huge expanse hard for the human mind to comprehend. It seemed to go on almost to the horizon, a large gallery of many rooms all leading one into the other stretching out before them both.

The rooms echoed with the sound of people quietly talking and the chatter of their shoes on the wooden floorboards within the immense structure. The ceilings were high, and all beautifully patterned with elegantly tiled arrangements. Art of historic times depicting the various ages and stages of humanity's growth covered the walls, each room representing a different period. Paul walked along overwhelmed with the beauty and the sheer dimension that met his every turn. Eventually they arrived at what he assumed to be the centre of the building, a large central plaza, which was obviously the information point as many people were walking to and from this central location. Above it was a large glass dome through which light flooded into the plaza, reflecting off the beautiful marble floor. The varying colours of the different marble were patterned into pleasing designs and shapes. Zeta and Paul approached one of the many desks.

'Paul, who would you like to look up in the Central Register?' Zeta asked.

'My grandmother Meredith, mum's mother.' Paul replied. As a child he'd enjoyed a close relationship with Meredith. She was the only grandparent he knew, the others having all passed away when he was very young and memories of them were scant. Although in his childhood Meredith was very old, she was always fond of the children. She had died from cancer when Paul was a teenager and he felt he would like to see her again and tell her how things are back on Earth and see how her life was here in spirit.

They spoke to the girl at the desk, who questioned them to get all the necessary details. The printer jumped into action and the girl, removing the piece of paper smiled whilst handing it over and said, 'Enjoy your visit.'

Zeta read the paper then handing it to Paul said, 'We can go now if you like?' Paul read out: 'Meredith Anne Summer currently resident on world three. Attending healing seminar on world one for the duration of the fourth quarter.' The details of the address of the seminar he didn't read out but continued reading the end of the message, 'Meredith arrived world one, first quarter, 31-12-1990 Earth time 7:05 am.'

Paul felt great excitement growing in him. Zeta was explaining the irrelevance of time in so far as it needing to be as highly defined as on Earth, in answer to a question from him, but he was only half listening.

He was thinking about what a surprise it would be for his Grandma to see him over here. He wondered what she would be like. It had been almost fifteen years since she had died. They waited in the entrance hall of the convention centre. Zeta had given a message to the woman on reception asking if it was convenient for Meredith to come and see her grandson.

They didn't have to wait too long.

'Paul!' She yelled out unable to contain her excitement, 'How wonderful it is to see you! Well, what a surprise, and my, how you have grown into such a handsome young man. When did you arrive, what happened? I wasn't informed.' Paul embraced his grandmother who strangely seemed much younger than he remembered. She was so fit and healthy looking, and brimming over with

joy. There was obviously no outstanding legacy from her cancer. He remembered her later years as she had lain on her bed stricken with pain and all sunken looking. He was surprised and lost for words.

Zeta made her acquaintance with Meredith who instantly said to her, 'It is an honour to meet you.' They all walked out onto the grassy lawn. Flowers in ordered displays spread colour over the grounds. Further down the garden was a fountain; the pump pushing water from a small lake high into the air, and Zeta saying that she would leave them to get re-acquainted, walked off towards it.

Meredith directed Paul to a chair. 'My goodness, she's a Celestial Paul, you are very honoured in having her here with you,' Meredith began with her eyes still following Zeta. Then turning back to him she asked 'How is Patricia and Sam, Julie and Sarah and how are you?'

He answered, 'Mum and dad are very well, as are the girls. They're all enjoying life. Julie is married and has a daughter of her own – Olivia; Sarah does a lot of travelling, and I'm well all things considered. They will be pleased when I tell them I've seen you and your alive and well and enjoying life. I can't wait to see the look on their faces.'

Meredith looked questioningly at him, and he continued answering her look, 'I'm only here for a short time. I did have an accident back on Earth but my body, so Zeta tells me, is in a coma whilst I have come here for ten days. She also tells me that I am here to learn and understand some important truth with which I might be able to help others when I return. Something about asking God for His Love?'

'Ah yes!' Meredith exclaimed, 'it is the most wonderful truth! Yes, now I understand why you have the likes of Zeta with you. She is guiding you on your visit here and educating you about the Divine Love. Oh Paul, let me tell you a little about my time over here, perhaps it may help you?'

'When I died from the cancer and came here, I was very sick. I no longer had the cancer or its pain as I didn't have a physical body, and that was a blessed relief, but I was very unhappy thinking that God was in some way punishing me for my ways and life on Earth. I had tried to live a good and honest life, but in a way, I believed I was responsible for your grandfather's death. You never knew what sort of man he was. Sure he had his good points but his anger would overcome him; it was awful. Tell no one of this, but he physically abused me all the time and drank a lot. He used to try to hurt your mother too. It got so bad I had to tell him to go. I cast him out! It was the hardest thing I have ever had to do. As a consequence he drank and drank until death overcame him. And I was glad to see the last of him. I couldn't bear him. He frightened me and I couldn't live like that. I also couldn't tell anyone about him and what he was like. I kept all the pain and anguish bottled up inside me for so many years. It was all so terrible.'

'When my illness struck I thought it was punishment for what I had done, turning my back on him, when possibly I could have done more. I simply accepted it as part of my payment for casting him out, and allowed it to consume me and even to bring about my own death. I would pray to God for deliverance from the pain when He thought that I had paid for my sins. I prayed for forgiveness and relief from my inner torment. Then when death arrived and I awoke in spirit, I had a new body but I was still tormented by my inner conflict. I still felt guilty and very unworthy of a new life and a new body, so I wandered the streets for some time, trapped within my own self-pity and misery, feeling all alone and so desperately lost. I wandered all over this first world, having no ambition and no real reason or desire to live. Occasionally some kind soul would stop and ask me if I needed help but I was completely closed to the charity of others, still feeling so unworthy. It was hell. I was in hell! There is a hell and I was in it. Imprisoned, deep within my own hell.'

'Then one day it all changed. I was asleep and trapped within one of my tormenting dreams in which I was a young girl confined in a small room with my father, who was very angry, and he was physically abusing me. He was hitting me and yelling at me for no reason. I was crying and screaming out for help. I was praying to God to come and save me, to take me away, then suddenly,

a bright light appeared in the room. My father instantly vanished from the dream, and a most beautiful angel came to me and told me I would be all right, that the pain would soon end and I would find the love of God that I was so desperately longing for. I awoke, and somehow I felt slightly different. I felt that somehow God had answered my prayers and He had sent me a messenger. When I was a child I used to love the stories of the messenger-angels coming from God.

‘That day, as I was wandering the streets, a young woman offered me some help. She asked if I wanted to come with her and get cleaned up. I accepted her kind offer, and she took me to a women’s hostel where I washed and received new clothes. I ate a good meal and felt for the first time in a long while a little peace within me.

‘As the days passed I felt stronger. Slowly I felt more and more that God had forgiven me and gradually I found I was able to forgive myself. I stayed at the hostel for a long time. At first I lived on the charity of others but slowly I wanted to give something back, and help others if I could. I began to help other women who arrived, to settle in and re-establish some self-esteem in their lives.

‘Then one day I felt I wanted to move out on my own and I did. The young lady who initially helped me became a close friend. We would talk a lot. I think she saw me as something of a mother to her although I’m not so sure that she wasn’t more of a mother to me. Slowly we both began to feel better about our positions and situations in life. Anyway, one day she asked me if I wanted to go to church. She said it wasn’t like a church on Earth or similar ones they have over here, that it was only a small group of people who simply prayed to God for His Love. She said it was all very informal and that one of her other friends had taken her along a few times and she had found it most helpful, so I agreed to go.

‘When I arrived, there was only a handful of people all sitting in an open circle facing each other, but the room was warm and the atmosphere relaxed. I was greeted by the woman who organised the meeting and as we began she told me that all they were going to do was close their eyes and pray to God, asking Him to come and bless their souls with His Love. And so we did. I followed the instructions of this woman and with my heart I asked God for His Divine Love. Then the most amazing thing happened! I felt God’s Love begin to come into me! I felt His Love actually flowing into me! I started to cry, I was so overwhelmed. On Earth I had prayed to God for many things, but never simply for His Love. It was so wonderful! Tears of joy and happiness rolled down my cheeks. At first I felt a bit embarrassed but the woman leading us said that it was okay and the usual response to the first time of receiving the Love. Now I know she only said that to make me feel more secure as not everyone who receives God’s Love for the first time becomes a weeping mess, but it was incredible! I felt God was completely forgiving me. I felt my time had come and that I was finally forgiven! I felt that I had paid my dues and that I was now free, to get on and really live life. And I did. Praying to God for His Divine Love became a part of my daily activities. I love it and I highly recommend it to anyone who would want to give it a go. I have learned so much and I am only just starting out. You too Paul, have it all before you, and you are not trapped by any awful guilt like I was. Just let your heart be open and free.’

As Meredith was concluding, Zeta returned. Paul looked at his grandmother. He liked her, but this was all new and was as if he was meeting someone he’d never met before. He knew so little of her background. What a torrid time this woman, his grandmother, had had. He had been speechless as she recounted her life story, and he also felt a sadness for his mother and a deep sympathy. He wondered if she knew the extent of these things about her mother’s life, and he thought about telling her when he returned home but then decided perhaps he shouldn’t tell her all the details. He didn’t want to upset anyone, especially his mother. It then dawned on him, how potentially all this new understanding was great for him yet others might not be so ready for it so perhaps some of it was best left unsaid until a later time. He greeted Zeta with a smile as she pulled up a chair.

She addressed Meredith while Paul listened, ‘How are your prayers to our Heavenly Father going? Do you feel you’re making good progress? And your healing, how is that progressing?’

‘My prayers are going well. I just love the feeling of God’s Divine Love flowing into my heart, even though occasionally it is still somewhat overwhelming. But I can feel myself progressing. I find the healing fascinating. At this conference I’m learning the simple procedures of *hands on healing with light*. We have a Celestial as our teacher and she is wonderful, so patient and caring. She knows so much. There’s so much to learn, I feel I will never learn it all. As to my own self-healing it is progressing very well. I am still working through and resolving issues to do with the trauma my father subjected me to. I am slowly beginning to see more clearly the patterns in my life and how I was so unconsciously driven by the love denied me in my early childhood. I have just come to understand how my husband, in essence, was suffering from the same denial of love as was my father, and how I loved my husband out of fear just as I had loved my father out of fear. I realised that I had to cast out my father just as I did my husband whose death I was not, after all, responsible for. I understand now how they both must accept responsibility for their own problems in the same way that I have accepted mine.’

As Paul listened, he could clearly see the pattern of repetition Meredith was talking about, the underlying causes that had shaped and driven her life. He thought for a moment about his own life and wondered if he too was living the result of some earlier cause. He couldn’t tell, but perhaps it was all part of that inner feeling of loneliness he had experienced from time to time, and that perhaps we all have buried deep within, some sort of inner conflict and turmoil, of which we are unconsciously living the consequences. He looked again at his grandmother and he could see a hunger for life in her eyes. She had obviously found something that she enjoyed very much with this type of healing and the Divine Love of God. Paul wondered about this Love, musing over how it might affect his life. He still didn’t feel any closer to God, however, he was becoming more comfortable with hearing Him talked about frequently in conversation and at least it didn’t include all that religious stuff.

Sitting back in the garden seat, his eyes fixed on the fountain spraying water up into the air. He admired the scenery thinking that it was definitely another beautiful day in the land of perpetual light. He felt relaxed and a little drowsy. He closed his eyes for a moment whilst vaguely listening to Zeta and Meredith’s conversation. Meredith was asking Zeta about her world and Zeta was explaining how beautiful it was and how the Celestial worlds of Divine Love are the true beginnings of spirit manifest. She was saying that it wasn’t really until one came to live in them that one really began to understand and see the full beauty of God’s creation.

‘On my sphere,’ Zeta continued, ‘you feel so much closer to God. The Heavenly Father is so much more real and His Love essence more present. I live with my soul-partner. We found each other when I arrived in the Celestial kingdoms. He had arrived ahead of me and we are steadily getting to know each other. He has had such an extreme life compared to mine. He lived in the *hells of inner torment* when he first arrived on this world, then he discovered the Divine Love and has steadily ascended the worlds with it. It was a very long and hard struggle for him. My own personal ascension has been a lot easier. I was fortunate in that I didn’t have extreme inner will denial, that denial of love which causes one’s will to be weakened to the point of almost complete dysfunction, to resolve. All my denial and childhood repression surfaced relatively quickly enabling me to bring my will back into alignment with God’s.’

As Zeta paused, Meredith asked her another question, ‘Do you have much to do with the spirit worlds of Natural love?’

‘No,’ Zeta replied, ‘very little as I have no reason to go there. All of my work involves helping those who have already in some way received the Divine Love or in Paul’s case potentially are about to. For those without the Love I am as yet unprepared to minister to their needs, but I intend

to further my personal training into such areas if it be the direction my life should take. However there are many new things happening to all the spirit worlds and in particular those of the Divine Love and I think that what's happening within them will occupy me for a long time to come.'

'Do you do any sort of light-healing work?'

'A small amount; I prefer to work specifically with truth. There are others who are involved in and highly qualified in such specifics as *Soul Light Healing*. During my ascent through these lower worlds I attended healing groups and conferences such as this, and did enough to understand the fundamentals, but all of my healing at that time was to help me look into the deeper parts of myself that needed attention. I didn't feel driven to be a healer, and as I watched those who were, and observed the sheer delight they experienced by being of service through such healing, I knew that because I didn't feel that way, it wasn't for me. I was far too interested in trying to understand the greater plan of how all of life and Creation evolves together in the ascent of truth, and I felt that healing was for me just one piece of the overall puzzle.'

Before Meredith could ask another question, Zeta asked her one. 'Have you come to the study of the *Will Line* and how it effects one's life when the action of self-denial is placed upon it?'

'No, I haven't.' Meredith replied with a bemused look. 'This stopped her questioning, as she was suddenly reminded of the stark reality that she still had a long way to go. Zeta used the moment of silence as a way of bringing the attention back to Paul who was coming out of his state of partial rest.'

'I must have dozed off. I suddenly felt rather tired.'

'It's time for us to leave Paul,' Zeta replied, standing up. Meredith and Paul followed, embraced each other saying their farewells. Paul said that he would pass on her love to his mother and family, and would assure them that all was well in the land of spirit. Zeta said in answer to Meredith's question as to being able to see Paul again before he went back that she didn't think there would be time. Meredith nodded as if she understood about such important matters. Paul was on a mission. He had a very definite purpose. Suddenly she felt very pleased to have been included in it.

Zeta and Paul turned to leave, and Meredith smiling, made her way back to the healing seminar. As they neared the building, Zeta turned to Paul and said, 'I know it wasn't quite what you were expecting Paul, but Meredith is very focussed on her own growth. The Divine Love is all very new to her. She is pushing ahead steadily, but it will take her quite some time before she balances the ascension of truth back into the rest of her life. It is often necessary in certain people's lives to be self-indulgent in their healing. Over here all they want to do is ascend and find out about the higher worlds. It becomes their top priority and they are not concerned with much else. Their focus is not on Earth at all, and actually for the most part they want to have as little to do with it as possible. It is simply a part of the deeper healing process. It is the reaction to having had such a hard time on Earth, and when they feel the saving grace of the Divine Love all they want to do is save themselves!'

'Yes I see, I was feeling slightly disappointed,' Paul admitted, 'it would've been nice if she actually asked me one question about my life other than the introduction pleasantries. She was more interested in talking to you. I don't really know what I expected. I suppose I was wanting her – Grandma, to make a big fuss of me like she always did.'

'She's not that Grandma anymore and neither are you that little boy.'

'No, I guess not. Oh well... at least she is happy. It was good to see her. She has changed so much from the memories I had of her and it was obvious I had no realistic idea about her as a person. She was always just grandma. It's amazing how much we take things for granted.'

As they were sitting in the taxi returning to the apartment Paul turned to Zeta and said, 'This Divine

Love seems like strong stuff.’

Zeta nodded, ‘Yes it is. It’s the flavour of life over here if you want to live life completely with God.’

‘Zeta, as I was dozing I heard Meredith ask you if you ever go to the Natural love worlds, what did she mean?’

‘Do you remember I told you about the divisions in the mansion worlds between those living with the Divine Love and those living without It and only their self or Natural love?’

‘Oh yeah... Vaguely.’

‘Well there are two great divisions in these mansion worlds little of which is known about on Earth. Remember I spoke about the three divisions of spirits regarding their relationships with God, and by the way those same divisions apply to people on Earth, well, the first two groups of spirits live in the Natural love mansion worlds and the third group, those who sincerely want to be at-one with God and know Him personally, and who have also received some of the Divine Love in their soul, live in the Divine Love mansion worlds. Simply, the spirits with the Divine Love in their souls and those without tend to live in separate worlds. The Divine Love worlds, and the Natural love worlds. So remember the mansion worlds, being seven in number, are divided into these two types of love. This world is of Natural love, being the first, and is for souls of the lowest levels of truth and the newly arrived spirits, those worlds above, are for those of higher truths and are divided to accommodate the difference between the two types of love. Mansion worlds, two, four and six are for those without Divine Love, for spirits living with only their self or Natural love and more concerned about advancing their minds, and worlds three, five and seven, and above them in the Celestial kingdom, are for those of Natural love *and* Divine Love, the spirits living in them more intent on advancing their souls. You see the two types of love are very different. Divine Love is the real and pure essence of God Himself, and if you choose to invite it to come into you it ‘grows’ you in truth in a certain way. It is in actuality the only way we can ascend through the many spirit worlds to Paradise. Natural love, that is our love as opposed to God’s Love, is, on the other hand only that, Natural love. It is not Divine. Our love can only raise us in truth in a limited way and to a specific level, to that equivalent with the sixth world. One cannot go any higher than that in one’s growth without the inclusion of Divine Love. This is very important to understand and is one of the crucial things that you have come here to learn. The Divine Love *is* the *key* to one’s spiritual growth. It is the catalyst that continually inspires you to grow in truth, and by embracing it you can grow spiritually through all the heavens, all the way to Paradise, the home of *All That Is Soul*. By choosing to live without it, you are limiting your growth of truth and experiences of life.

‘Your grandmother has only recently begun partaking of the Divine Love, however, as a consequence she has progressed quite rapidly, and now lives in world three, a Divine Love world. There is a difference in the substance of the Natural and Divine Love spirit mansion worlds, because the soul growth requirements needed to provide the experiences promoting truth and understanding are different. And as I said to her, I have little need to journey into the worlds of Natural love. They hold very little life experience for me for already I live a higher truth than them and a truth that is inclusive of the Divine Love.

‘Few on your world know of this separation or understand its significance, the truth of it having only relatively recently been re-revealed. As the saying goes, like attracts like, therefore I have little to do with those of only Natural love truth. You see Paul, it has actually nothing to do with what religion you belong to or what beliefs you have. It is merely to do with your intent in life. And it is about striving to live the highest truth. If you intend to live your life with God and are therefore choosing in some way with the sincerity of your heart to live His Will, then you may have received some Divine Love into your soul. Many people have but are unaware of it and its great truth. For those on Earth who have made that choice in their own way and received some of the

Love, they will naturally move to and live in the Divine Love worlds, when they arrive in spirit. They will begin on this arrival world then move directly into world three. Those who have not, will also begin on this world, stay here, or move directly into world two of Natural love, depending on what their needs are.’

Zeta paused to ensure Paul was not past his fill of truth and information. She did not want to feed him too much truth too quickly, and already they were progressing a lot faster than she thought they would. She reminded herself of the fact that you cannot underestimate someone’s need for truth. Looking at him he seemed very comfortable, thinking over what she had just said. After a while he looked at her and asked, ‘So can you please explain more about why religion has nothing to do with it? Religion is surely all about living, or trying to live in some way, with God?’

‘Religion is about many things.’ Zeta replied. ‘You could say that one of its basic aims is to help people to find God, and all the various religious and so called spiritual groups on your world and in the Natural love spirit worlds over here believe they’re doing their best to do that. Yet they are all lacking in fundamental truth. Truth that is revealed as a consequence of receiving the Divine Love into your soul. It is not about how good a spiritual or religious system is or is not, in finding God, it is really about how good they are in preparing one to come upon the truth of *Asking* for and *Receiving* of God’s Divine Love. Within all of these systems there are some people who naturally long to love God and, as I said, in some way, long to be at-one with Him and true to Him and sincerely want to live His Will. And these people more than likely will have received Divine Love into their soul. Then there are lots of other people in religions and spiritual systems who long only to live and do their own will. You could say the starting point of all spirituality is a matter of will and even though most say they want to do God’s Will and believe they are, they aren’t. One is either self-willed or God-willed, and it’s based on the truth of your soul and not what you want to believe about yourself with your mind.’

Zeta paused gathering her thoughts then continued, ‘You could have, for example, a person who by all appearances has given their life to God, and even teaches others about living the Will of God, but in reality, their own personal truth is still very much self-willed. They may even believe that by their own outward actions they are living the Will of God and are seen with favour in His Eyes, but they are deluding themselves. There are many on your world and in the Natural love worlds here in spirit who are living this way. Many do not want to relinquish completely their will for God’s Will and as a consequence, they deny themselves the Divine Love and the potential of unlimited soul growth. Usually such individuals have to stay within their own spiritual or religious system because it provides them with the support they need. These people may even believe they have received God’s Love or that it’s a god given right, theirs, and all peoples, being divine by birth – all people being children of God and of a higher state of being than animals, but they are mistaken in their beliefs. We are a higher creation than animals but we are not born divine. We can use our will to perfect our own Natural love thereby respecting and honouring all other wills and never infringing on them causing another person or spirit to deny their will. But to become divine, to *divine* your Natural love can only be done by partaking of the Divine Love in your soul, by specifically longing with all your heart directly to God asking Him to give it to you. Unless you long and pray correctly for it, it won’t come into your soul no matter what you want to believe, and your state of being will always remain of Natural – self-love.

‘Many people within religious and spiritual systems who may have received some Divine Love, have a sincere yearning to know God and to live with Him, however they also stay within their chosen system of belief because there is as yet no alternative, and they don’t have the courage to step away from deep-set traditions. They also, as a result, slowly compromise their growth of truth. In spirit you don’t have this situation because once a spirit within the Natural love worlds chooses to partake of the Divine Love and soon receives it, he or she is then taken to world three. This

happens because when a Natural love spirit begins to receive the Divine Love, certain changes take place within that individual and the Natural love worlds simply do not cater for their needs of growth any more. This all occurs with the consent of the spirit involved, as nothing happens to anyone without his or her consent.

‘Great confusion exists on your world because you all live life together and there is no obvious separation according to the level of truth you have reached. You all live mixed together and on different levels of truth, some with Divine Love and some without, and what needs to occur is a slow education of the potential differences and a practical way shown to those who actively want to continue with their lives embracing the Divine Love.’

Zeta paused again to observe Paul. He still seemed quite comfortable with all that she had said still being deep in thought. She turned to look out of the window. She wondered if he would pick up the little hook she had thrown him. Paul was indeed a candidate to not only help pass this truth on to those of the Earth who wanted to hear it, but to also teach them how to do it. As she pondered this she again reminded herself that there was plenty of time. He didn’t need to learn it all in one sitting.

Remembering back to when she had actually congaed the truth of the will in relation to one’s life and growth of truth and spirituality, she recalled thinking how incredibly simple it all is and that the will was the key to the whole thing. She remembered how she pondered on what it really meant to *live the Will of God* and how at first she was very apprehensive about giving her will over to God.

She remembered asking herself what it really meant? Was she unable to do anything of her own volition again? Did she have to check with God before she did everything? It never quite made sense. Many people spoke of living the Will of God but never seemed able to explain what it meant in practical terms. She recalled the day when the penny dropped for her. A Celestial had said to her, ‘don’t try to wrestle with whether you are living the Will of God or not. Simply know that by asking for and receiving God’s Divine Love you *are living* God’s Divine Will. And that slowly, God Himself will guide you and direct you through your life as to how you are to live and what you are to do every step of the way. Life *is* living the Will of God when you have the Divine Love in your soul. And as you partake of more and more of the Love, all that happens is a greater awareness comes to you that you are living your life with God. You don’t have to give up anything before you begin. It is a transformation of understanding you slowly go through. You grow in truth, and change what needs to be changed when it needs changing.’ She smiled to herself. It all sounded so simple back then. But she had not at that point really understood what was required, what one really did have to give up if one truly wanted to live God’s Will. Her healing turned out to be far more than she thought it might be. She had no idea. That Celestial spirit was speaking to her as she was now trying to speak to Paul. Little by little, one step at a time.

She remembered how she realised that all she needed to actually do was relax and enjoy living life, and that as she was receiving the Divine Love, life would bring her the opportunities to change and grow, together with the necessary decisions to be made, and that this was in fact, living the Will of God. All one had to do in the beginning was two things. Want the Divine Love and want the Truth. She remembered how she thought back then that it wasn’t really very different from the way she had been living her life, except that she now understood the significance of the inclusion of the Divine Love in it. And wasn’t that an understatement!

Thinking about all the Natural love spiritual and religious systems and all the billions of people and spirits who were deeply engaged in them, she thought about what an incredible plan it was; the huge potential of love awaiting every individual. How truly amazing and loving God is!

Paul interrupted her reverie wanting to summarise his thoughts by saying, ‘So what you’re saying Zeta is that there are two types of love, and they are very different from each other. One is our own love – Natural love; we all have it and can share it with each other, and the other is God’s Love –

the Divine Love, which he shares with us?

‘Correct’.

‘And if we want God’s Love, the Divine Love we can get It from Him?’

‘Actually, He’s offering It to us, and by longing to Him and asking Him for It – yearning for It with your heart and soul, we are accepting His offer and telling Him that we are ready and willing to choose living life accordingly to His *Will*, His *Plan*, His *Way*.’

‘Ok... And so Zeta, the really important thing is it can come into us and then we can become of both loves. And those people and spirits who want to live with the inclusion of God’s Divine Love grow in truth up through the odd numbered mansion worlds, except the first world where we all start from and those who don’t have Divine Love within them live in the even numbered mansion worlds, but can’t go higher than the sixth world?’

‘Yes, that’s right. God is Divine and that is something we are not. We are created in God’s image and that is what we call Natural love, the whole of Creation is of Natural love, and when we partake of His Divine Love, when it comes into us, into our soul, then we gradually start to become of the essence of God, like He is, divine. And not all creatures and beings of Creation can partake of His Love, but our souls can. And as you said, we do become of both loves when we partake of the Divine Love, in a way; the light of God’s Divine Love becomes included in the light of our Natural love. But to keep things simple we just say we have become divine – of Divine Love.’

‘So what your now saying Zeta is, the more of God’s Divine Love we get in our soul the more divine or like God we become.’ Zeta nodded. ‘I get it, now I see what you mean, so it is *very* important isn’t it? Because the more divine we can become the more like God we can be and that would be an amazing way to live!’

‘Exactly Paul! Well done. That’s exactly right. And the more like God you become the more you’ll know and relate directly to Him and know how He wants you to live life: exactly how He lives it. This is how we can become more at-one with God, and eventually as this process takes place, so too will you become more God-Willed and less self-willed. You won’t just be living life using your will to fulfil all your wants, needs and wishes, you’ll be instead using your will to do what God wants you to do. The Divine Love will help you heal your will bringing your Natural love into perfection, and then with your full will you’ll be able to willingly choose to do, with the full force and conviction of your will, the Father’s Will. When we say, we surrender or submit our wills for God’s, we don’t actually give up or give away any of our own will instead we use it all to do, not our will, but God’s. Do you see the subtle difference? Your will is currently imperfect and therefore so is your Natural love because you are living in denial of it and love, which all came about during your early childhood. And if you set about healing your denial with the Divine Love, you’ll start to perfect your Natural love, and as an expression of that, your will, will work as it should. You’ll start to express your Natural love truly being able to make an adult decision about living with God – either completely at-one with Him in will and love or not at-one with Him. This is life’s greatest choice, and if we choose to do it: to live forevermore at-one with God, then the way we can achieve it is by longing to Him directly for His Divine Love and allowing it to heal all our imperfections of will. We need to have all of our will in perfect working order to live and do God’s Will.

‘Most spiritual and religious systems on Earth and all in the Natural love mansion worlds believe, that life, everything, and Creation is not about you, that its about something far greater – God that you are really nothing and God is everything. But life and Creation is *all* about you. You *are* life and Creation; you are not God, but you are in God’s eyes most important to Him. What I want you to understand during your time with me is that all we’ll speak about will be aimed at you reclaiming your lost or denied self so as to bring your will right up into life making *you* the central focus. And then from this point, you can include God and the greater whole in your life, if you want to.

Paul - City of Light

‘To say it’s not about you, means you, the finite person, doesn’t really exist, however, you do. Annihilation of the personal self for the greater whole, to become all at one with God, to sort of dissolve into Him, or the universe, or All That Is; becoming only a point of consciousness, is only a belief of the mind and completely eradicates the true nature of our soul and its wanting to express itself as you in Creation.

‘To find yourself if you feel lost or unconnected is to truly honour your feelings, to strive to live and find the truth of them in every moment. By doing this you’ll confront everything within yourself that’s not allowing you to find your true self. And you’ll see all that’s blocking and denying you has originated from your early childhood and your early relationships with your parents and early carers. To deny yourself is to allow your parents, or God, or whatever higher power you believe in, to have complete control over you and you’ll discover that is not how the Father parents us.

‘You see Paul, everything man made on Earth exists in the negative. It’s an elaborate fabrication of people’s minds, and of mind’s that are themselves in a negative condition. Every thing’s all the wrong way around. It’s not what it should be or how it’s meant to be, everything except nature.

‘It’s Gods actual love, *His* love for you, which transforms your soul so you can live perfectly true and at-one with Him, at-onement meaning with His and your will perfectly harmonised. Without the inclusion of It we can’t achieve at-onement. We can want to but we need His Divine Love to do it.

‘Don’t worry too much if you don’t understand it all now, I’ll go over it again later and hopefully it will make sense over the coming days.

Paul nodded, he understood the part about it hopefully making sense as his visit proceeded, and then suddenly announced he was hungry and asked Zeta if she knew of any good restaurants they could go to, and if she could show him the town; he wanted to see what entertainment this *City of Light* had to offer. Zeta agreed to his idea and gave directions to the taxi-driver. She decided that Paul had obviously had enough truth for one day.

DAY 3

They were on the open road, driving etiquette following American rules. It didn't really matter though, for the roads weren't busy. It seemed those who chose to live on this world, or had no choice due to their personal limitations of truth, wanted to live in close proximity to each other. City interaction appeared as much a way of life as on Earth.

Zeta had organised a car and they were driving to an undisclosed destination, somewhere in the country and it would apparently 'prove to be a peaceful and relaxing day'. That was all she had said, which suited Paul. He'd had his fair share of alcohol last night, or was it that last eternally endless day? It didn't really matter. He and Zeta had wandered through what seemed like a never-ending number of drinking places, clubs for dancing and clubs for just about everything else you could think of. Paul mused over his 'morning after' feelings. Inwardly he actually felt great. Fully refreshed and as though he hadn't touched a drop of alcohol at all. However, some other part of him was saying constantly that he must have a headache and not to move his head too quickly. He mused over how strong the conditioning was; just how firmly patterns and habits are ingrained in ones system. He knew that everything was spirit over here and, as Zeta had told him, the beer was in fact a figment of his imagination, only there to serve his desires and habits, yet the feelings of getting drunk were so real! He smiled to himself at his attempt of humour: what really is the definition of a drunk? Someone who's able to get drunk in Spirit on spirits? So he tossed off the feelings of his night - day - of drinking and dancing with Zeta and decided that as it was a new day according to his body clock, he would approach it as such. Zeta seemed unaffected by it all, so he supposed that she had been through it all numerous times before.

The landscape about them was pretty in its seasonal colours, and as everything so mirrored the world of Earth it was hard for Paul to remember that he wasn't there. The enormity of what was happening to him would overwhelm him now and then, as it did now, and he thought of how this whole world was existing on its own volition, and how somewhere, Earth and also the higher worlds to Paradise with all their people – spirits, were going about their daily lives, unconscious of, or at least not concerned with, each others existence. Paul wondered what Paradise, God's home, and the home for so many more highly ascended spirits, must be like? It was all a bit too much for his mind to grasp. The sheer size and scope of all the lives of each and every individual living out their destined life paths was incredible.

Zeta turned toward him for a moment as if to speak, but then turned her attention out of the window again. She was deep in thought-communication with her council. They were 'on line', and were discussing by direct mind transference the progress of Paul so far. Zeta was summarising her thoughts in her head to them and as she proceeded she was listening for a reply. 'He seems to be accepting all the truth of Divine Love very quickly', she thought to them.

'Yes', came the reply from Zeon, 'however we do not as yet know whether it is all merely intellectual or if he is intent on following it up and living it.'

'What do you perceive?' Zeta then asked Zarno.

'I feel it is necessary for us to still be patient,' Zarno replied, 'we cannot jump to any conclusions

and today will have a big impact on him. My advice is to continue giving him only the amount of truth he needs at any one time, and as he asks for it. He will be inspired from within by his inner guide, which will prompt his thoughts at the correct time. God Himself will inspire him.’ With a united agreement of Zarno’s conclusion, Zeta said good-bye to her unseen friends and returned her focus to the journey with Paul.

‘Where were you?’ Paul said as Zeta refocused her attention on him.

‘I was talking with some of the others in my group,’ she replied.

‘Oh? Who are the others?’

‘They are other Celestials. We all work in groups, soul-groups, it helps to maximise experience. We are twenty-four in number, twelve soul-pairs. We have all been working with you at various times and in various ways throughout your life, and are all very interested to see how this time with you evolves.’

‘I feel like I’m some sort of experiment,’ Paul replied, with a quizzical and slightly sour expression hoping he might be wrong.

‘You are Paul, in fact we all are. There is always someone higher up who is keeping a watchful eye on each of us, not to mention God. It’s nothing to worry about, and I have no real secrets. We are keeping nothing from you, we simply don’t want to force you along too quickly or force a decision from you prematurely. We don’t want to interfere in any part of your life more than we already are. You are, as I have said, quite a rare experience for all of us. In fact your time here is attracting quite a bit of attention in higher realms. As you meet and interact with different spirits, we interact with their Celestial spirit guardians and much discussion occurs. You see, only those much higher up than I, know the real score of your life, the outcome of your stay here and the repercussions it may have back on Earth’.

‘I see,’ said Paul, ‘so potentially a lot is at stake here?’

‘Yes Paul, you are correct, there could be.’ Zeta replied, and then mused to herself that it was a good thing he could not read her mind. For there is so much at stake, far more than he will ever know. Potentially he can be one who holds a key to humanity’s future! He could be one of a few to have a big impact. For it is the truth of Divine Love that is the key, and it will be very dynamic in humanity’s future. It will liberate many souls who feel trapped and lost, freeing them into a life with God, a life of real love and a life of real personal discovery. It will free them from their confused beliefs, offering them a simple and easy way to come to know God. It will have huge ramifications on the Earth world, which will then influence these worlds of spirit. So many in the Natural love spirit worlds who are also trapped and lost will gain liberation by observing what is happening to their loved ones back on Earth if they begin to live the truth of Divine Love. I can see the potential of what can be, but only God Himself knows the Truth of what will be.

‘Can you please tell me more about the Divine Love, Zeta?’ Paul asked interrupting her thoughts.

‘Yes certainly.’ She replied, quickly reorganising her thoughts. ‘There are many on your world and many here in these worlds who want to find their ‘right path’. They want their questions answered. They want to know the meaning of their life, what their life’s purpose is; if they’re going the right way? And what it *is* all about? They feel a deep inner longing. It’s like an inner calling, a yearning to know something but they don’t really know what, nor can they put their finger precisely on the cause of this inner feeling. Sometimes the feeling is stronger than at other times. It can feel like a deep inner hole that occasionally gets filled with sadness, or feelings of loneliness. It can lead to a state of inertia and even complete depression, but for most it is like a ghostly voice that haunts their inner being occasionally longing to be heard. You know the feeling?’

‘I know it all right’, Paul acknowledged thinking back to his last day on the island.

Zeta continued, ‘Well that feeling is the feeling of the soul longing for fulfilment from the Divine Love. Many search everywhere trying to quell that inner restlessness yet it will never go until the

Divine Love is steadily flowing into their soul. We are born with our soul longing to its Heavenly Father for Love. Just as when we are children, we long to our mother and father for their love. And hopefully if we receive our parent's love we'll grow and develop, and in time move on into adulthood being able to stand independently in our own love. In the same way our soul, that deep inner part of us, is also longing to God, its Heavenly Creator-Parent, for Love. Unfortunately most of us do not attend to the longing, or understand what it is. It is overridden and ignored, and we are not taught as children how to satisfy this inner longing for God's Love and the fulfilment of our soul's needs. This therefore causes a problem. We go through life failing to satisfy a very important part of us that needs fulfilment, and the longer we go without satisfying it, the more intense that inner feeling of confusion, or loneliness, or being lost, becomes. We can climb the highest mountain, investigate all religious and spiritual systems and follow many and varied beliefs, but if we continue to deny ourselves the Divine Love we will only become more desperate and increasingly isolated from God. If we were taught that we had an option: that God's Love was available and all we needed to do was ask Him for it when we felt the need, then people could decide if it's what they want – to follow this path in life, and those that did, would fulfil their souls longing.'

'But why do we have to ask? Why doesn't God just give It to us if it's so important to our happiness and well being?' Paul asked, identifying directly with everything Zeta had said. He had so desperately wanted to get to the bottom of his inner shadow feeling, and perhaps Zeta was right. Perhaps the Divine Love was the way?

'The reason you have to ask is to do with your will,' Zeta replied, thinking to herself that she must choose her words carefully now. 'You see Paul, you were born (we're all born), without the Divine Love and with only your Natural love, and sometime in your life on Earth or in spirit you have a choice to make. As you grew up, you could choose to continue living without God's Love, developing and evolving your Natural love, or, choose to integrate God and His Love into your life. The only difficulty being, you were unaware until now that you had this choice to make. And God honours each choice, absolutely. As I have told you, if you choose to live with only your love you are choosing to live completely your will, and you are not choosing to have God's actual essence within you, so you remain totally the master of your own vessel. If, however, you do choose to live with God's Love, then you are directly inviting God within you and into your life, and by doing so you are in effect saying to God, 'I am choosing to live my life with You, and I am going to achieve this by asking You to come directly into me and into my life. I want to live my life with You and not separate from You. I accept Your offer of Love. Please love me.' So in a practical way by directly asking God for His Divine Love we are demonstrating that we want to live His Will. Through the act of asking, we are showing Him that we are serious and are prepared to take full responsibility for our lives with Him. We need to ask in order to receive. By the act of asking we are doing something decisively with our will towards living God's Will. It also requires humility to ask and receive, and when we're in a state of humility, we are much more able to love and be loved.'

'Therefore, at the same time that we ask for God's Love, we allow Him to come to us, and His Love into our soul. And he does come. You can actually feel and directly experience His Love flowing into you. It is an amazing experience, to feel God Loving you in this way.'

'And another thing is that God doesn't push Himself on us. He has designed it so we are absolutely free to live on our own without Him if that's what we want. He never tells us what to do. He's not a demanding or pushy Parent. But if we do want to live with Him and not on our own then we have to tell Him and show Him our intention. If you want something you have to ask for it.' Zeta then paused giving him time to speak his thoughts.

'So, it is as you said yesterday, all a matter of the intent one has,' Paul responded then continued, 'as to whether we choose to live with God or not.' She was pleased with this remark and added, 'It

is, and the Divine Love is the substance that makes that choice real.’

‘Hmm,’ said Paul, ‘it’s really very important isn’t it? But not everyone wants to live with God. Not everyone would want God’s Love.’

‘That’s right,’ Zeta affirmed, ‘the Divine Love is not for everyone, yet. It is merely there waiting in the wings, as it were. Whomsoever feels they need it, can ask God at any time for it. There is no urgency. It’s not a case of I won because I asked, you lost because you did not. It is simply a personal choice concerning the way you wish to live your life. And believe it or not, many do choose to live the will of God each day, they actually long to Him for His Divine Love, and with this truth they can then achieve it.’

‘How does one know when one is ready to make the choice?’

‘You simply know. No one can force it on you. You simply choose to give it a go because you feel you want to. It’s a very personal thing between you and God. If you feel you want to know God, or start to develop your relationship with Him further, then you may consider asking Him directly for his Divine Love. One way or another when it is time for you to have the experience, you will know it and truly feel like you’re ready. We call it your *Arrival Time*. For many, as I said yesterday, they decide to ask, then experience it and are underway living with It - Him. Others feel ready, ask for a time, receive some Love but then loose interest, or feel it’s not for them, or they’re not quite ready. And there is plenty of time for them to come back to it. Then for others still, they may have at some time unconsciously made the decision to live with God, longed for His Love and have actually receive it but without really knowing what they were doing. However, when they discover the truth of consciously and directly asking God for His Divine Love, then they understand what they’ve been doing all along. Usually these people discover they are already familiar with the experience of receiving the Love but just haven’t properly understood what it was all about, or that it came to them in direct response to their longing to Him for it. For these people and spirits it gives them new insight and understanding in their existing relationship and life with God. It makes them more responsible for their life with God, and moves their relationship onto higher and into deeper levels of understanding. They become fully conscious of the truth of asking God for His Love, and it affirms to them that they have been going the right way all along. And that all those secret and wonderful feelings they’ve had and rarely told anyone about were in fact all valid experiences with God all brought about because of their receiving of His Love. We all have our own unique arrival time: when you first choose to sincerely ask God with your heart for His Love.’

Paul and Zeta sat quietly reflecting on their conversation. The road had become narrower; they were drawing closer to their destination. Zeta had told him earlier in their journey where they were going saying they were heading toward a cabin on a lake. She knew he loved to fish, and felt such a diversion might give him time to relax – time out from the intensity of the past days.

It was an idyllic setting. The curve of the bay swept in providing a perfectly secluded spot for some peace and quiet. It was Zeta’s idea but they decided to stay only for the day, as Paul wanted do some more exploring of the club-scene. On Earth, in his youth, he had frequented the more radical clubs, however, he had since outgrown any further interest in them. But he now felt strangely drawn to them, and it intrigued him as to why. For the moment though, he decided to put these thoughts and feelings aside and make the best of the day’s fishing. Zeta was right, he certainly did love fishing, although lately he had done little of it for commitments had not allowed him to take the time off.

Baiting up his hook he cast the line in. He had picked himself out a large flat rock to sit on and

looked out over the water. It was a beautiful deep turquoise colour. Not a ripple on the surface, it looked like clean, clear glass. Memories of the days when he went fishing with his father surfaced, and he thought about how much he'd enjoyed those days roaming around the lakes near their holiday house. They rarely caught a fish, but that was okay. They just liked being outdoors together.

Zeta sat close by not interested in fishing, however equally grateful for some quiet time and a chance to do some writing. She liked to write in her spare time, a legacy of her Earth days. Back then she conscientiously kept a diary of her day's conquests, now she kept a diary of her personal understanding of things. She called it her *Truth Works*.

Paul's thoughts shifted to Sasha. He wondered how she was. He thought of how she would be still grieving over him and yet here he was enjoying the light and the beautiful scenery. It was all mad. And perhaps she wasn't grieving anymore and was instead choosing to get on with her own life, after all, she doesn't know I'm coming back in seven spirit days time. People stay in comas for years. He couldn't expect her to give up her whole life to wait for him. He wished he could just go and tell her to, 'Hang in there!' Paul thought over the scenario: Sasha grieving by his bedside in hospital, as he lay seemingly never to awake, and yet here he was alive and well! He wondered to himself if he should ask Zeta if there was anything he could do, any way to let Sasha know everything would be okay. It was no use worrying himself, and Zeta would only say yes or no. If it were, 'no', then he would simply have to wait it out. She'd said those in spirit can observe those down on Earth, perhaps at least he could see Sasha and see how she was doing. He eased himself down from the rock and walked over to Zeta, who looked up as he approached.

'Zeta, do you think it would be possible if I could somehow see and even perhaps speak with Sasha? I know it won't be long before I return but I wonder how she is. I know they all must still be very upset down there and I would really like to somehow be able to tell her especially that I'm okay.' Paul held his breath in anticipation of her reply.

'Yes, it can be arranged. In fact, I have already taken care of it. You will be able to speak directly with her later on today if you like. By then she should be asleep. It is usually easier to communicate with those on Earth when they are asleep.'

Paul's heart leapt, he thanked Zeta with a huge smile, his inner feelings of discontent instantly gone! He couldn't believe it, it was all so easy, or so Zeta made it seem, she being so relaxed and casual about it as if was the most natural thing in the world to do. He climbed back on his rock but couldn't sit still. He felt so excited at the prospect of speaking to Sasha, and although it had only been a few days, a lot had happened since and he desperately wanted to talk to her about it all. He wondered what she would think about the Divine Love: about everything! He could hardly contain himself. He wound in his fishing line, and having secured it, jumped down from the rock and called over to Zeta that he was going for a walk.

He whistled happily, skipping his way along the path that wended its way through the large boulders along the edge of the lake. He felt like a teenager who'd had just asked a girl out for the first time. He felt nervous about what he would say to her. He felt so much love for her, and so close to her. Here he was, god knows where, and yet he felt as if his heart was wrapped about her. He felt like he could hug her, look into her pale green eyes, and stroke her fair hair. He wanted so much to see her favourite red bow that she often tied her hair up and back with. As he quickly walked along, he wondered how his meeting with her would happen. He thought he would ask Zeta how it was going to occur when he got back. How do you speak to someone who's asleep? It was probably just another one of the strange things that can happen of which he knew nothing about. He was getting more accepting of such strangeness. Zeta obviously had lots of surprises up her sleeve. Up ahead, he saw that the path led to a point jutting out into the lake, so he thought he would walk on up to it and see how far the lake stretched out beyond. He loved that about walking

around lakes, there was always another point which lured you to walk to just so you could see what was around the next corner; to see if there was another perfect fishing spot. He decided, however, that this time he wouldn't walk further, he'd walk only so far as the point then return to Zeta and prepare himself for his meeting with Sasha.

As he strode up to the point his mind became clear and his excitement abated a little. He became calmer and felt happy to wait until later. He picked up a small flat rock and expertly skipped it out onto the lake watching each skip produce a little splash and ripples marking the spot on the surface. Eight skips, he automatically counted, not bad, he thought, still haven't lost my touch! As he reached the point and stepped over slightly bigger rocks, he cast his eye along the lake that stretched out seemingly for miles. The lake was long but not very wide. On the opposite shore, now that he was a little closer to it, he could make out a similar path as his winding along close to the waters edge. Up behind the path, as on his side of the lake behind him, stretched a dense forest. He then turned to look back to see what lay around the other side of the point in the next bay and his attention was caught by something. It was a person, a girl, sitting in the next small bay with her legs pulled up and her head resting on her knees. As he looked over to her, surprised to see anyone else around, she looked up at him. He stared at her. She stood up and turned toward him, the large red bow swinging in her hair as she moved her head. He gasped, and tried to call out but no sound came at first. 'Sasha? Sasha?' Yes, it was really was her. He couldn't believe his eyes. He hurriedly stumbled toward her.

'Paul, oh Paul, thank God you're all right!' she exclaimed, running and stretching out her arms to greet him. 'I've been so worried. We think you'll never wake up!' They embraced each other with tears rolling down their cheeks; Paul's in jubilation and sheer surprise; Sasha's in relief to see him and that possibly her grief was over. 'How did you get here?' Paul stammered.

'I met my spirit guide and he brought me. We occasionally go visiting the spirit worlds when I sleep.' Paul looked at her questioningly, 'Really? You've never mentioned anything like that to me before?'

'No, I wasn't sure how you would take it. It hasn't happened for quite some time. I used to do it a lot when I was a young girl, and tonight is the first time I've been able to sleep properly since your accident. When Mark phoned us from the island I was so scared. It was as if my whole life had come to an end. And your mother's really worried she'll never be able to speak to you again.' She wiped the tears from her eyes.

'It's okay. I'm only here for ten days and then I'll return and wake up out of the coma. You'll have to try and convince mum that I am all right and that I'll see her soon. Oh Sasha it's really you, I can't believe it. Gosh, what a surprise. It's incredible, you here. Ha, here we are together in spirit. Wow what next! Oh I'm so glad to see you, I've missed you so much.' Paul kissed and hugged her again.

'So how are you really?' Sasha asked between hugs beginning to calm down.

'I'm great. It's truly amazing over here.' Paul replied. 'Zeta, my guide, is looking after me and showing me around. It was all a bit strange at first, I thought it must've been a dream or some kind of weird joke, but now I know it's all real. It's all so amazing Sasha. Zeta's teaching me about God's Love, the Divine Love, and I'm slowly coming to understand its importance.' They embraced each other again, smothering each other's lips with kisses.

'Sasha, I love you so much, and I want us to be together forever when I come back. You sort of feel so much more about things over here, more of what's really important. You don't get caught up in life and work, taking everything for granted, and I've realised how important you are to me and how much I want to be with you. I've realised that life is all about love and my heart feels like it's about to explode with love for you.' Sasha started to cry again. They embraced each other, not wanting to ever let go, to stay together always.

After a while Paul suggested they walk back to Zeta. Arm in arm they wandered slowly back to the fishing cabin. Paul was ecstatic, hardly able to contain himself from pledging his eternal love for Sasha in every moment. Sasha was just relieved that Paul was all right, that he had not suffered and would not suffer any ill effects from his accident when he finally woke up back in his body. She had known all along that they were chosen to be together; she just knew about certain things. And she'd always known that about her and Paul ever since they had met so many years ago, however the accident had filled her with doubts, but now a sweet joyous feeling of confidence was shining brightly in her heart. She was pleased that Paul had awakened to his spirituality. She had known it was going to happen one day but she never guessed it would be like this! Since their first intimate meeting she had discreetly kept this part of herself from him waiting for the right opportunity to tell him of her interest in it all. And as their relationship became more intimate it had become increasingly harder to keep such feelings and her spiritual interests a secret. She hadn't wanted to scare him away or to make him think she was kind of weird. She loved God and had done so all her life, and now He had answered her prayers by showing her that Paul was okay. Occasionally God had spoken quietly to her in her dreams, and had done so just recently on the night of the accident when He told her to have faith in Him. Her faith was even stronger now. It had been a testing time, but now she definitely knew it was meant to be. She turned towards Paul, and looking him in the eyes said, 'I love you Paul.'

They passed the last large rock, to see Zeta sitting on the small sandy beach below the cabin, with company. As they approached, Paul was about to introduce Zeta to Sasha when Sasha said, 'Paul this is Zarno, my guide.' Paul put his hand out to greet Zarno and then introduced Sasha to Zeta.

'And I see you two obviously know each other,' Paul said with a big smile on his face speaking to Zeta and Zarno, as he remembered Zeta's words previously about meeting Sasha and how their meeting had obviously been a set-up for which he felt so grateful to her for.

'Indeed we do,' replied Zarno. 'We work together in the same soul-group. How did you both like our surprise for you today?'

'Wonders never cease! What else have you got in your magic box of tricks to amaze me with?' Paul replied. They all laughed. Paul giving Sasha some more squeezes thought, 'one would have to get up early in the morning to know what you two will be up to next!' Zeta and Zarno reading his thoughts, laughed even louder.

'That's true,' Zarno replied.

Paul turned to Sasha giving her a wry smile, saying, 'We have to be careful what type of thoughts we think about each other, seeing these two are mind-snoopers!' They all laughed again understanding Paul's sexual allusion. Sasha thought to Zarno and Zeta, 'Thank you both for all you've done. Paul has changed, and it seems to agree with him. Thank you so much for looking after him.' They both turned to her in acknowledgement of her thanks, and mouthed, while Paul wasn't looking 'It's our pleasure.'

Zeta then said, 'Why don't you two go for another walk? Enjoy this time together as Sasha will have to go soon. We will *mind-call* you when it is time for you to return.' Paul and Sasha nodded in agreement and walked off, continuing along the foreshore path arm in arm. Zeta and Zarno sat down together on the sand resuming their conversation.

Paul, hugging Sasha as they walked, asked, 'Sasha, do you know about this Divine Love?'

'Not exactly, except that it's God's Love,' she replied.

He continued, 'Well, Zeta's been telling me about it, and it seems very special and something that everyone can have if they want to, and it can help you get to know God better. You know I never really gave God much thought, I certainly felt I could cope with my life without help from anyone

else, however, now I'm beginning to feel that I've been missing out on what life could really have to offer. Just in the simple things. In everyday actions that I've mostly dismissed believing them not to be important. I've started to have unfamiliar feelings and to see things differently, even in things that I previously accepted as everyday and normal. Now I'm beginning to think about what these things really mean, to me and to others, and how such things can affect others when before I didn't really care. A lot sure has happened to me since I've come over here! Looking at things from the point of view of having died certainly puts them in a new light.' He fell silent, beginning to get caught up in his thoughts and memories of what he had been through already, and in such a short time, and how his life was feeling all stirred up.

Sasha replied, 'I have always loved God. He has always been with me in my life. I pray to Him when I need His help, and sometimes He even speaks to me.' She suddenly felt a lightness within her, as if some sort of heavy burden had just been lifted from her shoulders. Yes, at last she had said it to Paul, the thing that she had always wanted to share with him, but had feared he might ridicule her and not accept her for it.

Looking at her with acceptance and seeing this new side of her, and liking it, he continued, 'Apparently, in your prayers you can ask God directly for His Divine Love, I haven't done it yet, but Zeta tells me that people like you, Sasha, have probably been receiving God's Love all along but without fully understanding the truth of what they've been doing. When they know that they can actually ask specifically for His Love then their relationship with Him intensifies even more.' They walked on a way in silence holding each other tightly, both enveloped in their own thoughts. Paul was the first to break the silence with a question, 'Sasha, what does God mean to you?'

She thought for a moment then replied. 'Love I guess. When I feel God close to me I feel love. It's not the same kind of love or feeling of love that I feel when I'm with you but it is very special. It fills me with hope and a faith that everything will work out in life. If I'm feeling a bit down then I feel better. It's like having a great loving parent with you, someone who is so great and beyond everything we know of. Someone who loves you so much and makes you feel like everything about life is good, and you're loved for just the way you are. It's hard to put it into words. They're more like subtle sensations I feel, and when I feel them I know God is close to me. Next time I pray I will do what you said and directly ask Him for His Love. It'll be interesting to see if anything changes because of it. You know in all the times that I've prayed to God I've never thought about asking Him specifically for His Love. I guess I just believed He loved me. When I was younger my grandmother used to tell me that He did. Sometimes she would sit on the side of my bed and tell me all sorts of stories about God, some from her own experiences of Him and some I think she might have made up. I loved hearing about them. She sort of made Him seem like He was a real person, someone you could talk to whenever you wanted to and someone you could ask for help, and even for the things you wanted. She used to tell me that you didn't need the Church at all and you didn't even need the Bible because God was to be found in your heart. She said she used to be religious and attend church, but one day she had a bad experience with the minister, she never told me exactly what happened but she said it caused her to lose faith in the Church, but not in God. She said it was a sign from God to her that you didn't need anyone to tell you about God, that He was there for you to discover by yourself, when you wanted to; when you were ready, and in your own way.

'I loved her speaking about God. Everything she said seemed to make so much sense, like it was all so natural and that God was, or at least should be, an every day part of our lives. She helped me to speak to him, not to repeat the prayers I had learnt in Sunday school but to tell God what I felt about things, to share my thoughts and feelings with Him, as if He really was there and wanted to hear every word I said. And so that's what I did, and still do.

'One day she told me to make sure that the man I decided to be with was of the same

understanding about God as I was, because if he wasn't then it would make life between us difficult and our relationship probably wouldn't last. She said having God in both of our lives would make for a far deeper and purposeful relationship, one she wished she'd had. She said she was telling me these things because she'd wished that her grandmother had told her about such things. She believed that if she had her early life would have been much easier and that perhaps she wouldn't have made so many wrong decisions, and that God might have helped her more.'

Paul listened then enthusiastically replied, 'I think I'll ask Zeta to show me how to ask for the Love. If your going to do it them I too want to do it.'

'But you have to do it for yourself Paul, not because I'm doing it. It's got to be something you really feel certain about. I've at least had God in my life for a long time; this is all so new for you. I don't want you to rush into anything on my account.'

'It's okay', he reassured her, 'I'm not going to do anything unless I really want to. However, it's becoming increasingly clear that my reason for coming here into spirit is to begin to involve God in my life. And now with you telling me this about yourself, I'm beginning to feel it will be fun, for us to do this together and to be able to share our experiences just as your grandmother suggested. I feel that my time of arrival is now here. I would never have thought of doing it before, always having kept away from those religious freaks, but I understand it more clearly now. It's not about the Church or any religion; it's just about developing a personal relationship directly with God, isn't it? And that seems harmless enough and really like a good idea. It's not that I've had anything against God it's just that God's never been presented to me in a way that I could see Him being easily integrated into my life. I don't have to join a religion or go to church, I don't have to anything I don't want to do, all it seems I have to do is ask Him directly for His Divine Love and I can't see anything wrong with asking for love, on the contrary, more love seems like a very good idea!'

'Yes it does, doesn't it,' Sasha agreed feeling nice warm feelings coming up inside her. 'For me it's like finding your own personal religion. I know many people in the Church don't believe you can get to know God without the churches help or without believing in the Bible, but I have met a few people who, like myself, believe you can develop a personal relationship with Him without the involvement of the Church.' She paused for a moment then continued changing the subject and acknowledging a new feeling within her, 'I think we should be getting back now, I feel my time is just about up.' They stopped walking, Paul acknowledging the same feeling, 'I suppose you can't stay longer?' he asked knowing the answer.

'No, I wish I could stay. But at least it has put my mind at rest, and I'll be able to comfort your family now too. I know God will look after you and I'll wait until you return.

'Will you remember all of this?' He asked, suddenly worried that she might wake up out of this dream like how he woke up from so many of his dreams, instantly forgetting them.

'Yes, I'll remember. I remember all of my trips into spirit. They are too real, just like normal life and in a funny kind of way they even seem more real, and they're certainly much more real than a dream.

'We'll have so much to talk about Paul when you do come back, and I'm already looking forward to hearing all your stories. I'll be waiting for you Paul, and remember that I will always love you.' They embraced each other again, and Paul, looking out over her shoulder at the lake, could feel the depths of his heart fill with love for her. Whispering in her ear he said, 'I love you Sasha. I love you so much.'

When they got back, Zeta and Zarno were standing, waiting for them.

'It is time for Zarno to take Sasha back now,' Zeta said.

Paul - City of Light

With heavy but also joyous feelings in their hearts, they said their final good-byes and Sasha left with Zarno.

As Paul watched them walking along the path back to where he had met Sasha, waving farewell, he asked Zeta, 'What happens now, how does she return?'

'It's a relatively easy process. She, like you, has an etheric cord, you usually can't see it, but it joins your spirit form with your physical until you die when it dissolves away. So while its still there, no matter where you are in spirit your still attached to your physical. At a chosen place they will sit down together, and when Sasha's time comes she will feel the pull of her physical body through her cord seeking her return, then she'll feel sleepy and let herself go. Her spirit form and consciousness will return to its rightful place, and she will wake in the morning with full memory of her visit with you. It has been decided that this is the best way, as she will need this direct experience to be able to help you with your work when you return.'

They watched them walking out along the point and with a final wave Sasha and Zarno rounded the final boulder on the point and vanished out of sight. She was gone. Paul felt a little sad but he also felt a peace within him. He knew that now he was ready to get on with his final days with Zeta and learn as much as he could. He knew that he wanted to experience the Divine Love, so he could know for himself if indeed it was to be a part of his life. He turned to Zeta and said, 'I am ready now Zeta for you to teach me more about the Divine Love and I know the time has come for me to ask God for it. Will you please show me how to do it?'

Day 4

Beautiful tall-stemmed roses of virtually every colour adorned the garden beds that stretched out in long rows from underneath the window, to where finely groomed hedges of thick vegetation marked the boundaries. Paths of yellow stone wound their way around the garden giving the visitor maximum enjoyment. It was quite an 'old English' style garden setting, giving one the sense of it being full of age, peace and wisdom. It complimented what the building resonated with, a deeply established truth. Its ageless foundations suggesting long-term security. It felt as if it had always been there and always would be there.

Paul stood at the full-length window admiring the view. He marvelled at the sky blue and jet-black roses. They painted a striking picture in full blossom side by side. The large window walled the room from the garden, the light streaming in. They were in a prayer and meditation room, and Zeta was talking with the teacher. They had come in response to Paul's wanting to experience the Divine Love, and as he had never prayed or meditated before he was a little anxious, and curious about what he was getting himself into. He had, in his mind, awful images of sitting for hours on a cushion with his legs crossed and an aching back, however, he'd breathed a sigh of relief when they'd been shown into the room and saw a number of comfortable-looking chairs placed around in a circle facing each other.

As he looked out the window into the garden his thoughts and feelings were of Sasha. He had relived their meeting yesterday countless times in his mind, his heart yearning to be with her. Having repeatedly thanked Zeta for organising Sasha's surprise visit he had questioned her about the intensity of the feelings of love he was having and she had said, 'It was normal, as feelings of love were greatly intensified in the spirit worlds. At times they could almost be overwhelming and all-consuming, however, the Divine Love would bring things into balance and he would be able to integrate them and live comfortably with such strong feelings of love.' She had told him that being in spirit in an astral body spirit state, and not properly dead, caused many of his feelings and thoughts to be overly excited and amplified. She said that as he grew in truth, he would naturally grow in love, being able to live and experience it with greater intensity, and at the same time being able to integrate it into life so that it simply became a normal feeling in keeping with other feelings, emotions and thoughts. She told him that he was experiencing *love euphoria*, and this occurred when the amount of love and the light it generated in the experience, exceeded the amount of truth and understanding to be able to house and ground such love. She said that this was why so many people who had out of body or near death experiences felt such overwhelming love during their visit to spirit.

Love, she further had explained, was somewhat like power, and without the necessary inner equipment - truth - to contain and utilise it effectively, it could become explosive and almost destructive. By harnessing the experience of God's Love, he would then be capable of building a strong foundation, enabling him to always keep the amount of growing Natural love in perspective.

She also added, that when he had a grounding of Divine Love, then he would have something that qualified the experience of self-love and love for others, by the amount of love he felt for God.

Without it he could potentially become what is termed *love lost* - lost in and to, love itself. And as many people are always chasing more and more love, thinking that it is the fulfiller of all their needs, which of course the Divine Love is, it can be a bit of a trap, for it can then cause them to become so *in love* with the power and intensity of their own love that they think it is the Divine Love, when in fact it's still only Natural love. She said that many people mistake the euphoria of their own self or Natural love wrongly believing it to be God's Divine Love. And in that way they can actually deny themselves the experience of their inner longing to find and have God's Love.

She had concluded by saying 'A lot of the Natural love spiritualities and religions on Earth and in the Natural love spirit mansion worlds concentrate and focus on increasing and generating copious amounts of self-love to the point of effectively deluding themselves into believing that they are being loved by God and that they are *in love* with God. When in reality, they are only completely in love with themselves!' And then added, 'That many who experience such religious fervour like some Christians, wrongly believe that it's being caused by the *Holy Spirit* and God's Love and their love for Jesus and that the whole experience is divine, when its only a stimulation of their Natural love, and the Holy Spirit, which does convey God's Divine Love into our souls, is not actually in attendance. Their whole worship of God is a contrivance, all being generated through their own efforts to join together and encourage each other onto greater heights of feeling good, just like being at a rock concert and allowing oneself to get carried away in the heat of the moment. Their want to be loved, and to feel so overwhelmed by it because their lives are so devoid of it, causes such an extreme reaction, but it has nothing whatsoever to do with themselves honouring their true souls longing for God's Divine Love. The receiving of the Divine Love is more of a subtle and sublime experience than what these people and spirits believe it to be. They are doing it all with their minds and not with their hearts and souls.'

Paul had to admit that if he could live in this love-bliss state forever then what else did he need to have? His feelings of love were incredibly strong and wonderful and he did feel high, as if on some sort of addictive drug, the feeling now being intensified by the fact of Sasha being so far away. He mused over the old adage "Absence makes the heart grow fonder". Fonder! Give it the distance between two worlds and you feel like you are king of the universe with so much love for everyone and everything! He thought, and intuitively felt that though these feelings of love were so wonderful that they were too intense to be sustained. As he indulged in them he could perceive that they could become so all-consuming that they would ultimately isolate him from life. Why would he ever need to do anything or go anywhere when inwardly he felt so euphoric? It reminded him of his dope-smoking days of old; of the hours he put away sitting in the contented feeling of bliss he thought he was in, locked away in his own little mind. He used to feel at peace and so at ease with all the world and life, yet he knew in those days the trap was allowing the drug to take over and govern your life. To allow it to remove you from your daily life: to escape. He felt he could easily escape life with all the love he was feeling now; the ultimate and ideal romance of two people who could be together forever in such bliss: bliss cocooned within love for all eternity...

As Paul's thoughts drifted through his inner love-nest he was called to sit in one of the chairs. The group was about to begin.

'Welcome to you all today, my name is Zarmen, and I am your teacher for this Divine Love prayer,' the teacher began. As Paul listened, he looked around the room at the other people present. There was a perfect balance of the sexes, men and women of various ages and types. As well as himself, there were two young Asian girls sitting next to each other, an elderly white gentleman who looked as if he'd been through quite a tough time in his life, a middle-aged black man smartly dressed in a business suit, two other fair-haired white men who were obviously very fond of each other, and three women of various origins unfamiliar to him who sat in the remaining chairs. Quite a mixture. Zeta and Zarmen were positioned opposite each other.

Zarmen was young in appearance, however he commanded much respect and authority with his even voice suggesting a deeper wisdom that had come from many years of life experience. He had the same *feel* about him as Zeta did. He was very welcoming and the room was relaxed. There was in the air, a sense of expectation. Paul thought about how these other people might have come to be here. He wondered if they had all been introduced by their higher friends, and wondered why no other celestial spirits or other guides were present? Why was only Zeta here? But before his thoughts finished, Zarmen was requesting his full attention. He focussed on what Zarmen was saying as he addressed the group.

‘I have been informed that none of you have had any prior formal experience of prayer.’ Some of the group nodded their heads in affirmation. ‘Good’, he continued, ‘that makes it easy for me. Now, before we actually begin with the practicalities of prayer I want to tell you a few things to be aware of. Prayer for Divine Love is easy, so easy that some people come along with expectations of one thing or another and end up being disappointed. It is best if you can just begin now with no expectations and with an openness to just giving it a go. See it as a new experience, just as if you are going to taste a new food, not knowing what to expect as you put it in your mouth waiting for the taste experience. We are going to ask God for His Divine Love and you don’t know what to expect. We will do it and just see what happens. Today we just want to have an experience.

‘Now, as for the practicalities of the prayer, we include no ritual, no actual techniques, we simply ask for the Love. It is all very free and easy. The prayer is the asking of God for His Divine Love and that’s done by longing to Him for His Love. Then we simply be with God, receiving His Love and experiencing what else might happen. I’ll show you a way to relax and open up to God.

‘You can sit in whichever way feels comfortable once you are in prayer, but to begin with let’s all sit upright in our chairs with our backs straight and our arms and legs uncrossed, this will keep your energy systems open and uninhibited. Now close your eyes, allowing yourself to relax and feel comfortable. You don’t have to always pray for the Love with closed eyes, I’m only suggesting you do it now because it will help block out outside distractions allowing you to concentrate better on yourself and what you are feeling. Let’s all now take a deep breath in, and as you exhale let yourself relax.’

‘He then did something that had the effect of dimming the light in the room. Thick white curtains silently and mysteriously moved across the windows closing out the garden. Slowly the room darkened enhancing the feeling of peace and intimacy that already existed. Paul closed his eyes and took a big deep breath saying to himself, well, here goes!

After a short time, Zarmen began speaking again, his voice seeming somewhat deeper and even fuller.

‘Now, as you settle, allow your mind to focus on your heart, not the organ itself but that inner part of your chest from where you love and feel nice things, and begin to think of God... Let’s begin by thinking about why we are here and what we are going to do... We are going to ask God for His Love, so as we think about this let’s do it. Try not to use your mind to ask, simply *want* God’s Love, allow yourself to *long* and *yearn* for it – no words are needed to convey your *sincere longing* to God for His Divine Love. Simply long God for his Divine Love. Let your heart speak to Him asking Him for his Love with your longing’... He paused for a moment, then continued, ‘Allow your heart to long to God, yearning for His Divine Love.’... He paused again for a short while then added, ‘Now having asked, relax, and allow yourself to receive His Love. Do nothing but experience, just allowing yourself to feel what happens; observe your experience.’ Complete silence then fell upon the room.

Paul did as Zarmen said. His heart he was very aware of now thanks to Sasha’s influence. He spoke to God in his thoughts, ‘Well God this is it, You have masterminded this whole thing, and here I am now ready to ask You for Your Divine Love. I hope that You hear my prayers and that I

do it the right way.’ He imagined his heart opening out wide to God and he longed for the Divine Love. Words suddenly popped into his head. He thought about editing them but then changed his mind and he spoke them in his mind to God. ‘God, I know I have not given You much time over these past years but now I am here and I am ready to receive Your Divine Love. Now I am asking You directly for Your Love and if You see fit, would You please give it to me.’ Having spoken these words in his mind, he then longed again to God for His Love. He put all his want into it. He felt he really wanted God to love Him and to give him His Love. He allowed his heart, his whole being to yearn for the Divine Love, asking God to please give His Love to him. It took a bit of effort and then he said to himself, following Zarmen’s instructions, ‘Now I’ll wait and see what happens’, and relaxed into his chair.

He didn’t have to wait long. Almost immediately he began to feel his chest expand. He took in a deep breath. He felt like he was filling up with light. It kept on going. His chest was expanding even on his out-breaths! Next his head felt like it wanted to rise upwards. Remembering Zarmen’s words, to go with the experience, he went with the feeling. He felt as if his face was being raised up of its own accord looking high up into the heavens. His head arched upwards. He relaxed as it found its new position.

After a short time he slightly opened his eyes to see what was happening to the others in the room. Enough light came in around the edges of the curtains for him to see. Everyone was very peaceful, the two young girls had their heads bent right back and their mouths were open, and all the others seemed relaxed and were sitting comfortably in their chairs. Zarmen though, was sitting tall and with his eyes open and looking straight at Paul. Paul got a shock but managed to glimpse a smile from Zarmen as he quickly closed his eyes and re-focussed on his own inner feelings. He felt full of light. It wasn’t energy, as such, he didn’t feel like getting up and running around the room, but it did definitely feel like light. He didn’t know why he knew it was light, as he’d never experienced anything like it before, and it was light. His head then eased back down to its normal position, and soft colours were gently swirling in front of his eyes. He watched them for a time, then his head wanted to arch back again so he went with it.

Zarmen interrupted his peace saying, ‘If you feel your head wants to arch upwards allow it to do so, but if begins to hurt bring it back... Now we’re going to long again for more Love but this time if you want to you can first use your mind to speak to God asking Him for His Love or telling Him whatever you want to say to Him. Then when you’ve finished with your mind, bring your focus back to your heart and your longing and when you feel ready, long to God again for His Divine Love...’

Paul relaxed into the whole experience even further and longed again to God for His Divine Love. As he longed from deep within him and with all his will, he imagined his heart opening up and calling out to God asking Him to please fill him with His Divine Love. Then suddenly he realised he was feeling something else, and he became aware of other subtle feelings within and about him. He felt as if something was moving around him, it felt like some sort of energy or presence. It seemed to very gently cocooning him and then he felt it start to move into him! At first thought he was somehow breathing it into himself, but then he realised it was coming into him of its own accord. It then felt like a small trickle of something, something more than water, sort of heavier and almost silver and it seemed to be flowing in over his face down through his throat and then deeper into his chest, finally vanishing somewhere deeper still inside him. And then it dawned on him that this must be It, the Divine Love. It was actually flowing into him. Suddenly he felt joy, real joy. This is it! I’m receiving the Divine Love! I can feel it! Zarmen said it was easy, and it is! A smile broke on his face. Then his mind called out in happiness, Sasha I’m receiving God’s Love, it’s actually happening! Then returning to focus on the sensations he was having within his body, he felt his chest was full of light and his whole body seemed to be held and supported within a

column of light. He concentrated on the feeling of the substance, the Love flowing gently into him – into his soul! It seemed to reach a peak and he felt like he was about ready to explode, but then it started to ease off and finish. His head returned to its normal position looking straight ahead and his heavier breathing eased. He felt relaxed, and the happiness brought by his accomplishment continued to gently flow through him.

Some time passed then Zarmen disturbed the silence, ‘Now let’s begin to finish up. Let us thank God for His Love. Let us thank Him for answering our prayers, our longing, for His Divine Love... Now when you feel ready, bring your attention back to the here and now, and open your eyes...’

Paul let his heart speak its thanks to God. ‘Thank You God for Your Divine Love. I felt It and I enjoyed the experience, thank You for answering my prayers, thank You!’ He then felt the light ease off and his focus coming back to himself. He took a final deep breath and opened his eyes. His eyes felt like they’d been asleep so he massaged them with his fingers and looked around. The others were all coming back and opening their eyes too. Some were stretching, and Paul unconsciously followed suit. Zarmen was sitting with a smile on his face watching them all coming out of their prayer. No one spoke. The whole room seemed content. Zeta rose from her chair and left the room.

When everyone seemed back from their experience Zarmen asked, ‘How does everyone feel?’ Silence remained until suddenly one of the women spoke, ‘I had a wonderful experience, I felt so relaxed.’ Her remark seemed to clear the air, and signify that the prayer was completely over. Instantly conversation began. Those who knew each other started quietly talking to each other. Zarmen interrupted, ‘Before we finish I’d like to say, that is prayer for the Divine Love. If you feel you weren’t really successful and did not feel anything then you are most welcome to come back. It can take some time for your body and inner system to adjust to the subtlety of the Love, and you may require a few goes before you really feel the Love flowing into you. If anyone wishes to discuss their experience with me privately I am always available. If you feel you want to continue with the Divine Love in a formal way, further classes are also available. These go into more detail and will help you to gain a greater understanding about the Love and its affects it can have on you. There are also regular ongoing Divine Love prayer groups like this that will help you to become more familiar with longing to God for His Love.’

Zarmen rose as Zeta came back into the room, whilst the group continued to chat in their small groups. Paul sat quietly observing the others and thinking to himself. He felt that he had made a great breakthrough in his life, which he couldn’t quite put into words, but somehow he felt different. He felt really good and looked forward to discussing his experience with Zeta.

‘Did you experience anything?’ came a question, jolting him out of his thoughts. One of the women had moved closer to him. She spoke with a thick accent that reminded him of his travels through Scandinavia during one of his holiday breaks.

‘Yes I did,’ Paul answered, ‘First I felt myself filling up with light and my head kept wanting to arch upwards. Then after I longed for the Love the second time, I felt as if something came to me and then I felt the Divine Love sort of raining in on me, moving in from above, down over my face and deep into my body somewhere. I felt a deep inner happiness and a feeling that I really was receiving the Love. How about yourself, what did you feel?’ he asked in return.

The woman replied, ‘Me, ya, I felt something also, only very little. I had problems with my mind. It would not stop talking! I found it hard to concentrate. Maybe I come again and try another time?’ Paul nodded his head, not really feeling too communicative and the woman rose up off her chair and went to speak with one of the other women. Zeta came over and suggested they go for a walk in the gardens, to which he gladly agreed.

Outside the air was fresh, and Paul thought he even felt a slight breeze. The yellow path of paved stone led immediately from the back door of the house into the garden. He walked beside Zeta in

silence until they were a short distance from the house, when she asked him how his prayer was.

‘I enjoyed it very much. I felt the Love, well I felt something, but I feel sure I received It, and he described his whole experience to her.’

‘Oh that’s very good, wonderful,’ she said when he’d finished. It is usual for most people to have only a very slight experience at first, and unless they have prepared themselves in life for their time of asking, or it is something they already do in their own way, the first time is often very subtle, but you seemed to have had a very significant experience. You must have been ready.

‘A lot of people do not have their inner senses developed enough to feel the complete experience, being still too dependant on their mind which only gets in the way, or they are expecting something else to happen and miss the subtlety of it altogether. It really does come with practice. You have to really long to God for His Love because you feel you really need it and you really want it, really above wanting all else. The soul’s longing is naturally there, but for most people, its well buried, and all the surface layers of their fears and other wants initially get in the way of the experience. However, so long as their need is earnest and genuine and they ask with sincerity from their heart they will certainly receive the Love even if at first they don’t feel it. God does not deny you if you are sincere in your longing to Him for His Love.

‘We as teachers of this truth deliberately downplay the whole experience. We don’t want individuals to get carried away expecting great things to happen to them, for this often only leads to disappointment and can deny them the desire to continue. We totally leave their whole progression with the Love up to the individual concerned. They really have to feel that they want to ask and are ready and willing to put the time and effort in. It has to be their life-choice. If they want to progress, they have to aspire to it. They have to put their heart and soul into it. Once they begin and really decide that it is something they need in their lives and it is something they feel motivated to do then lots of assistance becomes available. For most, the beginning is the hardest time, for they really have to be ready. A lot of spirits come along because a friend invited them for company, or thought it would be a good idea, and others simply come out of curiosity. You soon know if you’re ready for it and then you will feel it as a positive experience and want to continue with it. If you’re not ready then you won’t feel anything and probably won’t want to continue. We can’t force anyone to do it, nor would we want to, for then we would be responsible for there experience instead of themselves, and to be responsible for another’s relationship with God is not the done thing.’

They had wandered down to the back end of the garden as they talked, to where a large fishpond with a small fountain provided a nice environment to continue the conversation. Paul sat on the edge of the raised pond and watched the large Koi quickly amass in the hope of being fed, splashing around each other in expectation. The fish were large and had beautiful markings the like of which he’d only ever seen in pictures. He put his hands in the water and patted their slimy skins as their greed and eagerness for food brought them closer and made them fearless of him. He pulled his hand out of the cool clear water, dried it, and asked, ‘What really is the main aim of receiving the Divine Love?’

Zeta smiled, ‘That you will find out for yourself, Paul. It’s a purely personal thing. It will mean different things to you at different times. For me presently I am focussed on the sheer intimacy of living daily with God. In the beginning I was focussed on it as a specific healing tool, something that would bring me ultimate peace and happiness and heal me of all my fears. Technically, in truth, as I have said, it is about choosing to live the Will of God. When you receive the first drop of Divine Love into your soul, you are guaranteed *soul immortality*. This means you will, as a soul-personality, exist forever. It means you have chosen to *live* the Will of God. However, understanding of these higher truths comes with time, and as they are not needed in the early days, it is really only the specific act of asking for and receiving the Love that’s important. It’s what

drives the whole process of your growth and evolution with God. It is more about having an experience so you can feel something that directly happens in response to your asking. If you could not or did not have a real experience of receiving the Love, that is, actually feeling it flowing into your heart, then it would only be a mental exercise of which eventually you'd tire.

'The Divine Love is not a belief. It's a real thing and can give you a real experience of God loving you. That is fundamentally very important. Too many people only believe in God, and have not in all their years of prayer on Earth and in spirit actually had a meaningful and real experience of Him. Once you experience God for yourself then you know within your heart of hearts that God is real, a real Personality. You no longer have to believe in God and try to convince yourself that God really does exist, because when you partake of His Love and feel loved by Him you know He's real. And if you think about it that's an incredible thing. Humanity has spent eons searching for God wanting to know if He is true and real, and if so, how to speak with Him or live with Him; live how He wants you to live, and yet so few people know the truth about asking and longing directly to God for His Love so you can immediately have a very real and intimate experience with Him. It is not a matter of whether you believe in It or in God, it is the direct experience with God that matters. It is about receiving into you some of God's actual essence, a small part of God Himself, contained within His Love essence. And when this comes into you it's then within you for all time. Everything of Divine Essence will always exist. Everything of only Natural or self love potentially will one day cease to exist, hence the Father is offering us an opportunity to join Him forever and by partaking of His Divine Love Essence you are accepting His offer. As I said the other day, the experience of Divine Love goes beyond, and is not limited by, any spiritual or religious belief. It is the ultimate spiritual and religious experience we can have. And as I have also told you, it doesn't matter what your religious or spiritual beliefs are. It is only about building and developing a personal relationship with God and discovering the *Truth of Life*, the *Truth of Yourself* – your soul, and the *Truth of God*, and if anything, from my observations of people and spirits, ones religious and spiritual beliefs can get in the way and interfere with the purity of the experience of receiving the Love unless they are beliefs founded on the truths of Divine Love. Such things can be at times a greater hindrance than help.' She paused and turned her attention towards the fish.

'On one of the worlds I've lived,' she continued, 'there is a fishpond that is woven intricately throughout the whole city. We call it the *City of Fish and Lilies*. It is specifically designed in accordance with the ecosystems of the various natural river systems that are currently on Earth and includes all the endemic natural vegetation together with all the associated fish and aquatic life species. Although on your world people are slowly destroying the diversity of life, over here on these worlds we don't have such things to worry about. All past and current flora and fauna species are preserved in some way throughout the seven mansion spirit worlds and some spirits are able to spend a lot of their time working with the plants and animals. The aim is to achieve a natural balance and harmony, so everything that is in some way destroyed on Earth, is maintained, loved and fully respected and appreciated in the spirit worlds. As your life increases in truth, so does your responsibility to honour it and all life and all things. All life is too precious to be carelessly lost and wasted so all humanity's heritage, one way or another, is preserved and actively maintained. Over here nothing is ever really lost or destroyed.'

It made perfect sense. Paul's thoughts moved away from the Divine Love. Imagine being able to still see all of what the Earth has ever had to offer, all of her splendour and magnificence? 'Wow, there must be so much to see,' he thought out loud, 'are there dinosaurs still alive?' he asked with a child's excited glint in his eye.

'No I'm afraid not, not at least in their own right, only those plants and animals since men and women have been alive on Earth and willing to fully appreciate.' Zeta replied smiling, remembering she too had once asked the same question of her spirit guardian many years ago.

Then she added, 'However with our minds we can re-create many things and so, yes, in another way, they have been *brought back to life*. There is a dinosaur sector which you can visit.'

'Really? Can we go there?'

'I'm afraid not Paul, its not apart of your schedule. You're not on a sight seeing trip around spirit. However, it will still be here when you're ready for your spirit life, when your Earth life ends.'

'I guess so', Paul acknowledged somewhat disappointed, but then remembering his experiences of the prayer and brightening up he asked Zeta, 'What about those other people there today, where did they all come from?'

'They came from various backgrounds. Zarmen was in fact telling me about them. He said he is always curious about how spirits come along to their first experience of Divine Love. He said that the two young girls had only recently arrived in spirit. They were sisters who were involved in a fatal car crash on Earth, and they had both been overseen, upon their arrival into spirit, by their grandmother who was from one of the higher Divine Love worlds. She had introduced them to the notion of prayer for God's Love and had organised for them to come along to their first formal prayer class. It was obvious from how easily they received the Love that they were both ready for it.'

'When you see that instant head and neck arching, you know that the persons system is more than ready to receive copious amounts of the Love. You will build into that in time Paul. However, sometimes ones head might want to arch back too much and if you let it do so you can get a sore back. It's best to do what feels right and to bring your head forward if it tends to arch back too much. It does that arching as an exercise in *stretching* ones will. Once you've done a reasonable amount of your will healing it won't need to be so extreme.'

'Three of the men came from various parts of the first spirit world: the two gay men and the man in the business suit. The rest came from various higher Natural love spirit worlds. It is quite unusual to have these spirits from the higher Natural love worlds, for usually they are introduced to the Love on the third world, however, these things happen in accordance with the experiences needed by each individual.'

'Hmm,' said Paul, thinking again of all the various levels and worlds of spirits, 'It's all so amazing! And how many times have I said that!'

Zeta got up from the fishpond wall announcing it was time to go. Paul, taking his last look at the fish who'd settled down to their natural foraging activities once they'd realised easy food was not to come, followed. As they wended their way along the paths back towards the house, the question of guides popped back into his head. 'Zeta, why were you the only spirit guide present with us today? Where were the other guides?'

Zeta turned to him, 'It's standard practice to exclude the spirit guardians from the initial prayers for Divine Love, so as to maximise the individual's experience for themselves. Often the presence of one's guide can in some way interfere with the experience. But you are a special case Paul!'

It was nice to return to the apartment and freshen up. Paul by now had settled into it, and had even collected some items from his daily travels that added to the beauty of the room. Zeta had left him to have some time on his own. She thought he'd probably had enough for the moment, and with the experience of the prayer, perhaps he needed his own space, which suited her, because she had spent all her time on this first world since his arrival and now longed to re-charge herself in the light from the higher worlds. After only a short time on the lower worlds she was feeling the limitations of the natural density of these lower planes of truth. As she ascended the *Corridors of Light*, she longed to see her soul-partner, and to spend some time relaxing and recuperating.

Paul lay on the couch. It seemed once again to be late afternoon by his body's time clock. Zeta had said such inner habitual feelings of time didn't really leave until one began to ascend to the higher worlds, but he didn't mind, for it helped him to still feel in touch with Earth, his world, which seemed so far away at present. Where it was exactly in relation to where he was now he had no idea, but it seemed very far away. He sensed how quickly life over here would begin to pull one away from the Earthly focus and direct one into moving on in spirit. With the intermittent information that filtered into one's awareness about the higher worlds, it would not take long to start wanting to go and see them. He closed his eyes, shutting out the brilliance of daylight, and thought he would rest for a while then go out and explore the town some more.

His thoughts drifted back to his experience of the prayer that morning. He then thought he would ask God for some more of His Divine Love. He began by opening his heart and longing. He didn't really expect anything to happen because he wasn't sitting properly upright in a chair, which for a moment he thought of doing, but decided not to in favour of the comfort. Suddenly he sensed something and realised that the light was beginning to flow in again, and this time it felt like a more dense substance. He felt as though the Love had come all about him and was hovering above him waiting to come in. Then he could feel It slowly entering his body, and It felt good. He felt he could somehow assist It by increasing his breathing but nothing really happened. It was as if It had a mind of Its own. He reasoned to Himself it was God's Love after all, and God Himself was in control of It. He couldn't make God give Him his Love that side of things was up to Him. God would only give him His Love if God wanted to. That thought swept feelings of humility through him. Then he understood that God really was offering His Divine Love to us, to all people and spirits, and it was up to us to graciously accept it, to long to Him for it acknowledging that we were truly grateful for His offering. It made him get a slight sense that God actually did love him, all of us, and that God was there with His arms open waiting for us to come to Him, waiting for us to accept Him. These thoughts made him even more appreciative. He spoke to God of his appreciation and gratitude, and the Love kept flowing in. He could feel it still all about him almost like it was encasing him. He lay there quietly, just experiencing. Soon his thoughts turned to Sasha, and this time he was not overwhelmed by love for her. He simply felt deeply for her, like she was an age-old friend and it was her companionship that he respected and admired her for. It felt really good. He felt that in some way he had matured in his love for her and that in actuality it would be a liveable love that he could and would share with her, not a fairy-tale of romantic childish notions. He could feel that child part of himself still there in all its beauty and innocence and he could also feel the love of a man loving his wife of many years, shining in his heart for her. He whispered under his breath quietly, 'Sasha I love you', and a new burst of love welled up in him. He focussed his attention immediately back on God and said, 'God I love you,' then WOOSH, in poured more Divine Love! He was pinned to the couch. His breathing accelerated. He was overwhelmed with joy. Tears suddenly burst from his eyes rolling quickly down his cheeks. He felt as if his heart had just been cracked open. He was puffing and panting. His heart cried out, 'God I know I had forsaken You in the past but please, I ask You for Your forgiveness!' and the tears intensified as the Love continued to poured into him.

The cushions were getting wetter as he felt that God was answering his prayers and all was forgiven. He felt so happy that he had now let God into his life. The experience was so beautiful, and continued a while longer before it started to ease. He lay there as he slowly got himself back together. Soon the tears had dried, and he got up from the couch and went into the bathroom to blow his nose. Looking at himself in the mirror he said to himself, 'Wow, Zeta was right, when it is time, God sure does come in all His glory! What an experience!' He felt drained and wrung-out but

Paul - City of Light

extremely satisfied. He knew he'd made a huge breakthrough of some sort. He felt he had crossed over a big hurdle and had landed squarely on two feet. The area in the centre of his chest, his spirit heart, was aching. It felt as if it had been cleaned out. That was some sort of purging! He thought to himself. He felt open and vulnerable. He thought he would give himself some more time to recover before venturing onto the streets, as his eyes looked, and felt, as though he had been crying for days.

Day 5

Feeling refreshed after a good long sleep, which took him into his next day, he felt ready to venture back to the area where he and Zeta had a few days earlier wandered the bars, and night-clubs – he still struggled to accept they were perpetual day clubs never closing – having his mind set on one particular club. As he was beginning to become quite astute at sensing time through experience, he felt he had a few hours to kill before Zeta would return. Steadily making his way there, and being in no hurry, he was enjoying observing life going on around him as he walked.

It still seemed odd that all these people were in fact spirits, and not people on Earth. They were doing what they might have been doing on Earth. One could easily imagine this was still Earth, but it wasn't. It all seemed like a dream. It was as though they were all somehow trapped in a continual dream. Then a thought occurred to him and he mused to himself that perhaps this was reality and the dream was Earth!

The impact of his prayer to God late yesterday, and the healing that eventuated, as he'd deduced that was what it was, remained fresh in his mind, and he still felt a little stunned. How absolutely amazing, he thought as he wandered along, and what a contrast he noted as the area of the city he was walking through was not a very desirable part by regular standards, being full of strip bars and adult entertainment shops. Girls were walking the streets. Occasionally they approached him and offered him their company, but he declined with a shake of his head.

He soon arrived at the club he was looking for, and although he didn't have any idea why he felt he should especially go there, he wasn't worried because he knew nothing could really harm him, as he was in a fashion, already dead!

There had been times on Earth when he'd frequented such areas, and he had always felt a little afraid and somewhat intimidated by them, but today he felt very sure of himself and partially detached from the whole experience. He was glad this was not his own daily experience of life. He felt sorry for the people about him for he now knew how much was on offer here in the spirit worlds. But as Zeta had informed him, how they chose to live their life was their business and needed no sympathy or judgement from anyone else. She had said numerous times that when they chose to ascend in truth, then all the necessary help would be made available to them, and as far as he could tell he could only really assume that they wanted to live their lives this way or else they would want to do something about changing them. Paul liked the notion of 'when *you* were ready'. It affirmed that in some way, God was always watching over everyone and made no judgement. It was all a matter of life experience and just as he was here today so too were all these people needing their own experiences.

He entered the expansive club and headed for the bar. He ordered his favourite beer and sat back to drink it and just observe the scenery. And it was some scenery! Incredibly, things were in full swing for a morning. A small band was playing in one front corner, the lead woman singer singing country-style. In the other corner were girls in differing stages of undress, dancing to the beat of more contemporary music coming out of a machine. Men were sitting around them drinking and cheering them on. It was just like a movie scene, with everyone waiting for the main stars to enter.

The pool tables were seeing active and abusive use and the dart throwing appeared no easier in spirit than on Earth! Over on the other side of the large central bar, people, mostly couples, were eating at set tables, laughing and enjoying being with each other. And beyond them was another medium sized dance floor and a small band was setting up obviously to provide after breakfast dance music. Paul finished his beer and ordered another. Beers for breakfast? Why not!

‘New here?’ came a voice from behind him. Paul turned around to see where the voice came from, and saw a dark-haired girl slightly older than himself and dressed in a suit, positioning herself on the next bar stool.

‘Yes,’ he answered, ‘how did you know?’

‘Ah, new arrivals have that ‘earthly’ look about them. Once you’ve been here for a time you can spot it easily.’ She ordered herself a drink and then introduced herself in her American accent, ‘My name is Michelle.’

‘Paul,’ he replied, smiling at her.

She continued, ‘You know one day I’m going to leave this place. I’ve been here long enough, think I might go to another city and live there. How about coming with me?’ she asked.

‘No thank you, I’m leaving here soon myself,’ Paul replied, amused by her unexpected offer.

‘Oh yeah, where you going?’

‘Back to Earth.’ He said, wondering what reaction this would bring.

Michelle laughed, ‘Back to Earth, now I’ve heard it all. Do you believe in that reincarnation stuff or something?’

‘No no, I’m just kind of visiting,’ he said again waiting for her reaction.

‘Yeah, well I’ve heard that some folk visit from Earth whilst they sleep, but I’m yet to meet anyone. Are you asleep back on Earth?’ She replied, grinning.

‘Sort of.’

‘I see. Would you like another beer, it’s on me?’ She laughed.

Paul nodded and grinned at having heard that one before.

‘So, if you are *just visiting*, what are you doing here in this place?’ She asked, having taken a good swallow of her beer.

‘Oh, its not such a bad place.’

‘No? Obviously you haven’t been here long. Nothing ever changes. It’s always the same and most of these people think this is exciting. I’m bored with it all, you know - life. There’s got to be more than this day after day, this is what I did for years back on Earth. So, what are you doing here?’ Michelle repeated her question.

‘Well, I’m learning about what things are like over here and in particular about God’s Love.’ He thought he had nothing to lose. Perhaps she might be interested or even ready for the truth herself.

‘God! Jesus, why do you want to know about Him? He’s not much help to you around here. Just look at all these people,’ she swept her arm around the room, ‘Go ask any of them, they’ll all be searching for God after they’ve had another drink!’ she laughed again then continued, ‘yep, some help He is to you here! You know I once believed in God. I had a happy life on Earth once I’d left this scene. I got married, had two lovely children and a successful career. Then it was all taken away from me. I got cancer of the uterus. Jesus it was painful, and it ended up killing me. Where was God then? I arrived here all alone, without my family and by the time I see them again they most probably will have forgotten me. From time to time I go and visit them, but it’s very hard, all I can do is stand around and watch them. I can’t speak to them and they don’t know I’m there. It only makes me sad, and more angry.’

Paul could see a few tears starting to appear in her eyes but she blinked them back and swallowed hard on her beer.

‘Perhaps one of my girls will come and visit me as she sleeps, eh?’ she muttered to herself.

‘Perhaps,’ Paul replied.

‘What about that Jesus character then, have you seen him?’ she then asked, surprising Paul, ‘I’ve been told he helps those who are in need. Do you think he will help me speak to my little girls?’

‘I really don’t know.’ He responded not really knowing what to say.

‘Yeah, he is supposed to come to those in need, but I don’t suppose any of us here qualify for that.’

‘You do mean Jesus of the bible?’ Paul asked knowing it was an obvious and dumb question but still not really knowing what to say but feeling he should say something.

‘Yep, that’s the one. Some folk say that they have seen him and he is a very bright spirit, able to heal you of all your woes at a glance.’ She paused while she drained her glass. Then suddenly standing, loudly exclaimed waving her hand about, ‘Yep, I hope he decides to come and have a drink here one day!’ she paused again to catch her breath then said, ‘Good-bye, I hope you find your God,’ and left the bar for another part of the club. Paul drank some more as he watched her go. His heart felt for her. He felt very grateful for the way his life had gone.

He finished the bottle and ordered another. Jesus, he thought to himself. It was as if it was the first time his name had been mentioned since Paul had arrived. ‘Jesus’, he said to himself as if he’d only just woken up to something. Jesus lived on Earth so he must be here somewhere in spirit. He tried to imagine him living in the spirit worlds. Then suddenly he felt close to him, not in a physical sense, but in the sense that he was living somewhere on one of these worlds. He suddenly realised that the reality was that he, Jesus, could if he wanted to, come into a place like this. Zeta had said that once you had lived through a world and ascended higher, then all, except Earth, were readily accessible. He would ask Zeta more about Jesus.

Paul received another drink exchanging pleasantries with the bargirl. He turned back to continue observing the activities taking place about him when suddenly he heard his name called. A man came towards him with a broad smile across his face and his hand out ready to shake Paul’s.

‘Paul,’ said the tall impressive dark-haired stranger with the big open welcoming grin, ‘how are you enjoying your stay here? Zeta told me where to find you and as I was sojourning down here in these parts I thought I would say hello and introduce myself. My name is Zinca.’

Paul put out his hand to shake Zinca’s, who had a stern grip to match his powerfully built body. His eyes were blue and piercing, carrying with them the power of his truth. He was obviously a Celestial spirit.

‘I understand you’ve just had your first experience with our Divine Heavenly Father’s Love?’ Zinca continued, as he made himself comfortable on the seat Michelle had just vacated.

‘Yes I have.’ Paul replied.

‘Very good. Continue with it and it will open your eyes to many great things.’ Zinca stated, then he just sat there looking at Paul who, feeling a little uneasy in his presence and with the silence, offered him a drink.

‘No thank you, I have no need... You are wondering about the Master, Jesus?’ Zinca suddenly asked after more silence.

‘Well, yes,’ Paul replied somewhat startled.

‘Fear not, young Paul, for you have a lot to learn about the ways of the higher spirits. Things are very different where I come from. We need not always speak directly to each other as you and I are doing now. We can communicate through the universal language of the soul. It is done more through perception and involves greater use of the higher mental and emotional facilities. I can read the thoughts that are the most upper most in your mind and the most important to your further education of truth. I see them as energy within your system and can easily perceive that which you need to know.’

Paul felt a little more relaxed now he knew what Zinca had been doing in the silence, and as

Zinca spoke, Paul could sense the vast inner depths of understanding and knowledge that this spirit had.

Zinca continued, 'The Master, Jesus, is the greatest of all spirits to have walked the Earth. It is by his truth that we live. The Universal Father revealed to him whilst he was on Earth the great truth of asking for and receiving God's Love through the act of engaging one's innermost soul-longing with sincere prayer. It is this truth from the Master that Zeta is educating you about. The simplicity of his teachings has been lost on your world, and its remnants woven in confusion and misguided belief. It needs to be revealed anew. People of your world need to know that if they want to live the truth of the Son then they can begin by directly asking God for His Love. Upon receiving the Divine Love the way will then be open for them to gain further and deeper understanding and appreciation of the Master's truth.'

Paul listened intently. He could imagine Jesus moving about the worlds of spirit telling and teaching people about the truth of Divine Love. Suddenly it was as if another piece of a large puzzle slotted into place. Paul thought to himself, so this is my mission, to be a part of the new revealing of Jesus' truth on Earth! Goose pimples suddenly raced up his back and onto the top of his head. His heart opened with joy as the insights full significance clearly dawned on him, and he felt his heart opening and filling with the yearning to pray for more Divine Love.

Zinca said reassuringly, 'Let it flow into you Paul. Allow the Holy Spirit to come into your heart bringing with it the Divine Love from our Heavenly Father.'

Paul had no say in the matter as it was coming in of its own accord and it felt just as if someone had turned on a faucet and was blasting it into him from somewhere above. He felt himself wanting to close his eyes and his head was longing to arch back. He relaxed and allowed the experience to take hold of him fully. He felt secure in the presence of Zinca's self-assured truth and he felt that he too would one day like to be as commanding of the truth.

Slowly his breathing, having initially increased, was starting to decrease. He felt his heart was full of the Divine Love and the light it carried. He looked around but no one seemed to notice anything that had just taken place within him. He looked at Zinca, who said, 'Come Paul, it is time we left. It is time for you to go and meet with Zeta.'

He accompanied Paul to the exit and down the street for a few blocks, then turned to him and said, 'I must leave you here Paul, I have other business I need to attend to now.' They shook hands in farewell and Zinca strode off across the road, down another street and out of sight.

Paul walked on, thinking about what an unexpected experience that had been. What a contrast, Michelle and Zinca, such worlds apart! His newly discovered mission, to go back to Earth and teach about Jesus' truth of Divine Love, continued to ring in his ears. Every time he thought of it, it instantly inspired the creation of more goose pimples. Even though he realised that Zeta had told him of it in a way, numerous times before, it was only now that he fully understood it. Now he realised how important this truth was. He thought if he could make it available on Earth then perhaps those like Michelle, whilst still on Earth, might be able to partake of it before waiting until some time later in spirit. Perhaps then their sorrow and grief would not be as bad, or even exist at all? Perhaps they could find some kind of support and love in God? He could become an ally and friend, rather than a foe. Paul's thoughts then turned to the likes of Zinca and Zeta, all cruising around in the higher spirit worlds and he mused about how much potential knowledge and help is available. If only we on Earth could maintain a regular contact with them, he thought, the world certainly could be a better and more loving place!

Arriving at the apartment to meet Zeta with time to spare, Paul sat drinking some apple juice whilst pondering his morning's events. It was rather early to have had so many beers he thought to

himself, however he felt reasonably unaffected by them. Shortly Zeta knocked and entered. He was glad to see her.

She had changed her clothing quite dramatically. Instead of jeans and shirts she now wore long graceful flowing robes of a bright blue hue. She looked decidedly out of character for the local street-mode of fashion. Her hair was pulled up in a bun on the top of her head and she wore very soft slipper-like matching blue shoes. Her robes fell loosely around her and appeared very light, as every slight movement caused them to ripple about her as if the breeze had just caught them. Her face looked made-up to perfection yet seemed curiously devoid of makeup. She looked dressed up for a special occasion, but one for the theatre as a performer rather than part of the audience.

He was about to comment, but Zeta beat him to it, 'We're going to a celebration and you have been invited to attend with me.'

With that Zeta swept around and took his hand in hers, and urging him to get up off the couch, she directed him to the middle of the room saying, 'Let's dispense with the regular modes of transport, shall we? They are all so antiquated.' Then with a twinkle in her eye said, 'Close your eyes Paul and let me guide you, this is a far better way to travel.'

He did as she said, not knowing what to expect and suddenly he felt as if he was moving! He tried to open his eyes but they seemed glued shut. 'Relax, Paul and enjoy the sensations.' Zeta said softly.

As he did as she requested, he could feel his body moving, although his feet seemed in some way to be still standing on the floor. He couldn't work out if he was actually moving or if everything else was moving about him, but he couldn't feel any breeze or air movement. Then the feeling of movement stopped as suddenly as it had begun. He could open his eyes and as he did so, he found himself standing in a different room. It was about the same size as his apartment, but it wasn't his apartment! He was standing on carpet, maroon in colour and soft underfoot. The walls around were painted in a peach colour and landscape pictures hung in prominent positions.

Zeta smiled and asked, 'How did you enjoy your first spirit flight?'

'Amazing!' he responded still trying to comprehend how it had all occurred and where he was now.

'We've come to one of the Grand Assembly Halls here on the first world of spirit. Today's celebration is specifically for those who've chosen to embrace the Divine Love, it's a graduation ceremony for them as they're now ready to leave this world and move into world three.' She led him toward the door and went into a corridor that then led to another doorway and into the main auditorium. Many others in small groups were also entering the hall from other adjoining corridors and doorways. The corridors were busy with constant streams of people walking down them, all with excited and happy expressions of their faces. It reminded Paul of the atmosphere of entering a big stadium to see a rock concert or a big game with rivers of people flowing toward the main arena to find their seats.

He and Zeta moved in single-file slowly along the aisle to their reserved seats. Paul sat down in his seat, glad to be able to relax and observe the large hall filling up. The seating was in tiers and they were placed midway from the front and to the left of their entrance with an easy view looking down to the central stage. The hall was filled with noise and chatter. Now Paul understood completely the significance of Zeta's attire. Many others were also dressed in a similar way, and Zeta confirmed his deductions by saying, 'Yes, those dressed similar to myself are Celestials. The other spirits who are guardians are from the lower fifth and seventh mansion worlds. It's not necessary for everyone to have Celestials with them.' It was quite obvious who the new comers like himself were.

He looked around the auditorium and saw it was enclosed with a high glass roof that allowed copious amounts of natural light to stream in and illuminate it. The central stage was adorned with

large vases full of colourful flowers. Just as Paul began wondering what was about to happen, Zeta answered his question, ‘As I said, it’s graduation for many who are here today. They have embraced the Divine Love and are ascended enough in truth to qualify them to progress to the next Divine Love mansion world. They have shown, for they have decided within themselves, that they are ready to commit their lives to God and His Love. Today is a celebration of prayer and worship for these spirits.’

As Paul listened, a large man edged past him and positioned himself in the seat next to his. He sat down exclaiming, ‘This will be fun, I’ve waited for this for quite some time!’

Paul responded to this, using the name he had seen on the mans seat, ‘Are you here to celebrate “moving on”, Max?’

‘I sure am...’ he hesitated whilst trying to see Paul’s name-tag.

Paul helped him out, ‘Paul.’ And Max continued, ‘Thanks Paul, yes I’m here because I’ve done my time, so to speak, and I’m ready to move on to world three. I’ve searched for I don’t know how long, for the truth of God. I’ve been involved on Earth and here in the Natural love spirit worlds with what I reckon must be about every religious and spiritual group there is. You name them; I’ve tried them. And when I came across the Divine Love and felt God loving me so closely I knew I had finally found what I’d been looking for. You know, all I wanted to do was personally experience God for myself. I was fed up with everyone else’s stories. I just wanted to know God for myself. So many times I thought I had found Him but they were always false alarms. Everyone had *the* way to God, which was really only their own way. “Try this, do that, read this, go here, seek that.” I tried the lot. You know, I’ve learnt all sorts of stuff with my mind, tried all sorts of techniques, I did countless workshops, went here there and everywhere, but after a time I was always left feeling disappointed. I knew that when I found God for myself He wouldn’t let me down, and what about the Divine Love eh, isn’t it brilliant stuff!? Before I asked for it the first time, I thought it must all be a joke. “Just ask God from your heart for His Love to come and fill your heart and soul”. Well, I just laughed! I said, “You’ve got to be kidding, it all sounds too bloody easy.” Then they said to me, “Well has anyone ever told you before, to ask directly for God’s Divine Love in your prayers?” I had to admit that in all my travels no one had, so I gave it a whirl. I figured I had nothing to lose, and at worst it could only be another flop.

‘And did I get the surprise of my life! I sat there with my eyes closed and longed for the Love and then it happened, I felt it flowing into me! It just kept on coming. I felt like I was a camel, deprived of water in the desert for years, who’d suddenly found a tap! I couldn’t stop it. It was fantastic! I didn’t want it to stop! And it still flows in, it’s amazing, all I have to do is think about asking and the tap opens up. I love it! It’s wonderful!’ Max then leant closer to Paul, with his eyes filled with the excitement of a child who had a secret bag of lollies hidden away, and said almost in a whisper, ‘And you what? Know what the most amazing part was? He, bloody God Himself, spoke to me! I kid you not. I nearly fell off my chair. And do you know what He said? “Maximilian, My son, I am glad you have finally arrived and have been guided to the Truth of My Son. Receive into your heart My Love and Blessings”. I tell you I was touched. I was SOLD! This was it for me. I was so touched I cried. Cried! Can you believe it? I hadn’t cried since god knows when. It was completely overwhelming! And to think God spoke to me, to me, Max! Right then and there, I knew my search had ended. My heart was aching with His Love; I could hardly speak. It took me two days to get over it. Shit, I could hardly get out of bed. Sometimes I think that perhaps I made it up, but it was so real. I feel a little embarrassed telling others that God spoke directly to me, but you know some others have told me they too have heard words spoken to them in their meditations and prayers. One lady told me God speaks to her all the time! I still don’t quite understand it all but they say as you progress further in truth, everyone can actually speak to God directly if they first begin by receiving His Love. Has He spoken to you yet?’ Max asked finally

pausing to draw breath, and looking intently at Paul.

‘No. Not like that, but I can relate to the feeling of the Divine Love flowing into your heart. It sure can be very powerful at times.’

Max hurriedly added, whilst also acknowledging Paul’s reply with vigorous nodding of his head, ‘They say we are going to have a group prayer here in the hall. I can’t wait. It seems to intensify the experience when more people are together, so with all these people here it should be fantastic!’ Max’s attention was then diverted by his guide signalling he wanted to talk to him. Paul repositioned himself in his seat and continued observing the people in the hall.

He felt exhilarated by Max’s enthusiasm. He could feel an energy building within him and his head and face felt warm and glowing. His eyes felt heavy yet he felt wide awake. Then he began yawning for no apparent reason. At first he let it pass but when it continued to occur regularly every few moments, he questioned himself, for he didn’t feel tired, he felt wide awake and excited by all that was going on about him. He looked at Zeta who was sitting very straight and looking peacefully around observing the whole scene.

Cheekily he thought he’d test her out and so asked her with his mind, ‘Why am I yawning so much?’

She turned smiling and replied out loud, ‘It’s your system trying to integrate all the light you’re now receiving. All the love in this hall is overloading it. You’ll be fine when we begin the prayer.’

As he turned back to face the front he saw that Max obviously couldn’t wait, and was in prayer already. His eyes were closed, and a smile beamed across his face and his head was tilted up and back. He was puffing and panting in his blissful state, and Paul thought he would join him as others were also beginning to move into prayer. He sat up a little more in his chair and closed his eyes preparing himself to ask. But he didn’t have to; the Divine Love started flowing in straight away. His head immediately started to rise up, and his neck to arch gently back. He suddenly felt laughter sweep through him. It came from out of the blue, and just welled up inside him and overcame him. He couldn’t contain it; he just had to laugh.

He laughed as quietly as he could but it was too much for Max who suddenly let himself go, bursting out laughing. Paul laughed and Max laughed louder. Paul couldn’t stop himself, he didn’t even know what he was laughing at, but the more he tried to control himself, the more he laughed. Even Zeta was struggling hard to fully contain herself. Then those in the seats in front of him caught the infectious laughter and that was it, soon the whole hall was laughing and giggling, and Max was the loudest. Then he just suddenly stood up and roared out at the top of his voice, ‘GOD, I LOVE YOU!’ His booming voice echoed throughout the whole hall. Then just as suddenly as it had started, the laughter instantly stopped. Max sat down as clapping, whistling and the stamping of feet took its place. Slowly at first, then away it erupted. Everyone was clapping. Max looked stunned and tears were rolling down his cheeks. The celebration had begun! Music filled the hall as the orchestra burst into life and dancers ran onto the stage. The choir sang ecstatically in celebration of God and His Divine Love! Goose pimples rushed through Paul, and tears welled up in his eyes. It was magnificent to see all these people celebrating God and all sharing the one same and great truth that had provided everyone with a common experience of God. Humanity in celebration of God! This is a true religious and spiritual experience, Paul thought to himself. This is the Love of God, ringing in the hearts of all those here, who love Him.’

Some people sat in prayer, while others watched and enjoyed the show. It was quite a spectacle. Singers and dancers shared centre-stage in spectacular celebration, with the choir harmonising like angels from heaven.

After a time the light seemed to dim. It slowly got darker. Candles were lit around the stage and the dancers and singers moved to the outer-edges and sat down. A spotlight hit the stage, showering it with soft yellow light. Next, a beam of light seemed to appear out of nowhere in the centre of the

stage. It grew steadily brighter and a hush of silence came over the hall. Everyone was perfectly still and watching what now seemed to be like some sort of doorway of bluish light appearing. And it was just that. It was a doorway of light now clear for all to see simply materialised on centre stage. Then onto the stage, emerging out of the light stepped a tall man and woman. They were dressed in flowing gowns similar to those Zeta was wearing although they were brilliant white. They stepped forward and other small spotlights followed them. The man raising his arms and with his head held up high spoke, 'Welcome to you all. Today for many of you is a big day of truth. You are now to progress one step closer to Paradise. For many of you your journeys have been long and arduous but now you are here in celebration of our beloved Father. You have longed with your souls for His Heavenly Love and He has blessed your longing. Let us all have a moment for some quiet prayer and worship. Let us all give our love to God so He may know that we are his Heavenly children and that we love Him with all our hearts.'

Paul closed his eyes hoping this time the laughter would not overcome him. He smiled to himself but concentrated on focussing on his heart. The Divine Love was again flowing into him. He opened his eyes to look around in the dimmed light to see what others were doing. The hall was full of heads gently arching up and back. It was a great sight to see silhouetted against the candlelight so many in prayer and the worship of God. The silence continued for some time. Paul felt an inner happiness rise up within him like an affirmation that he had made the right choice to embrace the Divine Love and that although he had not searched for God like others had, he had not rejected his time of arrival. He felt so lucky to be sitting in the hall with all these other people. It was indeed a great occasion.

If only such love and the outward expression of God and His Divine Love could be celebrated back on Earth, he thought. Then his thoughts turned to Sasha. He wished that she were with him. Sitting next to him holding his hand. He focussed on her in his mind and sent her his love. He then let his heart send its love to God. Now concentrating his attention directly towards God he prayed longing for more Divine Love.

Paul sat in the Love, just experiencing all the feelings he was feeling. His body felt supported and strong in the beam of light that seemed to accompany his prayer with greater intensity. His breathing was still heavy trying to accommodate the Love he was receiving. He thought about the Love itself. He could distinctly feel it flowing into him. He knew his soul and heart were filling with it, and it had a peculiar density. He couldn't see it but he could certainly feel it. He felt it was streaming down from above and slightly in front of him. It was washing over his face and then penetrating directly into his heart, into that deep part of himself he could neither see nor quite perceive. This he thought again was his soul. His spirit-heart, in the centre of his chest, was once again slightly aching. It felt as if it was somehow opening. His thoughts had quietened down and he felt strangely disconnected from his body. It was there but so still and peaceful, almost as if it was asleep. He felt larger than usual. It was as if his awareness had increased and was now greater than it usually was, and he felt as though his spine was being penetrated by a rod of light, causing him to sit bolt upright, even to the point of almost stretching him taller. It felt as if unseen hands were manipulating his body. His head arched back some more, gently at first, then increasing with greater severity as his prayer progressed. Finally so much so, that he had to ease it forward into a more comfortable position. It continued to want to arch up and then come forward again. He didn't resist any of this. It all seemed perfectly normal and he surmised that it was his body's way of trying to integrate all the love and light coming into his system in the same way as the yawning was earlier, as Zeta had explained.

'Let us now say our final prayers to our Father and let us once again thank Him with all our heart for His most precious gift to us, His Divine Love,' this time a feminine voice echoed from the stage.

Paul let his heart speak to God, 'Thank You God once again for Your Love. Thank You for being

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so loving and affording me these wonderful experiences. And thank You for asking Zeta to help me.' He then took a deep breath in and whilst exhaling, opened his eyes. The man and woman on the stage were returning to the doorway of light. It had become bright and white during the prayer. They vanished into it and it quickly began to dim and then was gone. Light returned to the room, the music started and the dancers jumped up and moved gracefully around the stage. Clapping erupted again as everyone slowly came out of their prayer and re-adjusted to the closing of the celebration. The clapping eased and chatter began slowly to fill the hall. Soon people began to leave, and Paul bid farewell and good-luck to Max, as Max stood and shook his hand, and Zeta led the way out of the auditorium.

As they walked down one of the corridors, Zeta asked Paul how he was feeling. He replied that he felt great and very light. Zeta thought about taking him to the social gathering that had been prepared but decided otherwise. She remembered her own experiences when she too had been prematurely exposed to more light, truth and experience than her system was used to. The euphoria of light can drive you past your system's limitations. She did not want Paul to become stressed by too much light, and thought that erring on the side of caution would be best. She guided him back to one of the arrival and departure rooms, took his hand and willed them both back to the apartment.

They arrived in the middle of the room just as they had left. Paul flung himself onto the couch exclaiming, 'Wow that was fantastic, what an experience with all those people in prayer together!' He relaxed back into the comfort of the cushions as Zeta went to get some refreshments. He closed his eyes, recalling all the people in the hall...

Day 6

Waking from his sleep, Paul, still lying on the couch, saw Zeta was sitting on the other one reading. She had changed her clothes back into first world, contemporary style. She smiled as he came to and said, 'Welcome back.'

He leaned forward, eagerly reaching for his drink, his mouth feeling rather dry. 'Oh boy,' he said, 'I must have been tired. I just couldn't keep my eyes open. I feel like I've been asleep for days!'

He stood up, stretched and then the memory and vision of Max, suddenly standing up in the middle of the hall and yelling out his love for God, made him chuckle. 'Wasn't Max amazing? I got such a shock when he suddenly jumped up out of his prayer and yelled out how much he loved God. Up until then I just couldn't stop laughing. I don't know what had come over me, I felt like I was a naughty child and just had to laugh.'

'It was the light; it overwhelmed you. It's good to occasionally have a great laugh in prayer; it's very healing. It releases blocked and unwanted energy. One of the attributes of love is laughter. The truth can get a bit too serious at times especially when it's new to you.' Zeta chuckled to herself as well. It was actually quite an unusual start to the whole celebration, she thought to herself.

'So,' said Paul stretching himself, 'what's on the agenda for today? Can we fly around some more? That was fun.'

'No Paul, I'm afraid you have done enough of that for this time around.' Zeta smiled. 'That was merely to illustrate the subtleties of what actually does exist over here compared to Earth. For the remainder of your stay we will have to use conventional modes of transport I'm afraid, it will help you stay 'earthed' so to speak. Too much is going on within you spiritually, and living like a true spirit would only stress your light systems too much at this stage.'

'Okay, if you say so. It is a pity, but I suppose I'll have plenty of time for such things when I come back here after my Earth life,' Paul replied.

'And so you shall,' said Zeta smiling again.

'Feeling the Divine Love freely flowing into your soul, *is* experiencing God. It is the beginning and will remain the central focus of the experience with God. As you progress, you will come to further experience God in other ways. It is always an expanding experience, as is any relationship of love. You are continually evolving your love for God and in doing so can perceive, love and experience God loving you more. The Divine Love is the gateway and direct channel to getting to know God for yourself, and everyone's experiences are highly personal and for them to always cherish. It's all about relationships Paul. How you relate to yourself – with your own soul, and then with your soul-partner and God, and then with everyone and everything else in Creation. Relationships are all important. As you receive more Love you can grow or evolve more in truth and as that occurs so too can you grow and evolve your relationships. Having a relationship is

what's so special about longing for and directly partaking of the Divine Love.' Zeta said answering a question Paul had asked, as they drove along through the busy streets. She had not yet revealed their destination, but said as a way of a hint that most people fear death for they do not understand where they will go or what happens to them after they die. She said that today's excursion would shed some light on what does happen.

As they drove Paul took the opportunity to discuss the events of the past days in greater detail. He questioned Zeta about the role religions played in people's lives, and as he had never directly been involved in them he was wondering if perhaps upon his return to Earth he should investigate some of them.

'As to whether you will become involved, that will be up to you Paul, depending on how God directs you. As I have told you, religions on your world lack the truth of asking God directly for His Love. This, as a consequence, restricts their evolution and any ongoing growth of truth. For the most part they provide a social and personal structure of belief and truth within which one can choose to live ones life. It is simply an individual choice as to whether a religion fulfils your spiritual, religious and life needs. For some it does, for others it may fall short. Religions can become a way you choose to live life. They can govern all or a part of your life. Just as living with the Divine Love can become a part or all of one's life. Divine Love is a religion unto itself: a religion based on the Truth of the Son. It is the religion of living Jesus' truth in everyday life with our Father's Love. And it is also much, much more.

'Life, however, is a balance of all its components, and religion is simply one component. You Paul, will know how it's best for you to include the Divine Love in your life. God will let you know how often to ask Him for His Love, He'll direct you through your feelings. You will feel the need at the appropriate time. Your feelings will become increasingly important to you. It is actually through our feelings that God and our own soul guides us. Sometimes your inner longing may be so intense that you will feel you cannot get enough of the Love. At other times it may wane and you will feel fully satisfied and contented. And at other times you might want to long and ask God for His Love but find no Love is forthcoming. The important thing is to long, to always acknowledge your souls longing if that is truly how you want to live. The way you ask will change and evolve, as your relationship with God evolves and matures. If you decide that life with God is really all you want and you commit yourself to Him, then you'll find that you'll come to a time where your whole way of living is with the Divine Love of God. You will feel His Love with you all day, every day. You will feel so close to God that your way of asking for and receiving the Love will be done more on a soul level. It will not be such an emotional and overwhelming experience. You will know where God is leading you in life and you will see the forthcoming experiences as stepping-stones in your upward and inward progression. You will know you are fully on your life's path, doing everything God is asking of you. More than likely when you get back, you'll go through a time of striving to actively progress, and really want to push ahead and ascend. You will sometimes feel impatient, trying to drive on your spiritual advancement of truth using all of your will. All such feelings are natural and over time will mellow into acceptance of your own truth growth gradient with God. You will fully harmonise your progress with God's Will and then be able to completely enjoy and appreciate all experiences of day to day living with Him. In the beginning you may feel like giving God the reigns totally, but as you progress you'll come to accept Him as the *Supreme Guide*, and He will orchestrate the overall plan and advise you along the way whilst leaving you to orchestrate the daily events of your own life. You will accept that you cannot know everything about your life at any given moment, and be grateful to live with faith that God does. In time you'll understand how to use your will to live God's Will.

'Living with God is living Faith. Faith grows and evolves within you as you receive more of His Love. Faith, like truth, becomes something very real and tangible. You can *feel* it. The Divine Love

will push you further into life, strengthening your faith. Finding the Divine Love is not simply the beginning of life on easy street. In actuality, it is very confrontational, particularly in the early times. It will challenge all of your beliefs and ask you to accept new truth. At times this can be very hard, to look directly into the mirror at yourself and see yourself for whom you really are, without any illusions. Most of us are wearing other faces hiding the real expression of our personalities. We are doing this because of our fears and inner self-denial of love. The Divine Love will systematically highlight the self-created veils making you address your denial. It will educate you in what real love is. Many think they know or have experienced it, but they will only truly know when the Father's Love is thick within their soul.

'Your world is limited in love. It is not free to discover what true love is as brought about by the inclusion of God's Love. Natural love is wonderful and very powerful in its own right but compared to Divine Love it has certain limitations. If it's well respected it can give you great feelings of joy, but it can also be misunderstood and misused. With the support of the Divine Love such misuse is not tolerated. One can only live the true ways of love as they are revealed to them. Love is the ultimate personal discovery we are all making. Its definition is *truth* and its experience is *light* – composed of mind and spirit. By seeking to have your heart and soul filled with the purest of all love you are seeking also the perfection of that Love as will be seen in the perfection of your own Natural or self love.

'Churches and spiritual faiths teach people to live in a moral and ethical way to a limited degree all being based on ones evolutionary experience. The Divine Love introduces a higher element of revelation and completely educates you on such matters. You don't have to abide by what your parents or the Church or society tells you is right and wrong, instead you find out for yourself what is right and wrong according to *God's Laws of Creation*. You come to know what you can do and what you cannot do, and how you should treat yourself and others in all life situations; what your motivations in life should be and how to live them. And you find it all out for yourself. You're not told it, and you don't learn it out of a book; you reveal the truth to yourself through your own experiences of life. It helps you to identify your true needs, cast out unrealistic wants, and discard any delusions and fantasies you may have. This all naturally happens as you grow and evolve in truth with the Love. It is self-regulating, self-governing and self-determining. Gradually your life becomes an expression of pure love, of the truth you are living.

'Your world needs policing and social systems agreed to by popular vote. It needs such systems because it doesn't have the natural systems of truth as revealed through the Divine Love to govern and guide it. We here in spirit need no such systems of fear-based government and policy because we are all self-governing with love and truth. There is administration and hierarchy, but that is a necessary function of the ascent of truth. They are there to maximise growth, not to limit it. Truth, by its very nature, provides us all with structure, our own inner structure, of how to live personally and a structure of how to best live peacefully together. It harnesses the creative freedom of light and provides it with a framework of support. Currently on Earth, the attribute of light is dominant, hence the all-consuming focus on the mind. When the truth is engaged and brought into balance through the Divine Love, then the two primary attributes of love, truth and light, can work in complete harmony. Truth is solid and revealed through the heart. You can only know truth through and by your own experiences. You can't learn it and then live it as you can beliefs and knowledge with your mind. When you know something to be true, you simply know that it's the truth. You might not even be able to readily explain why you know it to be true, but it will feel as though your whole being is founded on it. Truth becomes you and you it. We, men and women, being *ascending sons and daughters of truth*, are designed to recognise and know truth when we 'see' or know it, when we feel it. Our beings are all about ongoing truth-discovery. If daily you're not growing and evolving in truth you will never truly be happy. All other current existing religious and spiritual

structures on earth and in the Natural love spirit worlds are only centred on mind advancement. They might speak about the truth, but without the direct inclusion of the Divine Love they are only deluding themselves getting further side tracked into their minds. The Earth is currently, and has for a very long time, being led along by minds. There is no heart in life, no truth. The heart provides the structure and the true way through truth. The mind when correctly used in service to the heart, as the light, can then embellish life-experience to reap maximum results, from the direction, vision and security of the heart. When someone says they are trying to live their life through their heart for it always knows the right way to go, they are trying to live by their truth. However, this becomes difficult if your truth is not itself advancing with your life. The inclusion of the Divine Love provides the continual advancement of truth if you want it to. You will always know, even when it is not fully obvious, the way to go and the correct choices to make. And by the way, you can partake of the Love and refuse to allow It to transform your soul – advance you in truth. As I've said, the responsibility for your soul growth and development is *always* yours. And God will always respect your choice.

‘God’s help is always at hand. Those who say they are lost or cannot see are unconsciously choosing, not to be honest with themselves, and are shying away from doing what they must. They are not being honest about what they feel in their heart that needs to be done. They are doing things, which really if they were honest with themselves, they would not want to do, things that actually are making them feel bad. You must be true to yourself, and absolutely follow your feelings, for by doing so, God can truly work with you. God, with His Love, will then guide you through your heart as you naturally express and live your truth. The truer, your are to your feelings, the better He can inspire you.

‘It is fear that is controlling people and spirits lives who are not wanting to live true. They are living their lives through their minds, instead of the feelings in their heart. Even the worst cases, the most lost, the most darkened souls, always have a helping hand being offered to them, but it is always up to them to choose to accept it or not.

‘Most of humanity needs to be pushed into their darkest corner before they seek the truth of the help that is there for them – before they stop and ask for it. However, it need not develop into such an extreme and harrowing experience. The Divine Love is constantly on offer, at least it will be for some time yet, and is the true hand of help held out to each and every one of us from our loving Parent.

‘Your soul’s awareness of it’s need of the Divine Love Paul, is not yet fully awakened within you. You are still relatively unconscious of it, however, with time, it will surface and you will fully embrace it. I cannot tell you of all I know in our brief time together, nor would I want to. Your own discovery of God is waiting for you, your advancement of truth has begun and your understanding of the light is well under way. It is somewhat like a great jigsaw puzzle. Slowly the small but equally significant pieces will fit into the whole as you live and experience them. Experience reveals the fruits of truth, and the Divine Love maximises the experience and allows you to mature into the beauty of your light and truth, into the full loving expression of your souls personality.

‘Life with the Father is truly amazing. I know I have said it before, but as you come to really experience it, and as you have already glimpsed, so too will you become more and more amazed by it. Our souls are, by design, wanting to experience the full reality of God in every moment. That longing is their natural state, and as you become more aware of your soul in your life, living a real experience of God will enable you to see and understand your own greater inner realities. You will come to delight in the full attributes of your personality and understand their relationship with your soul. It is very true, we are created in the image of God, we have a soul and a unique personality, just as God does.’ Zeta stopped. She had finished her discourse.

Paul sat quietly, very much in awe of her understanding. He knew that, once, she had started out just like himself, and he marvelled at her grasp of it all. Everything she said sounded so right. She said it all with such conviction and with such heart. Again he felt quite small in the great scheme of things. He had only had three prayers for the Love, and he wondered how many times Zeta had opened her heart to God longing for His Love, and how much Divine Love she had received. He wondered about her world, what it must be like, full of spirits who all have such an understanding of God and His Truth. He thought to himself that it must be like Paradise itself, to live in a place where such love and understanding was the stuff of daily life. There was no real need for all the fear and horror that existed on Earth; how difficult we do make it for ourselves and each other.

He wondered if the Divine Love could bring about much change on Earth, and if people would even be interested in it and in his experiences? Would anyone even believe what he had to tell!? Who will believe that he has spent these days in the spirit world, and who will understand about the Love, let alone the great need for it? He concluded, it would have to be entirely up to each individual to decide for themselves, and irrespective of whether or not they did believe him or understand what he would try to tell them, he felt determined to do the best he could. At least God was on his side; or rather he was on God's. And what patience and love God must have for us all. To offer His Love but not force us to accept it is truly unconditional love.

As they drove on through the outer suburbs, Paul was deep in thought. After a time he turned to Zeta and asked, 'Why don't you and the higher spirits make more of a direct attempt to encourage these spirits on this world and even people on Earth to seek and find the Truth of Divine Love?'

'It's not God's way or ours.' Zeta replied. 'We're always ready to help but only when an individual chooses to ask for such help, when they really want it. Many people and spirits say they want help but really the truth within them, of which they are mostly unconscious of, is that they don't want the help. And if they don't, we have to respect their choice, because that is God's Will. We have to turn the other cheek so to speak.' She smiled.

'Well, what about Jesus, why doesn't he appear again on Earth and give everyone a sign or something, and where is he over here in these worlds, why isn't he still teaching as he did when he was on Earth?' Paul persisted.

'It's the same principle,' Zeta said smiling again. 'You see Paul, Jesus is with everyone even though we don't see him.' Paul looked at her with a puzzled frown. She continued, 'When Jesus finished his earth life, his soul, upon the Father's command, liberated a spirit. I mean that the spirit essence of him went out and poured over all of humanity on Earth and in Spirit. And what that means is, that once this spirit, known as the *Spirit of Truth*, was liberated, it exists from then on throughout all of Jesus' kingdom and is of service to all who seek its – Jesus' - help. Jesus doesn't have to come to everyone and help them to understand the truth when they are longing for it as his Spirit of Truth provides us with that service. Jesus himself, however, is still very active in the spirit worlds revealing truths and helping us all to understand more about God – about our Heavenly Father. Mostly he confines his activities now to the Divine Love mansion worlds and even further to the Celestial spheres. He has no real reason to come into these Natural love mind orientated spirit mansion worlds because spirits here are not looking for the truth, not wanting to fully embrace the Divine Love. They don't want him, he being the Son of Truth. They are still living in a condition of mind that is rejecting the truth; rejecting Jesus, just as he was rejected on Earth. When those of Natural love do want to know about the truth, there are many Celestials who are capable of helping. Jesus can't attend to everyone in person, its physically possible, and that's why the Father liberated his Spirit of Truth.

'When you embrace the truth through the partaking of the Divine Love then you are asking Jesus' Spirit of Truth to engage and help you to know the truths as he knows them. When this happens you allow the Spirit of Truth (or the Spirit of Jesus) as if it were he himself, to help you to

understand the truth of Divine Love in your way for yourself, just as it helps Jesus to understand the truth of Divine Love in his way. So Jesus doesn't need to be actively present in person, because his spirit is always available. By acknowledging that Jesus is the First Son of God and that we are learning about the truths of God and His Love all thanks to him; when you welcome him – the Truth, and his Spirit into your life, then maximum help will come to you so you can reveal the truths to yourself and understand them within the context of your own life. Your soul contains truth, which is liberated and made available to you within yourself by the action and help of the Spirit of Truth.

‘Listening to what I say, and learning about some of the truths and aspects of truth, and having a picture form in your mind about what its all about, is necessary for your mind, but it still isn't you directly experiencing the truth coming cognitively up within you bringing it suddenly into a knowing conscious form as a result of what you've just experienced. You can learn of lots of things with your mind but when you experience them, and know the meaning of them for yourself, then you are growing in truth.

‘When you pray directly for the Divine Love, and if you sincerely long to know the truth of your soul – of you, Jesus' Spirit of Truth is engaged within you to help you grow in truth, and the Love itself is brought into your soul by the Holy Spirit. The Holy Spirit is the *spirit companion* or partner of the Spirit of Truth. It can be simultaneously bringing the Love to every soul in Jesus' universe if we were all to long for it at the same time. And the Holy Spirit ONLY brings the Divine Love to our soul. It doesn't do the other things like many people and spirits believe it does. It doesn't heal people, or convey secret messages, or any messages for that matter, it ONLY conveys the Love, and that's why it's Holy. The relationship between these two magnificent Spirits is again the relationship of light and truth working harmoniously together. So we live with the action of Light, as in the Holy Spirit; the active function of Truth, as in The Spirit of Truth; and the union of the two, which is fostered by love, the Divine Love. This is the Trinity, which is at work within us. The universes, just as we are, are composed of many such trinities, the relationship between light (mind and spirit), truth and love.’

Zeta paused, perceiving that Paul's attention was beginning to wane. He had yawned and was looking straight ahead at the road. She thought that was probably enough of the truth for him for now. Perhaps it was even a bit premature and slightly more than he could handle. She once again had to affirm to herself that there was still time. She had answered Paul's earlier question and had to honour his growth at his pace. She so much wanted to give him all of her truth and understanding, and it was hard for her to contain her enthusiasm for truth. The conceptual realities of the greater universes and how they related to the Father and specifically to herself were her main interest, but she had to check herself because it was always harder for people on the lower worlds; their limitations had to be adhered to and respected. She decided to change the subject, saying to him, ‘Paul I received a message from Zarno about how Sasha was faring.’ He snapped instantly out of his inner haze.

‘How is she?’ He eagerly asked.

‘She is coping very well and is managing to help your mother keep her spirits up. She is holding to her promise to not tell them exactly when you'll be back, for she knows that if she did it would interfere with their experience of your absence. I know this sounds strange, but it is best for your family because this entire experience is to help strengthen their faith. Zarno said that she is actively praying for God's Love every night before she goes to bed, which has had the result of he himself being able to talk more directly with her. It has opened her inner-channels of communication and he has been able to briefly keep her informed as to your progress. He says she is missing you terribly, yet is still strong in her faith. He is staying close by her throughout the whole ordeal.

‘He also told me to inform you that now she has consciously come into the truth of the Divine

Love, her excursions into spirit, like the one she had with you the other day, will cease for the time being. She no longer needs such experiences to generate faith, for her own faith will naturally progress as a consequence of receiving more of the Love.'

'I can't wait to see her,' Paul sighed, 'I am glad she is all right. I worry that at times she might have thought it all may have been some sort of a dream, her visit with me and my telling her of the Divine Love. It's great to hear that she is hanging in there. I really feel for all of them. Is it really necessary that they must all suffer in this way especially when I will be returning?' As Paul finished asking the question suddenly a wave of panic swept over him and he quickly added, 'I am still going back?'

'Yes Paul, of course you are, and yes, the suffering is necessary. Often the small picture does not make sense, however, the larger picture requires it. You will see for yourself, Paul, that when all the suffering is over and for some time after your return, all the members of your family will be still growing from the whole experience. It will change all of your relationships with one another.'

'Do you think all of my family and friends will accept the Divine Love? What if they refuse to believe me when I tell them of my time here?'

'Well, that remains to be seen Paul, and unfortunately I cannot answer that question, as it is a part of your future experience and as I have said before, I cannot interfere in your future by revealing such things, for this would then condition and compromise your growth in truth. I have to honour the *Laws of Truth*. You will have to wait and see what happens.'

'Are Sasha and I to be together for the rest of our lives?'

'That is up to God and yourselves,' Zeta patiently and candidly replied.

'Zeta, how much of my future life do you know?'

'All of it,' she replied with a broadening smile as she turned and looked out of the side window.

Paul thought he'd probably better not pursue things further as his mind wrestled with the notion that she may not be having him on, and if not, it was too much to contemplate. 'I'm really glad she is okay' it will be so good to see her again.'

'Yes Paul, and when you re-awaken everyone will be very surprised. The doctors, amongst themselves, have given you up for an indefinite coma-case. One of them has even personally considered euthanasia as an option for you, but you have nothing to fear, it's all in good hands,' Zeta responded, lightly laughing at the expression on his face.

After driving on further and engaging in light conversation, they arrived at an official-looking modern building. Zeta told him that they were the new administration buildings for this quadrant of the spirit world. The main entrance was very large but still looked welcoming. Paul followed Zeta as she climbed the marble stairs, entered the beautifully columned front entrance and walked along the main hall. The walls were white and bare. He could see that the buildings were brand new and the finishing touches were obviously still to be made.

Zeta, after conversing with the receptionist at the front desk, beckoned Paul to follow. The sound of their shoes echoed through the quiet passageways as they made their way along, with Zeta looking at each doorway they came to, obviously looking for a particular room. Finally she found it, and they entered. The room was small and bare, painted white, with the only furniture being six chairs and a screen on the far wall. Zeta pulled up a chair in front of the screen and sat down, Paul followed suit. She picked up a small black control box, and clicked a switch, but nothing happened.

'Teething problems,' she said as she held out the control box and grunted at the screen. With that the screen came to life. 'Now Paul, I want to show you a few things about this world,' she said, clicking the box again, 'and we will begin with you.'

A picture flashed onto the screen.

‘Hey,’ exclaimed Paul, ‘that’s me!’ Suddenly he saw himself lying in a hospital bed. He was asleep with all the bedclothes tucked up neatly about him. Then the door to his room opened and a nurse walked in. She touched his forehead, checked the monitoring instruments and left.

‘This is you now Paul, well at least your body, lying in a coma.’ Zeta commented and then added, ‘this is real time. We can look in on the Earth any time we wish to, in this way.’

Paul was speechless. It was so clear. There he lay! He felt no connection at all with his own body, lying there motionless on the bed. For all he felt, it, he, could have been dead. The door opened again and in walked Sasha. ‘Sasha!’ Paul spontaneously called out expecting her to hear.

‘She cannot hear you Paul, however we can hear her.’ Zeta said smiling.

Paul watched as Sasha pulled a chair up along side his bed. She sat down and eased her hand in under the bed sheets and held his hand. She looked so beautiful, like an angel, he thought, dressed in her blue shirt with a blue bow today tying up her golden hair. She looked so peaceful and contented sitting there looking at him. He wanted so much to be able to reach out and kiss her. He wanted her to look around and up above the end of the bed to where he was watching from. He fidgeted in his seat, then Sasha spoke quietly, ‘Paul, I hope you can hear me, my love. It won’t be long now I’m sure, I don’t know exactly when but I feel you will return soon. I miss you so much and I pray that you are well and learning lots about the way things are over there. Zarno speaks to me regularly now and says you are doing well with Zeta. It’s all just so amazing what’s happening, I can hardly believe it. In case you are listening, I love you Paul and I can’t wait to feel your arms around me, and your lips pressing warmly against mine.’ She removed her hand, bent forward and rising a little, kissed the still body on the forehead, then sat back and took a book from her handbag and began reading.

Paul sat there with tears in his eyes. She seemed so loving and so pure and innocent. It was really hard to just sit there and watch her. He loved her so much, and he desperately wanted to be able to talk to her.

Zeta then turned to him and said, ‘We must move on now Paul.’

He nodded and Zeta raised the box. As she did so he called out in his mind, ‘Good-bye Sasha, my love, I love you too.’

The screen flickered and another scene came up. It was himself again, in the receiving room at the time of his arrival into spirit. His eyes were closed and seemed to be wrestling with the light. Zeta was present in the room and standing over him, and a man, a doctor by the look of his clothing, stood beside her.

‘Remember this Paul?’ Zeta asked.

He nodded as the memories of those first few minutes welled up inside him.

Zeta continued, ‘All souls arrive into spirit just as you did Paul, but whether they remember these waking moments is another thing. When your body of flesh dies you are awakened in your spirit-body over here in the first world. Your mind, consciousness, spirit body and other parts of you are transported by a certain type of angel. This all goes on in unseen levels of your regular reality. When the angel brings you to the arrival room it helps with your re-materialisation as a spirit.

‘So angels are real?’

‘Absolutely. However you won’t be able to see any over here. They exist in other planes associated with all the mansion worlds. For specific reasons of which I can’t tell about just yet they are not allowed to be directly involved with spirits on these lower worlds. They live openly with us in the Celestial spheres.’

‘Why can’t you tell me about these reasons?’

‘Because I have only a limited mandate with you. I can only reveal a limited amount of truth and information. There is a lot more to the truth of the Father’s Love and what is transpiring on the higher worlds and what is soon to happen on Earth, all of which you are now officially apart since

you embraced the truth of God's Love, but of which I'm not as yet allowed to tell you about. I can't tell you because it might influence you too much in your forthcoming life decisions. I want you to make these decisions truly, because you feel you want to make them simply for their own sake and not because you believe it might give you something. It's far better for you to approach your spiritual growth with an open mind rather than one that has been overtly influenced by me. As I've told you, we all have to choose our way and until such time as more truth has been made available by the universal hierarchy, we have to go slowly.'

'Now getting back to your arrival here there is something else I want you to understand. Many people don't really understand the relationship between the soul, the spirit body and the physical body. They become confused with the words often believing that the spirit and the soul are one and the same thing, but they aren't. The soul has its being in what is known as the *Soul World* and it's a place if, you can call it that, which is separate from Creation. It's existential whereas Creation is experiential. Our soul is really the truest part of our self but as our minds and feelings and consciousness exist in creation then we can't really be our soul as such. We are an ongoing expression of our souls personality. Our soul is always bringing us into being, that is, as it expresses itself we have our being in creation.

'So our soul is us, we are it, the two never being separated. And our soul then *makes* our spiritual form and physical form and all that connects them and all our other subtle levels of existence. So right now your soul is making this your spirit form and orchestrating your experiences here in this spirit world and it's making or generating your physical body that's lying on earth in a coma. It keeps everything going. Without soul, no you, expressed in Creation.

'When you die on Earth, your soul terminates its need for expressing itself, you, through the physical and so your physical body dies and you come over here and wake up in your spirit form. You arrive with all your memories, thoughts, will, consciousness, beliefs and feelings in tact so you can carry on living. And as you move up through the higher spirit worlds periodically you get a new spirit body, one more refined and attuned to the higher frequencies of light and truth. Your soul orchestrates all of this. Your soul orchestrates every moment of your daily existence. And your soul is actually the most important part of you.

'When people say their soul goes into heaven its not true because your soul doesn't go anywhere, its always in the soul realm of existentialism, an existence without time or space, only being. Metaphorically one might say ones soul has gone to heaven, but this only adds to the confusion and there is a tremendous amount of confusion about things to do with spirit.

'So Zeta where is my soul now, I mean when I receive the Divine Love and I feel it sort of going somewhere into my lower chest region but sort of deeper inside me where is it really going? Is that were my soul is?'

'That could be called the gateway to your soul. Deep in your spiritual heart what you might perceive as the true centre of your being is located your soul, but its not in creation its in a whole other type of existence. Its difficult to explain but as your soul perceptions awaken, these being other sensory attributes associated with your spirit body, they allow you to perceive truth, and you will start to gain a better appreciation of your soul. You sort of start to get a feel for it. Where it is, what it is, how it is you, how it relates to you, that sort of thing. But for now, yes, what you feel about the Love, where it's going is into your soul. The Divine Love can only go into your soul. The Soul of God transfers it into your soul with the help of the Holy Spirit, Divine Minister and other spirit agencies.'

Paul thought about this for a moment as he watched himself get out bed, get dressed and follow Zeta through the *Arrival Hall*, out the front entrance and into the street heading towards the apartment, then asked, as something of picture formed in his mind, 'So really there is a lot more to us than we can see?'

‘All the time. You can’t see your spirit body when your consciousness is focused in the physical and yet it’s with you all the same, growing and evolving and always ready for you should you die. Really you’re already in it while you’re in your physical as all your thoughts and feelings and will and consciousness and memories are spiritual aspects of you and not physical. Really you are a spirit all the time since your first moment of life in Creation at your conception; your soul simply generates a physical form for you to exist as a spirit in, to experience through while you’re living on the light frequency equal to what you know as Earth.

‘There are some people who can see auras, they can see the spirit body and its associated subtle bodies and when you get back to earth your interest in such things will lead you to some books and people who will help explain some of these things to you.’

Paul thought about this for a moment realising to a greater extent that his life when he does wake up will not be the same. Speaking to people about all this sort of thing will be very different from his usual discussions about business. But then he wondered: could he speak to anyone else other than Sasha about any of this? ‘Are there many people on Earth interested in all of this stuff, and what about in Melbourne?’

‘There are and its growing. There is as yet little understanding about the Divine Love and its importance, but things are happening to stimulate an interest with it. Jesus, some year’s back, chose a person to whom he and some of the Celestials could communicate some of the basic truths and principles of Divine Love. This man was able to hear spirits speaking to him and allowed them to somewhat write through him to deliver their messages about the Divine Love and the Heavenly Father. A number of books have since been published and as a consequence some people are actively praying for the Love and receiving it and integrating it into their lives. And with the advent of the Internet a lot more people are reading these messages by Jesus and the Celestials.’

‘What’s the name of these books and will I be able to get them when I return?’

‘They are called *The Padgett Messages* and are written by Mr. James. E. Padgett. And yes they are easy to get, and as I said, you can look them up on the Internet. Mr Padgett lived in America but there are a small number of people in Melbourne who are actively longing to God for His Love.’

‘Can you tell me who they are so Sasha and I can meet them?’

‘No, Paul I can’t. All of that sort of thing you’ll have to experience for yourself when you return. You are going to need time to recuperate, and to integrate all you will have been through over here. Things will be different for you back on Earth than they are here and I won’t be with you.’

‘You will be able to speak to me though, like Zarno is with Sasha?’

‘I’m afraid I won’t.’

‘Why not?’

‘Because you won’t need me. You are to experience living with the Divine Love without such direct daily help. You’re to do it all through your feelings. You won’t understand the significance of this to begin with, but over the years you will. There will be a lot more preparation for you and Sasha to do. A lot more to learn about. You are both to be a small part of large cog, and I can’t at this stage tell you much more. You have to find it all out for yourself. I will be with you, helping you, but it will be indirectly. And its partly because of this why it was in your souls destiny to give you these ten days over here like this.’

Paul was now watching he and Zeta in the apartment for the first time. ‘How come all of this is videotaped, who does that and why?’

‘It’s the work of another type of angel. Why they do it is for certain universal records and why I’m showing it to you, is because its to show you again that many other things and other levels exist all the time with things going on within those levels. All such things are done with minds. Everyone has an angelic pair – a pair of angels - who act as their spiritual guardians while on Earth and living in the mansion worlds. They are always observing you; it’s a part of their role. Angels

are in many ways like living minds, and so for them to record your life is nothing, it's simply what happens if a mind were focused observing another's mind, in this case yours. They can bring back to mind any of your experiences if need be and at times they are called upon to do so because when you start to do your healing, which will begin in earnest because of the Divine Love you are now receiving, there will be times in which you'll need to consult such records being able to see yourself objectively just like this, as if you are watching yourself on a video.'

'So everything I do', 'and say, and think' interjected Zeta, 'is recorded?'

'Yes. "Every thought, word and deed". Nothing is missed out because it's all valuable, it's all apart of Creation. Nothing is wasted; it's all very real and needs to be respected as such. And it's certain angels that do all the record keeping.'

'But why, who'd want to keep all that stuff?'

'The Father. It's all His. We are all His. He wants it all kept and so it is, so he created angels.'

'But why would he want it all?'

'I don't know, you'd have to ask Him.'

'Could I?'

'Certainly.'

'Zeta you're joking aren't you?'

'No, not at all.'

'So how could I do that?'

'It will come, in time. Everyone can speak directly to God. It's an inherent part of us all. I won't go into the technicalities of how it happens, but it does, and it's relatively easy.'

'I do remember Max at the auditorium said something about God speaking to him.'

'Yes, just like that. And it's like anything; to begin with you have to want it. You can start longing for it. Ask God if He will help prepare you. Ask Him next time you pray for His Love.'

'Yeah, okay, I will.'

The 'movie' had now moved onto showing Paul meeting Harry and being taken by him to the pub to meet his friends.

Zeta continued teaching. 'As you grow in truth, your spirit body increases in light frequency and as it does so too will your physical body increase in its light vibration. And this is how you evolve, how your soul evolves itself and how it can then express more of itself, you, in Creation. The whole of Creation from Earth upwards and inwards to Paradise is graduated in steps, or circuits, of truth. Your life on Earth begins on the lowest circuits of truth and you ascend to the highest on Paradise. By the time we reach Paradise, so I'm told, our spirit bodies will be of such a truth and of such a light frequency so as to enable us to relate directly and personally to the Father – soul to Soul. In effect by attaining Paradise we are arriving to live on God's Soul, that being the material aspect of it.'

'Paradise is a real place, like this spirit world?' Paul interrupted.

'It is, very real. More real than this world, the most real because it's the closed thing to soul that we can see, touch, and attain. You will be able to walk on God's Soul.'

'Well that's sure something to think about, and a bit more imaginative than leaving footprints on the moon.'

'As your soul becomes filled with more of the Divine Love, you'll naturally find Paul that you'll want to go to Paradise. It's as though it has a magnetism about it, like it somehow or in some way calling you. And it will make you want to grow and advance in truth; it will make you want to first of all acknowledge your ascension and then really live it. Up until now your life on Earth was all but devoid of spiritual content and you had no relationship with God. Paradise was a few weeks off work drinking beer on a tropical island. And once that's done, once you'd rested, it was back into the grind for another year. But that is not what life's meant to be about. Life is meant to be about

waking up to the understanding that God wants you to journey to Paradise, to live through all of Creation and to experience all its wonder; starting on Earth delighting in all its splendour; ending on Paradise in all its glory, and meeting with - coming home to - your real Parent, the Father who created you.

‘Isn’t there a Mother?’

‘Yes, Paul, there is, Well Done!’ Announced Zeta with much enthusiasm and a big smile, ‘Oh Paul, I’m SO happy, you can’t believe it, you have achieved what I was hoping for. YES there is a MOTHER indeed there is; we do have a HEAVENLY MOTHER as well as a Heavenly Father. Well done Paul, thank you for asking’.

‘But isn’t it a rather obvious question?’ Paul asked wondering what all her fuss was about.

‘Yes it is, and many have asked it, but not under these circumstances. I’m sorry, but I can’t explain it all to you, there are as I said, bigger things going on that I can’t tell you about. But with this question I am allowed and will tell you about other things, which, had you not asked it I would have been forbidden to. We didn’t know if we’d be able to reach this point with you during your trip, oh Paul, I know you can’t understand but it’s all so very exciting. You see Paul the feminine aspect of everything, of life, of women, of God has all been so maligned and so repressed by humanity. And it can’t go on! Humanity has never got anywhere with its soul evolution and growth of truth because women have not been allowed to come out and be the equal of men. Men’s suppression of women, and women’s agreement to it, has caused a great retardation in humanity’s over all soul growth, but that is what this is all about. Your trip, and much more that will come to you; it’s all about this suppression of the feminine, of women in general and of the feminine aspect in men, ending. It can’t go on any longer or humanity will destroy itself on Earth. Look at where it’s going, and it’s now running away with itself, all becoming to material. The spiritual is getting left even further behind. Sure many believe they are thinking in more spiritual terms, and there are some alternative mind beliefs floating about, but that’s all to do with the mind and is not doing anything for peoples hearts and souls.

‘The soul of humanity is dying, its being closed out in darkness. Men and women are lost, and getting more so every day as they give over to the pursuit of the material. The existing religions and spiritual systems are products of the material infatuation, they are a part of it, so they can’t perform the role of the salvation of the human soul like they believe they can. They are only adding to the sinking of the ship. And it’s all because of the ongoing suppression of the feminine.

‘Women, are actually the true spiritual leaders, and if not allowed to lead, spiritual and soul evolution of truth will stagnate; go backwards from any small advance it might have done, or even go in the wrong direction. The masculine is dominant and the leader in some things, as is the feminine in other things, but for men to lead the soul on its journey without consideration of the feminine is fraught with danger. You only have to look at humanity’s history being devoid of any real serious amount of ongoing spiritual revelation to see what self-imposed limitations mankind has placed on itself. Men denied us Jesus’ truth, the truth of the Divine Love, and they still are. To think that the Bible is enough of a revelation from God, let alone a revelation at all, is entirely absurd. It’s ludicrous to think there is so little for humanity to know about God, itself, and Creation. And I can assure you Paul, if women were honoured and encouraged by men to assume spiritual leadership, you would instantly see the end to war, famine, poverty and greed, and in particular the belief that God is on *your* side during a war. It hardly bears worthy of mention that God loves everyone equally for God is God, and we are ALL His children. And yet men can speak such truth and then completely deny it with their actions.

‘If women were allowed to express their true feelings, being encouraged by men who likewise wanted to express their true feelings, then women would reveal how humanity can all peacefully live together, uniting as one big happy family, starting with the home environment and moving

outward. They would completely respect nature and look to it for many of the guidelines as to how people should live. Life would completely change: its values, reasons and motivations for living. And the truth would become highly sort after in each and every experience all based on feelings – what each person felt in each moment. Women and men need each other, and men currently need women a great deal to help them to get back in touch with their feelings. Many men are cut off from their feelings, having no real idea what they are about and will need to look to women for help to find themselves – their feelings. And I can assure you it will be something of a humbling experience for them. The truth, your own truth is contained within your feelings. **YOU ARE YOUR FEELINGS NOT YOUR THOUGHTS** and this is something humanity has to learn, and women will lead the way. I can tell you that when women are truly liberated, that being they are completely free to express all they feel all the time and are fully accepted and loved for doing it, by men and each other, humanity will be free. So as long as humanity, men, and women themselves, keep the lid on women and feelings, nothing will ever change on a spiritual and truth level. Life will go around in circles just as it has done now for hundreds of thousands of years without really getting anywhere. It's easy to change the outer facade and believe you've progressed, but this is all mind advancement; advancing the mind deeper into the denial of its feelings. Don't be fooled by material advancement, and the advancement of knowledge, understanding and information, that's all mind stuff and its all very alluring to pursue because one can easily use it to keep ones mind buried in it thereby refusing to acknowledge the feelings that are being repressed and wanting to be aired. You're all experts at keeping your feelings repressed, men more so than women, and it's the repression of feelings, and in particular bad ones that is **ALL** of humanities problem; not the forth coming shortage of oil, or the hole in the Ozone layer, or who's making a secret weapon of mass destruction, or where the terrorists are going to strike next. **FEELINGS!** That's what it should all be about. What you are feeling now! And why – seeking and **LONGING FOR THE TRUTH** of them.

'Look at all we've been speaking about, its all been masculine, the Father this, God being a Him...'

'Yes, but isn't that what Jesus said, that God is our Heavenly Father?'

'Yes he did'.

'So then why didn't he speak about God being the Mother, I guess our Heavenly Mother, as well? Why did he say it was all just one sex, why didn't he speak about the feminine?'

'What makes you so sure he didn't Paul?'

'Well I don't know, didn't he? I mean that's what they say is in the Bible, isn't it? That much I got from school'.

'Yes, but what I mean is, how can you be sure that what's in the Bible is true and all that was said? What if Jesus spoke about the feminine aspect of God but its been suppressed along with the rest of women's worth?'

'I guess, it could have, I don't know. But what about the women who were with Jesus, didn't they know about it all? Surely if there is a feminine aspect of God Jesus would have spoken and taught about it and it would have got passed on to us?'

'Why would he Paul?'

'Oh I don't know, I mean why not... If he didn't who else would have?'

'Oh Paul you've done it again, that is the perfect question to ask, who else, indeed. You see there was, and is another person, a women, but she has been very heavily repressed.'

'Really, who?'

'Mary Magdalene'.

'But she was a prostitute, wasn't she?'

'And that's where it's all gone wrong. It's very appropriate for her to be a woman of sin because

then she doesn't count. She's nicely removed from the picture of being anyone important. But she was very important and she wasn't a prostitute nor was she possessed of any demons or any other such thing. She was, and is in fact, Jesus' equal, his soul-mate. She should have had a life fully side by side with Jesus. Jesus speaking about and revealing to us the nature of God our Heavenly Father, and Mary revealing the nature of God our Heavenly Mother. The Two Aspects of God who are One. The Mother and Father being, not two separate personalities; not two separate souls, but One Soul, God our Mother and Father.'

'So God is a He and She?'

'Yes, Paul, God has both a feminine and masculine aspect, not in the physical sense but in a spirit sense, and we can get to know Them both, we can speak and relate to Them together or separately.'

'Wow, that really does change the way of seeing things!'

'Exactly Paul, oh, I'm so pleased. You don't know how hard it is to only keep speaking about God as the Father in the masculine when you know and live equally with God as your Heavenly Father AND MOTHER. Oh Paul it's so exciting! And I get so excited by it. Just think how incredible it would be for people on Earth if they could accept such truth, and then integrate into their lives. To at least look toward Heaven looking for a Mother and Father.'

'Well it does kinda make a lot of sense. I mean we all have a mother and father so why not a Heavenly Mother and Father as well?'

'I know Paul, it's such a simple deduction, and many have thought about it and even tried to acknowledge God with both aspects, but it hasn't come to anything because Mary Magdalene was denied, and so her Spirit of Truth has not been allowed to serve truth seeking hearts taking its rightful place alongside Jesus' Spirit of Truth.'

'Well how will that ever happen? I mean, Mary can't come back to Earth again can she?'

'Paul, bless me, you've done it again. You've asked the right question once again, oh I just can't tell you how happy I am. Oh gosh, they're all singing and yelling up there.'

'Who are?'

'All the others of my soul-group, I can hear them in my head. Paul we planned and hoped, it was a potential within our mandate, but we couldn't see it happening. You had to make it happen, and that's what we couldn't see happening, but it has, you've done it, you've asked all by yourself all the correct questions, and being in this situation we're able to introduce these truths and help you understand and somewhat integrate them. Oh it's incredible the workings of our Mother and Father!'

'You see Paul, you are right indeed, how can and will the truth of Mary come to Earth? Humanity having denied her, how's it going to now embrace her? Oh it's incredible because a whole surprise awaits humanity. Mary and Jesus can't come to Earth because one can only ever incarnate once into flesh, but there is another way for their truths to be earthed. Two others, like them though not as high as them, but nonetheless, universally able to reveal their truth so as to qualify for their own Spirits of Truth to then assist all on Earth who want the truth, are currently living on Earth. Another Heavenly Son and Daughter of God.'

'You mean another Jesus and Mary?'

'In short, yes. They are not like Jesus and Mary and so shouldn't be compared to them or considered as the same as them, they are sort of a 'lesser' Mary and Jesus. Nevertheless as I said, they are able to reveal the truths, teach about them and help those who want their help in furthering their understanding of them. Humanity is getting another go. The truth of the Father and Mother's Love is being re-revealed on Earth and this is what you and Sasha are to be a part of. In time you will meet this man and woman, link up with them and help them with their work.'

'Boy oh boy! You've got it all nicely worked out haven't you?'

'Not us, but Mary and Jesus have and of course the Mother and Father.'

‘So where are Jesus and Mary?’

‘Oh there up there, very busy, making sure their *Second Coming Of Truth* all goes according to plan. There are plans within plans, and we are so pleased because we were given a great honour by Jesus and Mary as the soul-group chosen to oversee your visit, and yours and Sasha’s education and to continue it when you go back.’

‘This is a lot to swallow!’

‘Do you want to stop and go back to the apartment?’

‘No. It’s just stirring my mind up a bit having to make some readjustments. When you hear one thing for so long and you believe its right or at least you’ve never had any reason to think its not right, and then to be told it’s not as it seems...’

‘Yes, I know what you mean. It’s the same for most of us over here. At one time or another when we find out about Mary and the Heavenly Mother, it can tend to cause an inner disturbance to say the least!’

‘How will those people in the Church take it?’

‘They probably won’t. Mary and Jesus have been teaching solidly for two thousand years over here and still very little of what they’ve revealed has filtered through to the Natural love spirits. All of Earth’s religions and spiritual systems are going strong over here in the Natural love mansion worlds. They still refuse to embrace the Father and Mother’s Divine Love, and the truth of Mary and Jesus, so the same will more than likely happen on Earth. Certainly, however there will be people who will eagerly embrace this new understanding. Others will no doubt be sceptical, and then others will not believe, saying it’s all work of the devil. The people who believe the Bible says it all and have committed themselves to their church will not want to be disturbed by other revelation. All of the churches have successfully avoided new insight and revelation from spirit for this long, so I can’t see them willingly opening their arms and giving up the power and control they have.’

‘But what about the people, surely if the truth is good and will help people get to know God they should embrace it.’

‘Yes I agree Paul, it’s a nice idea, but in reality, in a corrupt power hungry male dominated world, it won’t work that way.’

‘No, I don’t suppose it will.’

‘But it doesn’t matter because you can’t force the truth on anyone. People have to come to it of their own accord, when they are ready, but at least by making this truth available on Earth when people are ready for it they will be able to find those who are living it and able to help them.’

‘Yes I can imagine that, and I can see where Sasha and I could fit in there if this is to become our lives...’

As neither of them was taking much interest in the movie Zeta stopped it. Now they both sat quietly together both with their minds turning over what had been said. After a little while Zeta suggested they get some fresh air and have a walk and if Paul was up to it they could return to the viewing room for her to tell him the other things she wanted to. Willingly he agreed.

Outside they wandered into a nearby park and sat on a chair under some trees. Birds were darting in and out of the branches overhead keenly visiting the trees in the park. As Paul vacantly watched them a thought gradually formed in his mind as he mused over once again how similar this all seemed to Earth. Had he not known what he did, had he just suddenly arrived here under these trees in this park he would never have guessed it wasn’t Earth. ‘I still can’t believe this isn’t Earth?’

‘The first world is very Earth like. As I told you, it has to be because so many newly arrived spirits need it that way. You see for many people when they get here they are surprised by their new-found freedom; they love it, no responsibilities. Often with not even any family they have to

worry about as those already here are well established, and not having to earn money to live, can you imagine that, for people who've had to struggle to make ends meet all along. And so with their new-found freedom they want to do all sorts of things that they couldn't do on Earth. They might want to try their hand at driving a car having never owned on Earth, they might want to be a taxi driver because it's something they've always longed to do. They might want to work pulling beers in a pub or in a night club, they might even want to go to a night club, they might want to sit around all day drinking and getting roaring drunk. And they can. Nothing is there to stop them and no one to say no. They can't die again; they've already lived through what was perhaps, and in many ways, the scariest thing they could imagine, death, only to find they didn't die at all.

'Many people want to experience everything. When they accept that this is life after earth and they believe they are here now for the rest of eternity then they have plenty of time to do everything. And why not, if you think about it, if you're not wanting something else such as to grow spiritually, then you have a whole world very similar to Earth, but one in which you can't hurt yourself, you can't suddenly die, you can't get sick and suffer a terrible agonising illness, and you are free to do whatever you want.

'Not everyone here in this world is unhappy as you've surmised. When you came over Paul I intentionally came on strong about the truth to you. I wanted to give you the impression that life over here was not about sitting around in the pub all day long, it was about getting on and living with God and His Love. This I had licence to do, however it's not how new arrivals are usually treated. Mostly when people come over they are met by a close loved one, someone from their family, or a relative, or a good friend and they are usually welcomed into their new life by someone who is very much like them. The Universal Law applies *Like attracts Like*. I as it turned out was actually very much like my grandmother, so when she met me she took me to the apartment like I took you and as I told you she heavily introduced me to truth, and the notion of growing in truth. And this appealed to me. But it doesn't appeal to everyone. Sure a lot of people come over here with a very negative mind and don't see their new free life in spirit as anything great, like Harry and Michelle, and really in many ways they were perhaps better off back in their earth lives. There, they had a routine they could deal with, and although it might have been imperfect still, it gave them what they needed and once death removed them they couldn't make the necessary adjustments to their new way of life. To do that they would both have to change their beliefs, change the way they view life and themselves in life, as Harry is beginning to do.

'For many other people, however, they don't come to spirit with such a negative mind set and so enjoy all that their new lives have to offer. They willingly go off exploring getting into all sorts of things they might not have experienced on Earth and not even dreamed they were interested in.

'Someone might for example become interested in art, or nature, when it was the last thing on their minds on Earth. Many people from heavily urbanised cities and life styles want to go and live in the country; many even join native settlements that exist in certain sectors of this world. It's all still here and even more than was on Earth, because you've even got spirits who've come not only from all the different countries but also from different historical time periods. If for example, someone wanted to live as Romans did back then they will be able to and you'd be able to go and see them and even live with them if that is what you wanted to do.

'Life over here is constantly evolving and changing, moving with the fads on Earth. Societies blend into each other, others are formed and added to, and others pass away when no one's interested in them any more. You've always got masses of spirits moving through. Many live on this world for a time but then move higher as they embrace their mind – Natural love, or soul – Divine Love - development. There are still some ancients, as they are called, who have refused to change over thousands of years and doggedly hold onto their traditions and ways of life, but eventually their souls will call them to progress, and they will, in one way or another, change.

‘For most of the spirits here in the first world they want things to be like Earth so that’s why a lot of them don’t use their minds to get around, they want to walk or run or drive, or as you see over there, ride. And so cars are here, and aeroplanes fly in the sky and ships and boats sail the oceans. These things are not real, but are all maintained in existence by those minds wanting them to exist. If enough spirits want this park and these birds in the park, based on their beliefs and the expectations of their beliefs, then these things will continue to exist. If suddenly, for some reason, enough spirits didn’t want or expect this park to be here, and didn’t believe it was here, and instead, expected a lake with lots of ducks on it and believed that it was here, then the park would go and we’d be sitting around a lake instead.

‘If you were to go into the second world you’d see there would generally be no cars or boats like there is here, there might be only in very specific situations and all brought into being by the individual or individuals involved, all using their minds. In the second world everyone mostly uses their mind and will to travel like we did going to and from the auditorium yesterday. By the time you reach a level of living in the second world you’ve given up wanting a lot of what this world has to offer. You’ve experienced it all and it holds nothing further for you, whereas other things available in the second world will captivate you, and so it goes as you ascend the worlds’.

‘What’s your world like Zeta?’

Zeta paused for a moment changing her line of thought. ‘I currently live on the second Celestial world or sphere as we call them. The first three are numbered as they still have certain things to do with Earth and humanity’s evolution, but after that one really is only interested in getting on with ones growth and Paradise ascent. By then you’ve pretty much let go of Earth altogether and are getting more involved in life as a spiritual citizen in Jesus and Mary’s universe.

‘My world geographically has lakes, and forests, and small mountains; lots of beautiful and picturesque landscapes. It has seven main cities of light; all being crystal cities, and these cities are the centres of all things. Most spirits live within these cities although some do live in some of the smaller cities and towns that are dotted around and for specific use.

‘The best part of all about the Celestials is that everyone within them is longing for and living with the Divine Love. There is no one who isn’t. Everyone is living with the same goals in mind and wanting to serve the Father and Mother and are in full respect of Mary and Jesus. So it’s not so much about what materially the Celestial worlds are like, albeit they are amazing and very different to the grossness of these worlds, but life’s more about what your current service is, what interests you and your immediate relationships.

‘By the time most of us reach the Celestial spheres we are living with our soul-mates, or soul-partners, and for many of us this is quite a new experience, so most of our time centres around getting to know each other. It’s all very nice because the horror legacy of Earth has gone and we are free to get to know each other lovingly. Love becomes something all of its own. No matter what you believe or think you feel love to be on Earth or while you live in the mansion worlds its something entirely different in the Celestials. It’s *real* love. That probably won’t mean anything to you, but compared to what love is said to be here and what it feels like at these lower levels, love in the Celestials seems more full. It’s not so much romantic love but understanding and moving into deeper parts of yourself that enable you to relate to your partner initially more as a very good friend.

‘You see Paul, everyone has a soul-mate. All of our souls are just like that of the Mother and Father. We are all one soul with two aspects, which in our case have become divided into two separate personalities. Amazingly you and your soul-mate are really only one soul.’

‘Do you think Sasha and I are soul-mates?’ Paul interjected not having been able to digest what Zeta had just said, and instead asking the question that had been on his mind for some time, but didn’t know if he really wanted to ask for fear that Zeta might say no.

‘I can’t tell you one way or the other Paul. That is something for you both to discover. If it’s so.

Then in time when you've reached a certain level of truth as required by your soul, like all truth, you'll know – the answer will come to you. I know you'd like me to say "yes" but I can't. Even if I did know I wouldn't say. It wouldn't be fair of me. It might set beliefs in your mind, which some time later in your life would cause you, a problem. If you are sincere in wanting to know and live the truth of the Mother and Father's Love when the time is right They will tell you. You'll know through your feelings, just as you know everything else.

'Many people on Earth and in spirit want to believe their partner is their soul-mate, many feel very strongly for their partner, but the truth will only come to them after they've invoked the Divine Love and received it into their soul and are well on into their soul growth. A lot of people might be disappointed to know this, but its true. Many things are made up and believed by those who want to believe them, but they're not true.'

'So how does it work, I mean soul-mates. I don't really know what question I mean to ask, but I guess the soul, how does it manage to make two people?'

'Yes, I know it is amazing to think about. I don't know exactly. I've learnt certain things but you'd need to know a lot more to understand them and I don't think you're ready as yet. Really it's one of the marvels of God, how They have done it all'.

'It all seems amazing to me.'

'It certainly is. What I can tell you is that our souls want to experience the two aspects of personality as being represented by the Two Aspects of God - the Mother and Father, in our lives as a man and a woman, the masculine and feminine. Each soul brings into being a man and woman each with a unique personality expression, who are destined to *unite* together one day and be together for ever-more. But as to what this union involves, I don't know.'

'What about people who are gay?'

'They will one day give up being gay and seek the truth of their soul and eventually find their true soul-partner.'

'Boy, I guess many gays, particularly some of the ones I know, wouldn't want to hear that.'

'It doesn't matter Paul. When they are ready, and when their soul wants them to live true, then they will have to deal with all the issues of why they are gay in the first place. There are more gays in the lower spirit worlds than on Earth. Sexuality is much more free over here and many more people are able to explore such things. Many people have come from times on Earth when being gay wasn't so easy, but having come over here and seeing that there are whole gay sectors in which everyone is free to do what they want to do, they can 'come out' and explore that part of themselves.'

'Why are they gay?'

'That's another big question to answer. I'll have to go into another area, which as yet we haven't ventured into. However if you feel up to it I will.'

'Please do, I don't feel tied, moving around covering different subjects seems to keep my mind alert, so please Zeta, go on.'

'Ok. I wasn't going to introduce this truth yet, but seeing as though you've asked all the perfect questions I may as well. Well it is all to do with what is commonly referred to as ones denial. But what really is that?'

'Denial in this respect means the denial of yourself and this means you are living life in a way that is not allowing your soul to express itself – you – perfectly. You, with your mind, as that is the part that does it, is interfering with your souls ongoing coming into being. You are literally standing in the way of yourself. And when I say you, I mean you Paul and everyone on Earth and everyone in the Natural love spirit worlds.'

You see many, many years ago earlier in humanities history, something happened in one of the higher spirit worlds that involved various higher spirits who decided to take universal matters into

their own hands. They basically said they didn't want to follow Jesus and Mary anymore and denied the Mother and Father and set about corrupting and negatively influencing various lower parts of the universe, Earth and its mansion worlds included. They rebelled against the truth.

'Back them men and women on Earth were subjected to these higher negative spirit influences and as a consequence humanity took on many of these negative ways. The result being we turned our minds against ourselves and we turned them against Mary, Jesus and God. And we've been living that way ever since.

'Jesus and Mary came here to help us to see where we were going wrong, but our negative, rebellious patterns being so heavily ingrained in us, brought about our denial of them. We dismissed them, killed Jesus and took what we could of his teachings, mixed them all up to suit ourselves, to give those who wanted power, more power, and we've been living the results ever since. The whole of humanity lives in what can be called the negative, meaning with a *Negative state and condition of mind*. We are self-denying. And no matter how good someone believes their life to be they are still living it from this point of view and with their motivation in the negative. And it's a huge burden to carry.

'I down played this aspect of the negative mind and its need to be healed in connection with the partaking of the Divine Love when we were speaking to Meredith because I didn't want to give you too much too fast. However, the healing of our negative mind state is a huge part of initially living with the Father and Mother's Divine Love. Jesus has not revealed too much about it in The Padgett Messages because he has needed Mary to be with him so together they can present the fullness of the healing truth – what it involves.

'The true healing of your soul means the healing of all your negative mind, all your will denial. We call it your *Soul-Healing*. And there are seven worlds worth within everyone to be healed. The mansion worlds are really healing worlds and currently there are two ways to begin your healing, the healing of your soul. One is to try and perfect your Natural love, really your mind, using your own love and this can be achieved in the Natural love mansion worlds, and the other way is to heal your soul using both the Divine Love and your Natural love to do so. This being done only in the Divine Love or soul mansion worlds. And, as you can well imagine, a more thorough healing is achieved with the inclusion of Divine Love. In fact you can only heal yourself equal to the sixth world with your own love, and that doesn't entirely free you from your negative mind state, whereas with the Divine Love world you can do it all, gaining entry into the Celestial worlds. And as the truth of what it's all about and what's involved becomes 'earthed' so too will people be able to do their whole soul-healing with the Divine Love, with the Mother and Father, and all by honouring Jesus and Mary's Spirits of Truth.

'You see Paul, by choosing the way of the Mother and Father and by accepting Mary and Jesus, by longing for the truth and allowing their Spirits of Truth to work with you to help you to see the truth of your soul and your soul denial, you are saying "NO" to the rebellion, "NO" to the Evil Ones who started it in the first place and "NO" to all its evil influence. You are saying "NO" to it within yourself. You are standing up and saying "No, I don't want to live untrue, with my mind in the negative. I don't want to live honouring the wrongness, I want to live true and with love and be with my Heavenly Parents living life according to Them, how They want it to be." So within yourself you are in effect bringing yourself back into universal alignment, ending the Rebellion and coming back into the fold this being realised by your entry into the Celestial spheres. And what you're soul-healing will show you, is you're standing up and saying "NO" to your parents because it's our parents who've passed it all onto us.'

'There is certainly a lot going on', Paul remarked just able to take it all in.

'There certainly is. So you see Paul the coming of this high Daughter and Son I spoke of before is really all about helping to reveal these truths so people can start to liberate themselves from the

untruth, and from their own self-denial. It requires a Son and Daughter pair higher than the pair that originally rebelled to come into flesh and partake of all the negativity, all the wrongness, and then heal themselves of it, thereby opening the way for others to follow. It didn't happen with Jesus and Mary because the nature of their souls being so pure and perfect, too close to Paradise truth, meant they couldn't incarnate taking on all the denial and evil, they had to remain in a state of soul and mind perfection unable to pervert their minds and have them twisted against themselves as we've all had done to us. Jesus and Mary terminated the Rebellion in spirit, they stopped the rebellious high Son and Daughter, but they didn't end it all on Earth. So in effect the evil or negative influences have still been in control on Earth since Mary and Jesus. But that is all soon to end.'

'How did it all happen to us?'

'It started at your conception and continued right through your formative years as a young child, then continued more under your own steam until you reached sexual maturity, and you've been living the outworking of your negative mind state ever since. You see this is the great mystery that humanity has never been able to see into and crack open. Humanity has to come to the understanding that they, every parent, is passing onto its child its own negative mind condition, every parent is passing on the evil rebellious state to its child. And this as you can well imagine is not going to sit too well with a lot of people because they won't be able to deal with the truth, the reality that if what I'm saying is true then they've done this horrible thing to their own children whom mostly they believe they've loved and only tried to do the best they can for. However, the harsh reality everyone will one day have to face if the Rebellion is to be once and forever healed, and everyone can be healed of their rebellious and painful self denial states, is that, it's true. The negative is passed on to you via your parents, and that has been the way of it for eons now.

'Gosh I see what you mean, that is a big statement that could have far reaching ramifications.'

'Yes it could, and it does with everyone over here in spirit who embraces the Divine Love being soon faced with this reality: that they have been denied much of their natural self expression by the way they were parented and treated as a child no matter how loving their parents might have been. It's called your *Childhood Repression* and when you decide you want to live true having embraced the Divine Love then you face having to heal it. And I can tell you its dam hard and harrowing to say the least. It's incredible the levels of self-denial we've been made to live under, and have no idea about. It will take you years to work your way through it all, years of longing and begging for, and really wanting to see the truth of your childhood repression, the TRUTH of ALL your bad feelings. Because its your bad feelings that were denied their expression by your parents. Your parents forced you to repress many feelings, many aspects of yourself that were seeking expression. And how in a practical sense you start to deal with your childhood repressed feelings is by starting to say "NO" to the things you really don't want to do and start to honour, and be true, to your bad feelings. And the accepting of your bad feelings, all of them whilst seeking the truth of them, can be very difficult to do, yet crucial if you want to heal yourself.

'As children we've all been made to deny our bad feelings. We felt bad because of some negative and unloving treatment we were getting, because our will was being denied its expression instead of being able to express itself. We were forced to suppress our feelings and to hold them in. And they've gone into our soul waiting for the day when we go back to our young selves, as it were, and reclaim them, bring them up and out into the open. It involves a heavy amount of self-analysis and psychology but we all have to do it if we eventually want to be free of our negative mind states and free to live the Will of God.

'This truth is yet to be openly revealed on Earth. In certain areas initial probing has occurred all of which will help the way when it gets going, and when people start to really want to heal themselves and do their soul-healing. It awaits you and Sasha. Every Celestial has been through it.

And there is no other way to ascend than to first heal yourself – heal your soul.

‘Those people and spirits of only Natural love who are seeking to perfect their minds are really in effect only seeking to perfect their negative minds, they have yet to understand about their deeper childhood repression. This awaits them when they choose to embrace the Divine Love. So until such time they live ignorant of it in the Natural love spirit mansion worlds, as is everyone on Earth. All the existing religions and spiritual philosophies are only at best helping people to perfect their negative minds, and are doing nothing about the healing of their soul, irrespective of what they say they are doing or what they believe.

‘It is intended that in effect Earth will become divided like it is in these mansion worlds, being composed of those who are wanting to truly live with God and have embraced Their Divine Love and are longing for the Truth and striving to do their soul-healing, and those still seeking to advance their negative mind and denial states.’ Zeta paused wondering if she should continue. She felt she might be coming on too strong about ones childhood repression. She didn’t want to scare him, but she did want him to, at least, hear all the truth, no matter how hard it sounded.

‘Oh boy that is a lot to think about! So what about my soul-healing, when do I start that?’

Somewhat surprised at his reaction, she answered, ‘Well Paul, as soon as you want to. You do it by longing to know the Truth of yourself - the Truth of your negative state. However, what tends to happen is you’ll probably enjoy a period of time feeling good with the Divine Love. You’ll continue to pray and enjoying experiencing the Mother and Father loving you. Certain things – insights, even revelation will come to you, and new understanding, but by and large you’ll probably just feel good. How long this time will go on I can’t say and it’s not like this for everyone, it all depends on the patterns of your negative mind. Some people enjoy receiving the Divine Love for many years before they feel ready or are moved to go deeper and embrace their soul-healing. However, after a short time for you Paul, and I’d imagine Sasha too, you won’t be able to escape from your bad feelings as easily as before, you’ll start to notice that things don’t seem to be going as smoothly as they were, then it will be time to really start looking at and honouring your bad feelings.

‘Many people unknowing about the need to do their soul-healing, as it hasn’t yet been officially revealed on Earth, partake of the Divine Love and feel good about its effects in their lives, but after some time, even years, begin to wonder why their expectations of good things happening haven’t been fulfilled and in some cases, why the good feelings seem to go and they start to feel worse about themselves and their lives. The inclusion of the Divine Love in your life is not a tonic to make your life instantly better and to magically rid you of all your problems and bad feelings. It is to be received because you want to live true, THE TRUTH, and that’s God’s Truth, not what you might imagine it to be or want it to be. So the Divine Love will eventually start to make you feel bad, stirring things up within you, all to help you become aware that you are not living true and living according to God. And if it doesn’t, then it means you’re refusing to allow it to work on your soul. You’re refusing God showing you what’s not perfect within you. You’ll still want to put on a false face deluding yourself that every thing’s okay. And worst of all you’ll be working very hard to keep your yuk and bad feelings repressed deep inside you. For many, when they don’t feel good and life doesn’t seem to be working even though they’re praying a lot for the Divine Love, it’s often too hard for them to deal with and they put their longing to the Father for His Love (assuming they don’t know about the Mother yet) aside, but for those who want to get into it, it’s the beginning of their soul-healing in earnest. Conceivably your life could gradually fall apart as you start to unwind all the denial and self-hatred by facing up to the truth; the hard truth of your falseness, before you heal it all and start to work your way back up and into the light.

‘The doing of your soul-healing will be certainly challenging, but it can be done. Everyone can do it if they want to do it. It is all new territory as yet unknown in flesh and we are all eager to see

how people cope with it and how they do it in their lives. This is the real heaven coming to Earth and as you can see it's not going to be what a lot of people believe, dream and hope it is to be. It's the second coming of Jesus and Mary's truth and again it will be just like it was when they first came, as once again, many people will not accept the truth because they are expecting it to be something else or are even expecting himself in person to come. However, that will be their loss.

'It's up to you Paul, if you want to get stuck into longing for the truth, the whole truth of your childhood repression, it's waiting within you to be seen. The enormity of what you potentially face can be overwhelming, though you only need take it one step at a time. And as I said, there are a few people on Earth and lots in the third mansion world, the first Divine Love world, here in spirit, who are longing for the Love and are yet to begin in earnest their soul-healing. For some it takes time to understand what's involved; why they need to do it. And for all of us the doing of it presents other difficulties that have to be overcome. I would suggest at this stage in your development not to put yourself under too great a pressure. Learn about it and see what the Father and Mother have in mind for you to experience.'

'Hmm, okay,' Paul said in acknowledgement of taking her advice, then added, 'and the birds keep flitting from tree to tree and the band plays on. Gosh Zeta this is huge! This is I don't know what to think. Jesus' second coming, what are you speaking about, I thought he was supposed to come sweeping down out of the heavens with loud trumpets blowing scooping up those who believe and whizzing them off to heaven or some such thing.'

'Yes, they'll be disappointed and most probably because of their negative minds beliefs will miss out altogether on what's actually happening'.

'Well, it sure makes a good story!'

'How are you feeling now Paul, have you have enough for one day?'

'No. Not yet, I feel okay. I don't know how much I'll remember about it...'

'That's okay; we've got a few days to go over the key points. Let's walk back to the viewing room.'

'Yeah, okay.'

As they settled themselves back in their chairs, and as before, the screen once again burst back to life, Zeta asked Paul if he thought he could cope with information about one other belief many people have that will no doubt come his way, if it had not done so already.

Paul declared that he still felt good and so Zeta continued, 'Reincarnation. Do you know what that's about?'

'Yes, about us coming back and living many lives on Earth, and something about karma, or having to do in the next life what you didn't do this one, something like that. I haven't taken too much interest in it as I thought it sounded rather far-fetched. I've always had enough on my plate this life let alone trying to consider it fitting into other lives. Oh yeah, I remember now, some people I once met were all very excited about their being able to see or somehow uncover their past lives. It all sounded a bit ridiculous to tell you the truth.'

'For many people it's a very convincing belief, as it does explain certain aspects about life that people find hard to understand, however, for as many things it does explain it can leave other loose ends and present other problems. Anyway it doesn't matter because what I wanted to tell you was there's no such thing. Reincarnation doesn't exist. It was originally made up by spirits, who passed it onto Earth, and who didn't understand about ones soul ascension of truth to Paradise because they were ignorant of the truth of Divine Love.'

'So we only get one shot at life on Earth. There's no coming back?'

'No.'

‘I find that something of a relief, and yet I’m going back?’

‘Yes but you haven’t actually died yet.’

‘Oh yeah, maybe my mind is getting tired. Sorry. But what about those things those people I met said about seeing their past lives, some of their experiences seemed very real, how does that all work?’

‘It’s all contrived...’

‘So all that past life stuff is really... what?’

‘All made up by the individuals mind. It’s a good example of how one can delude oneself, of how easily once can create a fantasy with ones mind if one wants to.’

‘But some of their stories and visions seemed so real and seemed to explain things about themselves and they’re lives. They were so sure about it and so excited. So if its their own mind making it up, how does all that work?’

‘It’s all done for them by their Indwelling Spirit together with occasional help from their angelic guardians.’

‘Indwelling Spirit?’

‘That’s another thing I was going to speak to you about when I felt you were ready, but just how every thing’s been today, you are ready! All of us have got a spirit fragment of God that comes from Paradise when we’re around six years old, when our mind has become fully circuited in the universal mind circuits. When this happens our mind is fully operational, and this Spirit of God dwells in our higher mind. Hence its name *Indwelling Spirit of God*.

‘It comes to us as a gift from the Mother and Father and signifies that we are of a status of spirit-being that potentially can unite its soul with this Spirit of God making a full union with God in spirit. So not only can our souls become divine through the partaking of Their Love, but added to that we can also unite with Them in spirit when our soul literally fuses with our Indwelling Spirit, this usually occurring when we’ve done our soul-healing and enter into the Celestial worlds or achieve a Celestial level of truth.

‘When God’s speaks to you as the Mother or the Father it’s actually your Indwelling Spirit that is orchestrating the communication within your personally mind circuits. In effect it means God is always with you, within, as in the presence of Their Spirit. So when we long to God, to our Heavenly Mother and Father who are far off on Paradise our Indwelling Spirit of God acknowledges our prayer and affects the Holy Spirit to serve the needs of our Soul, that being to deliver the Divine Love into our heart and soul. The Holy Spirit brings us the Love in response to God’s command via Their Spirit that is within us.

‘Your Indwelling Spirit of God, if you follow its guidance, will guide your thoughts towards God. It can under certain conditions subtly adjust your thoughts giving you inspiration you normally might have passed over. And the more you want to be at-one with the Father and Mother the more you will allow it to guide you, and educate you about Them, and the more you’ll allow it to bring you to Them.

‘Our Indwelling Spirit of God won’t interfere with our mind, it can’t make us do anything we don’t want to do, in fact, it has to do what we want, so if we want God to be a certain way then it will make God be that way. What I mean is, if we want to live in denial of God, anti God, and so believe such erroneous beliefs like reincarnation, and multiple Earth lives, then it will not only allow us to live in such a negative way, but it will also help us to if that’s what we want. It will give you all the past and future life visions and experiences you could ever want, just like dreams, if that is what you want, and make them seem very real and convincing. All because, as I said, *it’s what you want*. We have to be careful and responsible about what we do want. If we want to live against God and Their Love and Truth then They not only allow us to, but even assist us in our denial. You wouldn’t be living if it weren’t for Them. Neither would you be living in a negative mind condition

if They didn't allow and even want us to. So you see Paul, God will help you maintain your negative mind if that is how you want to live. The Mother and Father will grant you past life experiences if that is what you want. Whatever you want to do, if it's within the limits set by Them, They will help you do and live it. But all along the way They will also be subtly showing you whether your life is going in the right or wrong way, and if you listen to your feelings, and learn how to really start honouring and being true to them, then They won't need to be subtle...'

'So what you're saying about this Indwelling Spirit of God thing is, God, the Mother and Father of Heaven, of all of us, and of our soul, gives us a part of Their Spirit to be with us, within us during our life. So it's sort of like Them in us or at least a representative of Them?'

'Exactly. Yes that's right. And it's with you forevermore when it fuses with your soul. It's all a part of what makes you divine, Their Spirit and Their Love. I know it might sound all a bit confusing but in time you'll understand it all.'

'It sounds rather cool to me. So when God speaks to us it's actually this Indwelling Spirit speaking to us, sort of on behalf of Them?'

'Yes, as God. You'll see when you experience Them speaking to you, you'll know it to be definitely Them speaking, as if They are right there with you and nothing else exists in the entire universe, only you and Them. It's all very intimate when you directly communicate with Them. It's wonderful! It truly is, and I'm always astounded at how much love and understanding They convey through so few words. They always have a big impact on me when They speak to me. The Indwelling Spirit personalises Them for you by its presence, and that is why God seems to be so ever present with you, because Their Spirit is within you.'

'Sounds good to me. I'm looking forward to hearing what They'll say. But I interrupted you Zeta, please go on.'

'Ok, now where was I... Oh yes... People want to know why God allows all the horrors in the world and in their own lives; usually all the suffering, but They allow it because of Their great love and respect for us. You and humanity want to suffer! Strange as it might seem but you do, and this is the truth that humanity now needs to understand. Of course you look at a little child who's been cast aside starving to death being unloved and uncared about and you wonder how can this poor little child want this negative experience, but you have to look at its soul, what experience it wants, and then you look at the Father and Mother, what They want the soul to experience. We are Their children after all. And just because we are not yet of a level of truth to understand Their intentions and reasons for things doesn't mean to say we can't at least want to. And I can assure you that by the time you've finished your soul-healing you will see just about everything through and with different eyes.'

'So you mean we're bringing it all on ourselves, all the bad things, because of our negative mind state. And God, the Mother and Father, by loving us, and allowing us to be negative, bring about for us all these bad things.'

'Yes.'

'Are we mad or what! Why do we want to do this to ourselves? Why do we want Them to bring about such unloving things for us? And They do don't They, all because They love us so much? All because They do what we want. It all sounds so ridiculous.'

'Exactly.'

'As young children we have chosen, albeit, been forced to choose, but still nonetheless, we've chosen to take on the negative mind state. We are therefore maintaining it using our own will. We even fight resisting the truth that we're keeping ourselves in denial, fearing it will take our control away from us. And so because we've chosen to live negatively then God supports us and so that's why He allows all the 'bad' things to happen to us – all because on levels we are unconscious of we want the bad experiences. We have learnt as children to expect them, to believe we need them and

that they are good for us, so we are doing all the bad things to ourselves, all because we believe we want them. But these levels don't have to remain unconscious and that's what your soul-healing is all about.

'We are in fact, being offered a very rare and extraordinary opportunity, being able to incarnate into so much denial and totally experience a negative mind life. And although it's hell living it, and a hard slog having to heal it all and turn our minds back into the positive state, once it's all done and your free of it, no longer feeling the pain, you are able to look more objectively at all you've been through and even marvel at your own terrible experiences.

'Everything is of love, because everything is of the Father and Mother. Humanity's only scratching at the tip of the iceberg of truth, there's so much more you on Earth and those in the Natural love spirit worlds don't understand. Humanity is spiritually retarded.

'You said positive mind Zeta, do you mean positive thinking?'

'No. Positive thinking, the notion of being able to change your mind from a negative belief into a positive one, something a lot of people in the West are especially big on, is actually not dealing with your denial, and in fact is only making it worse. We are able to change our beliefs, so by using your own will and determination you can overlay a positive mind belief circuit on a negative one. Rarely do you actually heal the negative one, as that usually requires some sort of therapy and letting go – a healing response. So what you're doing by trying to think positively is bury your bad or negative thoughts and feelings even deeper within you. Your trying to blank them out all together suppressing them more than they already are. This as you can imagine is only going to cause even greater problems later on when these negative beliefs and their associated bad feelings start pushing once again toward the surface wanting your attention. It will only mean you have more layers of your negative mind to undo before you get to back to where you were before you started to 'think positively'. In broad terms the spirits that are advancing their minds perfecting their natural love up through mansion worlds two, four, and six, are in effect doing just this, trying to convert their negative mind into a positive one, but all by hiding their childhood repression from themselves even more than they are already.

'It's something you have to be aware of with other religions and spiritual belief systems; that they are simply not helping you to further repress your bad feelings, burying your childhood repression with the beliefs they teach. Most of how you live on Earth – what you do – is running away from your bad feelings, which is really trying to escape from them, and not truly dealing with them. And much of the so-called 'healing' people do is only adopting new layers of erroneous belief, adding to their bad feeling cover-up. So Paul when you have your habitual 'feel-good' morning coffee, you are having it because you feel bad and you need some help with putting your regular cover-up on over the bad feelings. And one day through your healing you'll heal the repressed underlying cause of why you feel bad in the morning and need your coffee, and when you see the truth, then you'll no longer need coffee breaking your addictive mental behavioural pattern. You will have given up and healed an untrue part of your mind.

'Are you serious, give up coffee!'

'One day Paul, one day...'

'Humph... Zeta what about psychology isn't that all about dealing with your problems, doing what your saying, trying to sort yourself out emotionally and mentally?'

'It's what most people who are involved with it on a personal level would like to believe, but if you look at it more closely, it together with psychotherapy and many other so called 'healing' and 'self-help' techniques, are actually trying to rid you of the problem or find ways to over ride it, rather than trying to take you right deep down into the underlying cause, that which can and will only be found in your childhood repressed feelings.

'There is a Swiss psychotherapist *Alice Miller*, who's doing a fantastic job heading in the right

direction, but still she doesn't have any idea as to the extent of the problem she's beginning to look into. Our repressed childhood problems are huge. Everything that ever becomes wrong with you or goes bad for you until you've done your soul-healing happens because of causes that are coming from your childhood repression. It's a whole new field and the true field of psychology waiting to be explored. And when it is then humanity will be cracked open and all the buried yuk we've kept repressed for ages within us will be able to surface and be finally dealt with.'

'Zeta you say 'we' and 'us' but your not really apart of *us* now are you?'

'No, not strictly speaking but I do feel very strongly for all the suffering everyone is still experiencing. And we are all brothers and sisters and just because I've done my healing doesn't mean I no longer care or am no longer a part of humanity. I think we, humanity from Earth will always share a closeness because of the rotten time we've had.

'You speak like there are other humanities?'

'Oh there are Paul, lots of them. There are lots of Earths, not like Earth, as each world is unique, but lots of material planets with people in all various stages of soul development, individually and collectively.

'There's another book, *The Urantia Book* that you'll find helpful and very far-reaching. However, bear in mind that it, like everything, has been subject to the negative conditions and restrictions of the Rebellion, and so it doesn't speak about God as a Heavenly Mother nor does it give Mary Magdalene much credit. It is very male orientated and not all the information and details it contains are strictly true, nevertheless it will give a lot to think about.'

'Gosh, I hope I can remember everything you've told me, particularly when I wake up back on Earth'.

'Oh you will. It's something that has been granted to you. Your Indwelling Spirit and soul will see to it. It will all be as clear as a bell to begin with. Some will fade with time like all memories but when you need the information it will come readily to your mind. I don't expect you to remember all we've spoken about, we've certainly covered more ground than I could have imagined in my wildest dreams. What I'm doing is seeding your mind to bear fruits of truth that will come forth in the years to come.

'I don't really know what to say about it all Zeta. Thank you sounds a little too pathetic. I don't even know if it is a thank you that I should be saying. It's all so new and amazing, I don't even know if I begin to understand it all.'

'It doesn't matter Paul. It's our, service to you. If it wasn't something our souls didn't need then it wouldn't be happening.'

'No... I guess not.'

'In time as your faith in the truth and in yourself living it, and in the Mother and Father grows, you'll understand more about what we are doing together. It will all make sense one day. And one day you'll know all of this like you know anything else, it will simply be apart of you.'

'Hah, that feels like it would be about a million years away.'

Zeta pushed the black button and the screen that had been turned off soon after they'd started talking again suddenly came back to life yet again.

The scene was that of a large type of hospital. As the picture panned around inside the wards, Paul could see rows of small babies lying in their cots being attended to by nurses.

Zeta explained, 'These are the new infant arrivals. Each sector has its own special infant-receiving wards. These baby spirits are cared for by adult spirits from varying levels of truth and mind advancement. From here they are fostered out as many spirits choose to have children. This gives spirits who on Earth did not have the experience of parenting, the opportunity to have it.

Even pregnancies are adopted and taken on by recipient mothers from those Earth mothers who are unable to or choose not to parent. All of the infants are well cared for.

‘How does that happen, how do the spirits receive ones not even born?’

‘The receiving mother adopts a foetus or soon to be born baby into her spirit womb. She then carries the baby to the end of its term and delivers it experiencing many of the sensations of giving birth in flesh. Usually there’s not much pain, however if the mother believes there should be lots of pain then she will manifest it for herself, and there is of course no blood.

‘When the mother is advised, everything having been decided on previously, the parents to be or even many single women, are taken into a special receiving room into which the new arrival soul-personality comes being deposited, so to speak, into her spirit womb. She can then stay in the hospital awaiting the growth and then birth of her child or go home and carry on with her life until term.

‘Once a foetus has its first physical heart beat on Earth, then the soul is committed to incarnation. From then on if the foetus or baby dies in the womb it is transferred to spirit to be born into this world and then to grow up as a child living in spirit. It will never again be born or have a flesh experience.

‘But isn’t that unfair, what do those spirits do who’ve missed out on life on Earth?’

‘What do you mean do?’

‘Arr... but don’t they miss out on some sort of life experience, I mean, not ever living in flesh, surely you’d need that life experience to be able to grow and develop and do everything you’ve been telling me about?’

‘No, not at all. Many spirits here and all through the spirit worlds have never had an experience of flesh (other than their brief moment before such an early death), the closest they get to it being by visiting one of the two Earth planes, but it doesn’t matter as it doesn’t interfere with their soul development, in fact it gives them a whole different experience of life than you or I had.’

‘Well, yes I guess it would, if you look at it like that. Gee, you just don’t know do you, I mean nothing seems like how I thought it was.’

‘You’re only just beginning to wake up Paul. And there is a lot for you to see and learn.’

‘It’s hard on the mind. For all my life I’ve seen life one way and then you say three or four words and suddenly everything gets turned upside down.’

‘Yes, and it’s all because all you know life to be, is all in the negative. If humanity wasn’t so hamstrung then we’d all be further along in our soul and mind progression and such information like this might be common knowledge.’

‘Yes, I guess so. It sure does stop and make you think!’

Zeta continued. ‘Many of the little babies aren’t adopted and are kept within special places becoming in effect: wards of the state. There is what are called *nurse-mother’s* who receive the little ones and foetuses into something like an artificial womb which they cradle in their laps and the growth of the foetus is sped up, bringing about the birth much sooner. These children who of course grow into adults who don’t have real parental experiences, grow up being parented by something like the collective mind. They to, like all children at present, grow into having negative minds and have to do their soul-healing like everyone else.’

‘So all those children who die, grow up and...’

‘Yes, exactly, and are often there to meet or at least to help with the arrival of their true flesh parents if it’s what all souls involved need to experience’, Zeta added taking the liberty of reading Paul’s mind.

As the screen showed the various rooms in the infant receiving ward and what they did, Paul was trying to recall something Zeta had just said that he wanted to know more about. He had flagged it with his mind and was now scanning back through his memories of what they’d just been speaking

about trying to find it. ‘Ah yes, you said something about Earth planes? I didn’t quite get that part.’

‘Earth and the seven mansion worlds have seven planes around them. These planes are all but worlds themselves and are modelled on their primary world. So Earth has seven planes around it, the closet two to Earth being generally called the *Earth Planes*.

‘In these planes – and in all the seven around Earth – everything that is on Earth exists and spirits can go to them and move around within them as if they are moving around on Earth. You might have heard of people seeing ghosts or spirits of the dead and that sort of thing, but all they are seeing are spirits who are in the Earth planes. And mostly those people who have limited out-of-body or near-death experiences are ‘awake’ in these two planes. Great confusion exists on Earth about these planes, as they are often confused with the seven mansion worlds, and added to that confusion, they are themselves further subdivided into another seven sub-planes. Many out-of-body ‘visitors’ from Earth get caught up within these sub-planes of the two earth planes believing them, as I said, to be the mansion worlds. Few out-of-body or near-death visitors actually visit the mansion worlds, as that would require special permission. So we could for example, go into one of the earth planes, the second one would be more suitable, and visit Sasha, we could follow her around, listen to her conversations with other people, and see everything she is doing...’

‘Not very private! Can we go?’

‘No. I’m afraid I’m not allowed to take you there just like I’m not allowed to take you ‘flying’ around using our minds, and we’d have to do that to go to the Earth planes. You’ll just have to be patient.

‘When a lot of people die because they have no belief about life after death, that is, they don’t believe they’ll wake up and live in spirit, in heaven or something like that, and because they believe mostly that when you’re dead that’s it, there is nothing more, they can end up living in one of the two Earth planes. They don’t accept that they’ve actually died and that there is a new life awaiting them. They don’t wake up as you did, meeting those who’ve come to meet them, but instead are taken to wake up in one of the earth planes in keeping with their beliefs. There they can believe they haven’t died, and many of them wander the Earth planes or are just stuck in one place still pretending that they are alive on Earth. They try to speak to those on Earth, but of course mostly those on Earth can’t hear them.’

‘Seriously? So what do they do?’

‘Nothing, just exist. They can’t do anything until they decide to change their mind; alter their beliefs. There are lots of higher spirits trying to help them, and also, some people on Earth through spiritualist groups try to tell them that they are dead and that they should “go to the light”, that is to look to begin their new life. These lost spirits are generally called Earth bound spirits or lost souls.’

‘I see. Thank you from saving me from that fate Zeta... Hey what about hell? Is there such a place?’

‘Yes and no. What I mean is there isn’t a hell where bad people go or where the devil lives, a place of fire and brimstone or glacial cold or where you’ll be banished for an eternity of darkness and damnation. All of that stuff was made up to scare people into being obedient. Such things were said by those who wanted power over others. However, there are the lower sub-planes of this world, mansion world one, in which live spirits who are using their will, or have used it, to have power over others to a high degree. And in these places they can suffer ages of torment as the pain they inflict, or once inflicted, on others, comes back to them.

‘You see Paul, we have all been influenced against ourselves. Our wills have been compromised and as very young children we’ve all to some degree been made to use our will against ourselves to maintain our negative mind states. When we grow up into adults we are living out these negative mind patterns and their controlling beliefs, and, mostly because we feel in one way or another so

powerless, our parents having had so much power over us, we then try to get power back – do what our parents did. We do what our parents did to us, to others. So instead of honouring our bad and negative patterns taking full responsibility for them, we carry on denying them seeking to gain the power that we feel we've lost. We do things to our children and other people that our parents did to us, hurting them and manipulating or directly overpowering their wills to make us all-powerful and them powerless.

'As you'll see through your soul-healing there are many things you're doing albeit unconsciously that are power seeking things and some of these things will have hurt and negatively influenced other people. For example, in your business dealings, you believe it's good business if you can get an edge on the competition, if you can take over another company retrenching those people who don't suit your aims and so on. And yet because this is accepted by society, even said to be good business, the pain and heartache you're causing those people who didn't want to suddenly be sacked, you've hardly stopped to think about. And you don't think what you've done warrants any sort of punishment even though you've negatively affected and influenced these people by inflicting your will on them against their will. If a person were to murder or rape your sister, something society feels very strongly about, you'd be quick to see that a satisfactory punishment were inflicted as pay back on the perpetrator. And again you wouldn't stop to think twice about the other side of the coin, what a terrible state this person is in having to hurt and have power over people in such a bad way, you wouldn't consider how much help they actually need. They are locked away, denied, put out of sight, because they stir up bad feelings, and bad feelings are only good for being denied by yourself and society. And so these people who seriously inflict will damage on others find themselves 'locked away', living in the lower planes of this world when they die, having to deal with the pain of their own suffering and the pain of their own doing. These planes are called the hells. But I can assure you that when you start to do your soul-healing and start to deal with all the pain that will surface within you, you'll wonder about life and question if really it isn't all hell while you're existing in a negative mind state. It's hell, only some levels are worse than others until you partake of the Father and Mother's Love and long for the truth and set about doing your soul-healing.'

Silence returned to the room as Paul thought about all Zeta had just said. Now that she'd said what he did about business, he suddenly didn't feel so good about some of the things he'd done over the years. His families firm had indeed taken over a number of smaller businesses, the competition, and had cut them up taking only the parts they'd wanted from themselves. He'd made many people redundant and he could now hear his mind justifying to himself, saying 'They were dead wood, and probably needed a change anyway, and that was just life, there was no such thing as job security, everyone knew that'. But he couldn't swallow those things now. The memories brought a sour taste up in his mouth. The picture of one old mans face flashed up at him as he remembered him almost crying with rage, as he and his father – the new owners – walked through the business discussing their plans about what they were going to do with it. The man had yelled at them accusing them of being evil and with no feelings especially for those people who'd worked all their life, given all they had to the company, it being like their second home. He could feel pain, pain coming up with the memories of what a cold hearted uncaring person he'd been, and worst of all, that he still was. His ego was reeling. He'd prided himself on being able to spot a good 'target' and his father had been very proud of him, it all had come so effortlessly to him. He thought it was a special quality, and it was going to lead him far. He had been preparing himself to take over the business from his father and take it onto bigger and better things. But now... now what? What did it all mean now? He wondered what happened to that old man who they did sack. His imagination ran with his feelings of guilt, maybe he couldn't get another job. Maybe he drank himself to death over the loss of his job, he'd said his job was like a second family and home to him. Maybe he died

and is over here, maybe I killed him! Oh it was all too much and suddenly he could see similarities with his grandmother's story. Paul could feel in a matter of moments his whole future business life going down the drain. What will his father think, his mother? Will he be able to even go back to work? Oh, it was all too despairing, just too much to think about. His mind now did feel like it was overloaded, numb... How could he have been so unfeeling, so unkind, so uncaring and, oh god, so insensitive?

Zeta observed his mind patterns, not intruding but sensing what he was going through. When she saw he'd settled down and saw the signs of pain and anguish on his face she said, 'These are the effects of the Divine Love when you are wanting to live true. You can't escape any longer. You have to face the truth, and express all your bad feelings. You'll have plenty of time to do this with Sasha'.

'Yeah well, I see what you mean... Healing... I don't feel so great now...'

'Can you speak about it Paul, tell me all your feeling?'

'No, I don't really want to. I feel like an arsehole, I did those things in business and now I don't feel so proud of doing them. I feel like I wish I could die. I can't believe how bad I feel. I feel like I've committed the greatest sin and I'll never be forgiven. I feel so bad; I've never felt like this. This is horrible, and to think that I felt so good taking over those companies, I was flying high and yet what was I doing but making myself feel good while making others feel bad.'

'Power.'

'Yeah, all for bloody power. It's not good is it? It's not worth it! What if someone had done that to me, taken my company and cut it up and thrown me out with nothing, a little pay out, an extra months pay, god how cruel. I feel like I'm some sort of monster, I had no idea, I just didn't stop to see it from their side of things... I wish I could go back and stop it, or at least do it in a different way, not just for my own greed. Greed. Shit I never thought I was greedy and yet what else is it but greed. I'm greedy! Oh yuk, I hate greedy people and now look who's greedy... Argh it doesn't seem to end, one bad thought leads onto another... Yeah I feel so sorry for that old man who I shafted. No wonder he was pissed off at me and I thought *he* was bad accusing and saying such horrible things and yet he was right and I was wrong, oh how wrong. God Zeta I feel like I've come a right cropper, and crashed to ground – smashed my head again. It's not just a fun game is it? It's not just a matter of looking for a new company to gobble up, get your picture in the paper, be called a head hunter, it's not so much fun now. I thought it was all a game; I didn't have any feelings except good ones – about how great I was. God what a prick I was, so full of myself, I can't believe it. Did I have an inflated opinion of myself, or what? I feel so sorry for all those people and there must have been hundreds of them over the years. I never gave one of them a moment's thought. How many lives could I have shattered, it was all so easy for me, speak to a few banks, organise the finance and then go for the kill. I saw the jugular and went for it and in no time it was all over and they ceased to exist. But what about all those people? They had to go and find new jobs, sure some might have done ok, but others, they're the ones I feel for now. What can I do Zeta, how can make amends?'

'This *is* how Paul. All you have to do is totally own up to these bad feelings. Accept them and don't push them aside. Let them come. Allow yourself to feel as bad as your feelings make you feel. It's all very good. You can't actually go back and fix what's been done, but you can take responsibility for your feelings. So far as your soul exists there is no time, so you can express these feelings now and they will apply to the past back them. This is how you do your soul-healing. You've allowed the Divine Love to transform a little part of your soul, and it's brought up bad feelings, you've gone with them, you've allowed yourself to experience them, all because you want to see the truth. The truth of yourself, of what sort of person you are – of your life, and now this is where it begins. Today you've seen this part of the truth of yourself, how in this situation you are

uncaring inconsiderate, greedy etc. And you've not liked what you've seen and would like to change yourself so you aren't like that any more...'

'You're certainly right about that, I wish I was never like that... I had no idea...'

'No, but now you do. And know that you do, you have the choice to either continue as you have been or not to. And by choosing not to, the Father and Mother will change this part of you, a small part of your negative mind will become healed, and a part of your soul will be transformed. You have changed, because you've seen and accepted the truth about yourself. You will never be that person back then ever again. A part of you has woken up. You will never be able to do business as you used to.'

'No, you can say that again. I couldn't, I'd have to give up business all together if that was all I could do. I simply couldn't do it to other people, treat them like a nothing, someone who doesn't have feelings, someone who really doesn't exist at all.'

'And what you've just said Paul is very important. Do you see what you are saying is you don't love them? You have no respect for them. You don't see them as anything worthwhile, in your eyes, as you said, they are nothing, and why do you think that is?'

'God I don't know. I wouldn't have a clue. I've never seen myself in this light, and yet I know it's true, I mean I feel it, I did it, I can't run away from it and blame it on anyone else. I did it; I'm the bad one... No I don't know why. Why did I, do you know Zeta? Can you tell me?'

'I can and I will as an example as to the sort of thing I've been speaking about regarding your childhood repression. I can't tell you it all, as you will have to see it all for yourself, but it will give you something further to think about. You feel this way Paul, because it's how your parents have made you feel when you were very small.'

'But my parents have only loved me. I don't ever remember them being mean to me, dad didn't even smack us like other fathers did.'

'I know but still the truth is you feel this way about yourself, you've been able to see that you don't treat other's with respect and this has to be coming from somewhere within you. You haven't just made it up. You see, what we are as an adult is all from what we've learned to be as a child. So you've learnt to be this way. A child is not just born evil contrary to what some people believe or would like to think. We all start out as pure souls of love, and if we become evil it's because we've learnt that that's how someone, usually our parents, have wanted us to be. They have made us into what we are. We've learnt to be that way because they treated us that way. So your parents treated you as you now treat these other people. I know it will be hard for you to understand and accept this but it's the truth. In time you'll grow into it.'

'You see it's not what's gone on, on the surface. You believe your parents have loved you and yet you can do something so unloving. Had they truly loved you then you would only be of love and only able to treat others lovingly, just as you'd be treating yourself. You can't be something you're not. So this unloving act is you, you haven't just suddenly made it up; it's a part of your behavioural makeup and is governed by your minds beliefs. You've evolved it, and the only time you could lay down such foundations was during your early childhood. In some way, on some deeper repressed and therefore unconscious level, are the memories and bad feelings of your parents treating you un-lovingly just as you've treated these people.'

'And your parents themselves will have been treated in the same un-loving way by their parents and so back through the generations. The whole unloving truth and way of behaving having been long since buried and covered up by false feelings and false beliefs of love. Had you been completely loved and treated accordingly so too would you treat all others, for we do to others what we do to ourselves and what was done to us. This is very important to realise. In this case you have to look at how you treat people you don't even know, people who are not members of your family, because only then can you see the truth of your deep underlying actions, and only through

them, can you see the truth of yourself and what's actually been done to you, and what you are actually doing to yourself as a consequence. As you follow the trail of truth it will eventually bring you right back around to see that in fact you didn't hurt those other people, you don't actually know what you've done to them, but, really even more than symbolically, they are you. And all you have done is hurt yourself and this is the pain you are now feeling, the pain of hurting yourself. You've learnt how to be by being hurt by your parents and so you keep up this negative pattern hurting yourself although outwardly you're hurting others – or so it would seem. This is the horror and truth of the negative mind condition. And as you'll find out, we're doing it all to ourselves, all the bad things. It was done to us and we've taken on this role believing it's the right way to live because our parents have taught us and trained us to believe, and we can't do anything else. Not until we heal the negative beliefs and associated patterns of behaviour. I know I'm repeating myself somewhat but it's all very important and usually takes one a long time to understand it all through ones feelings.

'So it's all been done to us. Against our wills we've all been subjected to it, and we've been made to turn on ourselves, to fight and deny ourselves. We are doing it all, all our negativity and evil to ourselves, and this causes us great pain. But to unwind it and see the truth and all its intricacies you have to systematically work through the circuits just as you've started on today. Life will present the situations and experiences for you, to help you bring up your bad feelings, just as has happened now, and these will be golden opportunities for you to delve down into yourself to discover the real you, what's really going on deep inside you.'

'I must say that I'm not feeling now as bad as I did.'

'And that Paul is because you've expressed some of your bad feelings, they've left you; you've got them out. There will be a lot more to follow but they will come when you are ready to see more. All you need to do is keep praying for the Love, and longing for the truth. Longing for the truth is the key and if you don't want to see the truth and do what you've just done: start to see into all the yuk and negativity within you, then just don't long for it. But if you do want to rid yourself of it then it's the TRUTH you have to want and long for. And step by step the Mother and Father will take you through your soul-healing, helping you to heal every part of yourself, every mind circuit that is not functioning in harmony with Their Love and Truth and the Laws of the Universe.

'You've taken your first big step towards living true. Towards living how the Mother and Father want you to live, living Their Will. I know it's hard and it sure doesn't feel nice, but well done. I'm very pleased and proud of you. You've taken it all on, and it's sure been a lot and you've gone with it and have not balked, well done.'

Before Paul could say anything further (the screen, having yet again been ignored and turned off) Zeta suggested they return to the apartment, freshened up and then go and have something to eat. This sounded like a very good idea. Paul's healing had begun.

Zeta took Paul to a restaurant she liked. It was perched on top of a high building being completely enclosed in a glass or what seemed like glass dome. He had a wide view of the city stretching away beneath him as they both sat along the outer edge of the dome.

Paul had already had a few refreshing drinks. He'd taken it upon himself to keep the fridge stocked and as it cost nothing to buy his favourite beer and spirits he was feeling more subdued but strangely pleased with himself. Not in his previous egotistical way he assured himself but in a way of being back on track, at ease with all that he'd experienced and pleased Zeta was so pleased with him.

As he looked out the widow not really intending to think about anything his mind wandered then came up with a question, 'Zeta, why do some people die at such seemingly odd and unexpected

times? Why don't we all simply live out a standard number of years on Earth then progress into and continue on in spirit?'

She smiled, 'That question is not for me to answer. That's God's department. Everyone has a unique life-path and the sequence of events that occur in their life are all designed to provide them with the experiences needed to maximise their soul-personality advancement and individualisation. Personality individualisation of the soul is the reason for our initial ascent of truth to Paradise. Why God chooses a certain life path and how he creates it for you is way beyond my level of understanding. However, there will be an explanation for it and I would assume it is all to do with your personal growth of truth-requirements. What I do know is that we all have one life-path. We are always on it whether we accept it or not.

'In the personality arena of life we live with free will, whereas on the soul levels of life, existence is all completely predestined. We have complete freedom in a life that is totally preordained.' Zeta paused and smiled at the expression on Paul's face as he momentarily wrestled with that one, then continued, 'I still have periods where I receive flashes of insight about an episode or time of my life, back on Earth, and I suddenly see the greater reason why I lived it. I then know how it has affected me and how it has helped develop, fashion and forge some part of my personality – some part of me I can express. Personality is very interesting Paul because it's the only constant, never changing part of ourselves, given to us as a gift from our Parents of All Personality. All we are doing in Creation is expressing more of its attributes. It's fascinating. The whole thing is just incredible. I doubt I'll fully understand all my life experiences and the effect they've had on me, on my personality, by the time I get to Paradise! The vision of the Father and Mother is so vast and so great and far-reaching that an experience you are having now may have an impact upon an experience you have tomorrow or in a thousand years time. Time over here becomes increasingly unimportant. Life becomes a series of seasons: groups of experiences all related and inter-related, all occurring in a perfectly sequential order, even though seemingly at random. The mind cannot hold on to and rationalise the meanings of such concepts. It is only concerned with its needs and wants at any one time. But God is concerned with our needs and wants at all time and throughout all eternity.

'As you progress with your life, Paul, it will show you its truth, and you will slowly see its greater plan. There *is* a grand plan to the evolution and unfolding of all Creation, and we are all a small but equally important part of it. We are all equally as important as each other in our Mother and Father's eyes and heart. There is also a grand plan for the unfolding and revelation of Divine Love to all worlds. On Earth it began in earnest with Jesus' life and it is continuing to steadily evolve. Although on the surface of things it might appear that the darkness is increasing, you can rest assured that the light will resurface ever stronger. It will be a triumphant re-emergence. Humanity will see its way clear of the darkness at last. From our level of truth we can see that all is foretold and it's a joy to play our role. And as none of us like to see the continued suffering of people and spirits, our motivation is to reveal the saving truth of Divine Love as we can. The truth can only be revealed in stages, humanity and individuals need time to integrate and outwork it. However, it all must go according to the Universal Plan and everyone must fulfil their *Soul Light Path Of Destiny*.'

Their main course arrived and Paul marvelled at the sumptuous looking lobster, his mouth beginning to water. He picked up his fork and put it into a tender bit of flesh. Bringing it up to his mouth the smell of the exquisite sauce the chef had covered it in almost overwhelmed him with delight. It tasted wonderful. 'I can't get over this food thing, how fantastic it is and yet you say I don't need to eat at all. And further more, I believe you, because I haven't been to the toilet since I arrived! Zeta how does it all work?'

'Yes it's very considerate of the Father and Mother don't you think to dispense with such things

as having to deal with what the body rejects. It's all very simple Paul. It's all done with thought, with minds. The chefs in the kitchen think up their creations based on their Earth memories and experimentation whilst they've been here. They make it all up as a piece of artwork, all designed to give you the desired experience. It's quite an art. It's a whole different way to cook and prepare meals using only your mind.'

'But your soup is steaming hot.'

'Well I doubt it would taste too good being cold.'

'Yes, but you know what I mean.'

'It's all the same, all been 'heated' by the cook's mind. And in my mind I choose to go along with the delusion. Look, watch this spoon full...'

'Hey its vanished! Where did it go?'

'Back into its elemental parts. It was only a thought, a mind pattern keeping it as it was. I relaxed my mind and bowed out of the pattern with the spoon full and as I no longer played my role it had no cause to exist and has gone back to base energy. And so this is what happens when you eat it, it vanishes inside your stomach. You believe it's being processed by your stomach just as your physical stomach does on Earth but now you're putting it into the stomach of your spirit body which really doesn't exist.'

'So what is there instead of my stomach?'

'You, just no stomach. Circuits that constitute your spirit body.'

'And what are these circuits you speak of?'

'Well they are what Creation is ordered about. There are many groups of them; personality, mind, will, spirit, and truth to name a few that are relevant to your life. Creation is very well structured and ordered. The physical and all on the material realm of Earth is also structured this way, along with many other circuits that keep the whole lot together in time and space.'

'It is weird because I feel like I want to go to the toilet and yet when I really think about it, the feeling goes away.'

'Yes I know, and it will take a bit more time before your mind readjusts itself completely learning that such behaviour and signals are no longer needed, however you'll be gone by then.'

'And so this chef in there just loves cooking, as he's not getting paid for it, does he know how much I like his food?'

'Actually it's a her, and yes she is doing it for the love and experience of it. This is considered one of the leading food restaurants and it's quite an honour for the cook to be allowed to cook, or should I say 'mind-prepare' spirit's meals.'

'Do spirits get sick?'

'Yes, not physically of course, but mentally, emotionally and spiritually. Many people who've been ill on Earth and having died from it are over-joyed to be free of the pain and torment. But it's the underlying reasons why they got sick in the first place that are still within them and these can present themselves in other ways over here. You only get sick on Earth or over here because of your childhood repression.'

'Seriously? I bet the doctors wouldn't be happy to know that, they'd have to change everything.'

'No they wouldn't and you won't know this truth until you've embraced the Divine Love and come to understand the causes of your childhood repression and how they have affected you: how they've made you sick. When people on Earth start to do their soul-healing and start liberating truth from their own experiences they will have a lot to say about the way things have been seen, understood and done over all these past years.'

'Humanity has been going off on a tangent to its true path. Your whole society is based around the wrongness. You are now so far removed from the truth that when the truth presents itself as it did earlier with you Paul it can be something of a shock.' Zeta paused to eat more of her soup. Paul

watching her, thought, 'Soup, that really wasn't soup at all, only a thought pattern. Nevertheless, a very delicious smelling thought pattern!' He considered having soup next.

He was feeling a lot better, this pretend food seemed to be doing him the world of good, he didn't feel tied and he'd been able to master drinking lots of alcohol without getting drunk, he had decided he just liked the taste of the drinks and not so much the feeling of a blurred vision and the staggers. His mind was beginning to come up with more questions, as bits and pieces of their earlier conversations popped back into it. But before he could ask his next question Zeta said, 'These questions your suddenly getting in your mind, they are being stimulated by your soul together with your Indwelling Spirit of God which I was speaking about before. The momentary picture you get that stimulates and frames the question comes from your Indwelling Spirit. It presents these questions so as to fulfil the needs of your soul, the experience it requires as you think the questions, ask them, and then receive my answer to them.'

Well more food for thought Paul thought, or was it thought for food, anyway he decided to nod pretending that he knew what she was talking about and asked, 'About these two higher spirits, the Son and Daughter, who are they, can you tell me their names so Sasha and I can meet them?'

'No I can't. But I can tell you that you will meet them when you're both ready and they do live in Melbourne, and nearby to you both. It's all a part of the Plan.'

'It must be fun from your side of things, it sounds like you're in on the deal, I used to love all that behind the scenes stuff. To bad my business life crashed today and lies in ruins on the floor of that viewing room.'

'Oh don't worry Paul, there'll be plenty of business for you to still do, it will however be the Father and Mother's business, and much more fulfilling'.

'Yes, I like that... And this couple I take it are soul-mates, and have they done their soul-healing?'

'Yes, they are soul-mates, and currently they are in the final stages of it. It's been a long hard grind for them because they've had to it without any help except from each other. They've been healing the negative universal mind circuits associated with Earth as they've done their personal healing. They've been opening the way for others like you and Sasha to follow. Really you have them to thank for what you were able to go through today, the process of how it all occurred. As they do their healing they are inviting the Spirits of Truth of Jesus and Mary down to Earth, and thereby making them assessable to you.

'While you're over here you are able to access Jesus and Mary's Spirits of Truth but had it not been for the personal healing work of these two people on Earth you wouldn't be able to continue with your healing like you experienced earlier when you return. You'd be able to access some of Jesus' Spirit particularly once you'd read and understood the truth contained within The Padgett Messages, but you would not have been able to delve develop emotionally into your childhood repression and uncover the truth of it. You need the combined efforts of help from both Mary and Jesus' Spirits of Truth to do that.'

'So up until now because Mary and Jesus weren't fully honoured no one has been able to completely access their childhood repression you speak of, and do their soul-healing.'

'That's right.'

'So humanity is now going through quite a unique time on a spiritual level?'

'Absolutely, incredibly so!' It's the beginning of a whole new spiritual planetary age, an *Age of Light*, that will last for the next one thousand years with lots of revelation and things going to happen all with the effect of bringing the spirit worlds, the truth of them, closer to the lives of people on Earth who want it.'

'Jesus and Mary's lives on Earth two thousand years ago were fundamental to the whole evolution of this *Local Universe*, their universe. Their coming wasn't only about Earth. This other

pair is all about Earth and as Jesus and Mary affected the whole of their universe so too with this couple affect the whole of Earth. In time when you start to look into other spiritual and religious beliefs on Earth and begin to compare them to what the Divine Love offers you'll see how superior it is compared to anything that's gone before. It will really be the first time on Earth that people can actually live full spiritual lives: the truth will be available for them to do so. Up until now what people have believed to be spiritual has all only been mind advancement, not soul advancement. What I've been teaching you about and introducing you to is a whole *new* way of living.'

'It sounds very exciting!'

'It is. Very Exciting!'

'For the first time on Earth people will be able to directly relate to their Heavenly Parents, both their Mother and Father; long to Them for Their Love and ask Them to help them see the truth of themselves, of their negative mind states, and of their childhood repression. Nothing like this has ever been offered to humanity. Not even when Jesus came, because as I said, Mary Magdalene was denied her rightful place. So this is the first time all truth in the balance of feminine and masculine has been offered to mankind.'

'So lots could change on Earth?'

'Potentially, if people accept and welcome the truth and live it, yes.'

'Well it needs to. It's becoming obvious that we can't go on living as we are, even I can see that and I'm not spiritual.'

'You are now Paul, you're living with the Divine Love of your Heavenly Mother and Father.'

'Hey, yeah I guess I am, aren't I? I don't feel anything different. I mean I have changed and leant lots of new stuff, all thanks to you, but I'm still me.'

'What did you think you'd be, a Christian or something because now you believe in God and Jesus and Mary?'

'Well I don't know, but yeah, I guess so, something like that.'

'Well if you really want to know this is the true *Christ Truth* – or the real *Truth of Christ* – you're now choosing to live. Christianity on Earth and over here in the Natural love mind spirit worlds is something men and women have contrived from themselves using beliefs they've made up based on Jesus and the Father. It's nothing about the truth. It believes it is, but believing in it won't ascend your soul to Paradise. At best you get to live in one of the Christian sectors on one of the Natural love mind worlds, when you die, but you won't be moving to live in the Divine Love soul mansion worlds or the Celestial heavens, no matter what you believe. Belief will allow you to live in the Natural love mind worlds but only TRUTH will allow you to live in the soul mansion worlds and the Celestial spheres. And there's a big difference between belief and truth.'

Paul's soup had arrived but no matter how hard he tried, he couldn't manage the disappearing-off-the-spoon trick. Zeta smiled warmly at his attempts. She'd grown very fond of him over these few days and was happy to see that he was taking it all in his stride. She started to wonder what question he'd ask next and when it would come but no sooner had she mused this to herself and he asked, 'So will humanity destroy itself?'

'No, Paul it won't. Your world fears that it's on a one-way trip into doom and destruction, and it is, but the destruction will actually be of the darkness of ignorance, because all fear and will-denial will eventually be healed. Yes, there will be more suffering along the way but only by hearts that persist in denying themselves the Divine Love. The Divine Love offers complete salvation: it is the only thing that can truly offer it, and the only thing you can completely trust in. You need not ever trust in anyone else but God. Humanity will be around on Earth for quite some time to come for it has to collectively resolve and heal all its fears, denial and repression. Everyone will play their role in the greater scheme of things, and the one thing I can say is that the greatest and most sweeping changes will come fuelled and motivated by individuals who contain Divine Love deep within their

souls.

‘Certain souls are destined to play a more public role, however it will take every soul in their own personal life to make their own personal life-changes. It’s only on an individual basis that the whole of humanity can change, and it all takes time. Just because someone begins to pray to God for His Love doesn’t mean they’re instantly healed and immediately helping humanity take a great step forward. It requires a lot of personal growth, time, and a lot of hard work, especially the healing of your soul, and everything, everyone’s soul and mind growth, is always moving along at a planned rate. Humanity is to start off on a whole new adventure. It will take many planetary ages before the negative effects of the Rebellion have been transformed and reversed but the one thing we can all count on is love and truth will prevail. The Rebellion and its evil ways have had virtually a free hand on Earth for many years, and it’s now time it starts to relinquish some of its power and control.

‘You are living in an exciting time on your world Paul! With the introduction of the truth of Divine Love great change awaits and new truth, information and knowledge can be delivered through to you from our worlds. We, that is, spirits of Divine Love, have been living with the division of truth, Natural and Divine over here, ever since Jesus and Mary’s arrival when they commanded the opening of the Divine Love worlds. For you on Earth it is only now about to begin in a conscious way. Unconsciously it is already present and has been so over these two thousand years, however as people come to understand about the Love and awaken to it by actively choosing to live with it as a part of their everyday lives, it will become very conscious and very real. It will rise up to the surface and Mary and Jesus’ truth can then be fully known and lived. It has up until now been lying dormant, but the great sleeper must awaken and herald the new beginning! “God has come again in the *truth* of His Daughter and Son!” It will be proclaimed, and people will open their hearts and pray for God’s Divine Love.’

‘It sure sounds great!’ Paul’s gaze wandered out the window, it was all so incredible. How many times had he thought that to himself!? His eyes looked out over the far away suburbs, the roofs of many houses and suddenly in keeping with how his mind was behaving all evening a new picture suddenly popped into his head along with a question, ‘What’s your house like? I assume you do live in a house?’

‘No, an apartment. In the main living area, which is very large, I have long couches lining the walls and they’re made of a light flowing material something like silk, and are of soft warm pastel colours. Billowing down from the ceiling are myriad's of intertwined silk scarves. I like the old lavish style of coloured silk and weavings. And if I say so myself I think it looks very pretty. We, my partner and I, live mostly in this one room. We have a smaller study but we only go there when we need to write. We have two large comfortable prayer chairs down one end of the room, we sort of look at this part of the room as our sanctuary of worship to the Mother and Father. At the other end we have a large, what you’d call a bed, but really it’s only a big space for us to rest and recuperate, as we don’t actually sleep. We take time out to recharge our spiritual batteries so to speak. This happens more regularly if we’ve been having lots of experiences and growing in truth, but not so frequently if we’re cruising along. There is, similar to here, a *down-light-time*, which you are yet to experience because you haven’t adjusted into the regular cycle of ‘days’, but you could liken it to night and during this time we also rest and sort of sleep. We do drift off into unconsciousness but as our bodies don’t need the healing time of the physical ones we don’t ‘sleep’ for too long.

The city we live in is beautiful. If you saw it you’d probably think it was something of a wonderland and it’s quite science fiction and futuristic looking. A river runs through the city and into a great lake at one end. Some of the cities buildings are tall with spires of coloured crystal rising up from the valley floor, and some of them have long flags flying from the top of them.

Paul - City of Light

Other buildings you might liken to fantasy olden times of mythical dragon and castle days, yet our castles are modern and crystal-like in their proportions and dimensions. If you can imagine a gigantic quartz crystal cluster nestled in the valley with each crystal individually coloured and patterned, reaching upwards toward the heavens then you would be getting close to the scene you'd see if you went there. Our apartment is located in one of the red crystal spires. We are well up off the ground with good views as all the walls are see through.

'It doesn't sound very private'.

'It's a completely different way of living. Pure spirit living. We are more focused on ourselves than on what's going on outside and all the need for such privacy is a thing of the past. In fact we live very privately, more so than your invasive society. We are for instance not continuously bombarded with advertising, people wanting something from you, negative thoughts, pollution, and ugliness,'

'Yeah, I get what your saying. I know even with a high wall around your house you still don't feel very private, it's all about being out there back home, and everyone wanting to know everyone else's business. Your city sounds like a fairy-tale city.

'It's a real *City of Light*. During the 'down-light-time' the whole city seems to pulse with different coloured lights. It's spectacular and very pretty. And it gives you such a welcome feeling, as if it's all your home. There is no theft, no badness, no evil, only purity, truth, light and beauty. Everyone respects everyone else. No one does anything that another person wouldn't like. It's all very peaceful and harmonious.'

'Sounds like the perfect place to live.' Paul's mind wandered again and he said absently, 'I wonder what Paradise will be like? God's home – *Paradise House* – the true Home of Soul.

DAY 7

Waking from his much-needed sleep, Paul read the note Zeta had left for him, had a brief prayer for the Divine Love, he thoroughly enjoyed now asking both the Mother and Father for Their Love, then ate what he considered to be breakfast whilst organising his plans for the day; it was to be a day of self-reflection and new commitment.

Zeta had told him in the note that she would see him later and before his next *Light Integration* (the spirit term for sleep!). So finishing his light meal he decided to allow the day to unfold of its own accord. As he'd been through a lot yesterday he'd thought he'd take it easy today. He felt he'd got the gist of all Zeta had been wanting him to know so he figured that taking things easier wouldn't be so bad.

They had passed a lake on their outbound journey yesterday so Paul thought that could be a place to aim for, a pleasant stroll in the open air, but then again... he also felt like wandering the streets. He stepped out onto the footpath and set off. As usual, the day was bright and warm. He felt good about what he had thus far come to understand. He was happy about the way it was all unfolding, and he felt much of his ignorance had been replaced by at least a partial understanding of truth. He now felt like he was a part of this world: a local resident. As he wandered through the now familiar streets, some of the locals, recognising him, nodded, and greeted him with a smile. He approached a cafe and thought he would drop in for a coffee.

Sitting at the counter he ordered, and chatted with the waitress. She asked him where he was going and he answered, 'Nowhere in particular.' After some further intermittent conversation, in between her table service and returning to the counter, she asked him, 'Are you a Christian?' Paul thought for a moment and then replied, 'Well not in the traditional sense, I do however believe in God and pray to Him for His Love', he thought for the time being he'd stick with what was reasonably more familiar to him and other people and decided not to include the Mother.

'I'm a Christian, and I'm about to go to a bible meeting and discussion group when I finish work, do you want to come?' she asked. Paul thought, why not? As he'd never been involved with anything seriously religious he thought he might learn something by going.

As they walked together Paul mused to himself how much his life had changed. Here he was, now in spirit, going along to a Christian meeting! He inwardly joked, 'Next I'll be going to church!' They soon arrived at a quaint little house. Mary, she'd introduced herself on the way there and Paul had said he was a new arrival, invited him in and introduced him to some of the others who were present. They all welcomed him and after initial refreshments began the formal proceedings.

Mary opened the bible and read some lines. One of the others quickly quoted the reference and line numbers. They all laughed, then Mary continued. Paul understood little of what she read. The bible had always presented him with this problem. He figured it was a part of his schoolboy lack of interest in it. He sat quietly and listened as they all adamantly discussed its meaning. Suddenly Mary said to Paul, 'What do you think about abortion Paul: should it be allowed or is it a sin against God?'

Paul, somewhat taken aback, thought for a moment, remembering an experience he had once had

with a past girlfriend and answered non-committed, 'I feel the decision should be made by both parties involved if possible, rationally discussed and thought deeply about, taking all the possible factors into consideration.' As he spoke he remembered how hard it had been to decide what was right. It took days of agonising discussion and finally the decision was made based on what everyone had thought was in the best interests of those concerned including the child itself. He thought about adding to the conversation his observations of the spirit children he had seen yesterday on the screen, but decided against it.

He listened to the discussions by the others. They were all skilled at arguing their points of view, which all varied and seemed as equally valid as each other. Suddenly he wondered how Zeta would answer this question. He thought perhaps he would ask her when next he saw her.

The conversations meandered over all types of moral life-issues many of which no longer had any relevance so far as Paul could see to the lives of spirits, as they were only relevant to the physical. Life in spirit did seem to put many Earth things into an easier context to deal with. And the more he listened, it being obvious that no one answer existed for such complex issues, he thought how everything about his life and what he thought had changed. He'd be returning home a different person. He wondered how strange that was going to be for his family and friends. From their point of view he will have only slept for a number of days, but what dreams he must have had!

Everyone in the group had a different point of view depending on direct life experience or a lack of it. Paul wondered how the truth of the Divine Love would fit into all this. He felt quite the outsider, and for the most part was ignored unless he spoke up and directly participated. Toward the end of the discussion he concluded he had only very superficially thought about many of life's moral and pressing issues. He felt quite ignorant again, and tired, and was very glad to breathe the fresh air when Mary and he finally left.

She asked him back to her house for a coffee and he accepted. Inside, the living room was cosy and comfortable. Mary confessed that she just loved arguing and that some days she changed her views and opinions around depending on how she felt, just to have a good argument. She said she had come to the conclusion, since arriving in spirit and finding it virtually the same as Earth in many respects, that such issues had no real or true answer. People in spirit seemed no closer to the right answers than they were back on Earth. As she spoke, Paul could sense her disappointment. She had obviously been hoping death would bring more answers. He asked her, having swallowed the warm coffee and munched on a biscuit, 'What about your ascent of truth?'

'What ascent?' she replied, 'I haven't yet seen anyone who has ascended.' Paul continued, 'I have a friend, she is a highly-ascended Celestial spirit and she helps me and teaches me to understand about God's Truth.'

'Well she may help you,' Mary replied, 'but I've no such helper and to be honest with you I don't really want one. I'm enjoying my life now. On Earth I was always told what to do by everyone. Now for the first time, I feel free to do whatever I want to do and say whatever I please.' Then she took him completely by surprise by saying, 'Hey, give me a kiss, I find you kinda cute!' and leaned forward, obviously expecting Paul to comply with her demands.

But he replied, 'No, I already have a girl friend back on Earth.'

'She's not much good to you now, you're over here and she's back there. You may be waiting years before you see her again!' Mary laughed, and Paul was about to explain, but he sensed she wasn't very interested in the truth.

'Come on Paul, don't be such a prude. Give me a kiss, you know over here we can do what we like and nothing happens. You can't get pregnant by simply fooling around, so what have you got to lose? It's just the same as on Earth too, perhaps even a little better, not having the worry of disease and all those physical messy bits,' Mary said with a cheeky smile, pulling him by his arm toward her.

‘No Mary, I can’t and I don’t want to. Thanks for your invitation, but I am committed to Sasha.’

Accepting defeat, Mary replied, ‘Oh very well. I can’t force you to but you are missing out on something special.’

After some more small talk, Paul felt it was time to be moving on. He bid Mary farewell and left, feeling rather uneasy about the whole experience but allowing his pride in his manhood to flatter itself in having resisted the advances of another woman who found him attractive. It wasn’t really like that though, as he’d had never been interested in having affairs or casual sex with women he felt no real attraction for. And having grown out of his adolescent urges for quick fulfilment, he felt only the deep love he had for Sasha.

He continued walking for a time, retracing his steps back to the coffee shop where he had met Mary. He thought about having another coffee but decided to have a drink instead. Stepping into the local pub on the corner of the next street, he delighted in the taste of the ‘spirit’ beer as it washed down the back of his throat. As he relaxed, he heard himself affirming within, ‘Everyone must progress at their own rate. You cannot judge, assume or guess where another is on their path. Even though, the great truth of Divine Love is available, not everyone wants it.’

He thought how Mary seemed quite happy with her life and he realised that he had assumed that everyone living without the Divine Love was lost, unhappy and sad even if they didn’t actually know it themselves. He saw how incorrect this assumption was and then he remembered how he had been happy, relatively speaking, before he discovered the Love. He then questioned himself, ‘Am I now happier than I was now I have some Divine Love within me?’ He reflected on his feelings about life now, compared to how he felt before he came into spirit and concluded that, yes, he was indeed more happy, happier about getting to know himself a bit better. He felt as though he had made great progress in his life, and was a lot more content. He liked the inner changes and the different realisations he’d had, even the tough stuff from yesterday he’d had to accept about himself, and he enjoyed understanding all the new information he’d been told. He had definitely grown to love the discovery of truth. His heart was still brimming over with love for Sasha and he felt that the inner feeling of loneliness, which had plagued him in the past and now seemed to have caused all that had recently happened, would no longer need to return. He felt good and comfortable within and, yes, happy, certainly very happy with his new relationship with God.

As he sat and drank he continued to perceive inside him the nature of the changes that were taking place. It was hard to pinpoint exactly his feelings, but he felt he definitely had a new awareness. He felt as if he had grown in some way, not physically but emotionally, as if he had matured to some extent throughout his days of being in spirit. He remembered the other day when Zeta had first hinted to him of the role she was going to help educate him for when he returned to Earth. He was quite amazed at how in such a short space of time, he had grown into a real acceptance of this, and how he was now looking forward to returning and specifically setting about helping others to come to know about the Love. But at this stage he could hardly envisage the way it would all happen. Thoughts started racing through his mind as he tried to think up strategic business ideas and ways to make known the truth of asking for the Divine Love.

Some beers later, a conclusive and decisive approach still eluded him, and with his mind exhausted of all possibilities, he thought of asking Zeta. Then he thought of asking her as a last resort, because Zeta would not always be available for him and besides, he thought to himself, I can guess what her reply will be, ‘Leave it up to God, They will reveal the way, at the perfect time, and when you are perfectly ready.’

Paul stopped thinking about it and returned to the street. He walked on now feeling as though he wanted to see the lake that he had originally intended to go to, so he headed in its direction. It took longer to get there than he’d envisaged, but finally he arrived, and stopped to rest. He stood at its edge and looked out across the crystal clear water. On the muddy bottom of the lake he could see

small silver fish darting around nibbling bits and pieces of the mud, then, gazing at his reflection mused to himself, yes, it seems today is a day for reflection. And he had in fact, whilst walking to the lake recounted all his experiences from the moment he had arrived in spirit. So many of them and all still so vivid in his mind, again he felt as though he had been in spirit for months, not just a handful of days.

He walked slowly on, looking into the water. Numerous people were out and about enjoying the peace of the ripple-less lake, which looked like glass stretching out before him. The large conifers that lined the lake on the opposite side triggered the memory of his meeting with Sasha by the lake; he smiled at the memory of the joy and surprise that had come onto her face.

‘Paul? Excuse me... Paul?’ A voice interrupted his reverie. Paul looked up and in a moment’s recognition he answered, ‘Yes, er... Peter? Peter! How are you?’

The two old classmates looked at each other. It had been a long time since they’d seen each other, at least ten years. They shook hands.

‘Have you been here long?’ Peter asked.

‘No,’ replied Paul, ‘only a few days. How about yourself?’

‘Quite a time now, probably about ten years. I’ve lost track of Earth time actually. I’ve been so busy and I’ve little reason to have contact with anyone there. I died not long after we all left school, in a climbing accident. I fell off a mountain, which was rather careless of me, but these things happen you know. I tried to contact my friends and family on Earth but to no avail. They were all grieving and not interested in the fact I might be in spirit and wanting to speak with them. My youngest sister some time back went to see a psychic, and then I had the opportunity of telling her that I am still alive and well living over here in spirit, but other than that I have got on with my own interests. I’ll see them all when they die. They should be more receptive than I think!’

‘So what have you been up to all this time here in spirit?’ Paul asked.

‘Well, quite a lot actually. I study music and I write songs. I play in an orchestra and I’ve met the most wonderful girl. We are thinking of getting married and adopting a baby. She is currently applying for the full pregnancy experience, as she didn’t have the good fortune to have children when she was on Earth. And you, what are you doing and how did you die?’

‘Well, I’m not actually dead yet.’ Paul paused for a moment expecting a reaction from Peter who showed little surprise to his answer so he continued, ‘I’m on a visit over here for ten days and then I must return. I’m learning about the Divine Love of God.’

‘What’s that?’ Peter asked enthusiastically nodding his head having long since accepted spirit life was always going to teach him new things.

‘It’s about directly asking God for His Love through prayer. If you sincerely long to God for His Divine Love, it comes flowing into you. It’s quite amazing.’

‘So what’s its purpose?’ Peter responded, as they started walking slowly alongside the lake together.

Paul took a breath, pausing to gather his thoughts wanting to make sure he did his best at answering the question in a way Peter could understand.

‘It does lots of things. It brings God into your life, and you begin a personal relationship with Him if you do not already have one, and if you do, it increases it. It also brings greater faith, truth and understanding. I suppose, overall, from my brief experiences with it, it seems to make life make sense. It has opened my eyes wider to what life is really about. It gives you all you need to grow and progress in life, with the emphasis on truth and love, and you don’t have to be a member of the Church or any other religious organisation. Its all just between you and God.’ Paul paused again to see how Peter was reacting to it all.

‘I see,’ said Peter, ‘it sounds very interesting. You know, Dianne my friend was asking me only the other day what I thought about God and what His role was over here. Neither of us have any

sort of religious or spiritual background although Dianne has said she has had some dreams at times with voices telling her things. I'll tell her about what you said. Is there somewhere we can go and find out more about this Divine Love if we want to?

'I don't actually know at the moment. I mean, yes, you can go and learn about it and see if it's really to your liking but I don't actually know where you'd go. Tell me how I can contact you and I will as soon as I have the details,' Paul replied.

'Thank you, yes, that would be most pleasing,' Peter replied whilst digging into his pocket and giving Paul his personal card. 'I'm sorry Paul but I must dash now, Dianne and I have a music lesson. It certainly was a surprise seeing you. All the best.' Peter said putting out his hand again to be shaken.

Paul watched him quickly walking away across the adjoining park for a few minutes, then walked on replaying the meeting and the conversation over in his head. What a surprise, but then again, why not! He did seem to remember someone saying something about Peter having an accident, being swept off a mountain, but he'd not taken it to seriously back then. Peter hadn't been a close friend.

He tried to imagine Peter embracing the Divine Love. Peter had appeared so enthusiastic about his life here in spirit. Remembering him at school as quite an outsider he could see how now he had obviously found a place for himself. He seemed to be happy with his life. If he were to partake of the Love and accept his ascension would it perhaps remove him from all that he had established here? Paul reasoned that of course, he couldn't presume anything about Peter's life, and who knows how he'd react to the truth of Divine Love. Perhaps it would make him even happier. He wondered if anyone would want the Divine Love if they were already happy with life? *Ascending life* seemed so different from *lateral life*. He was now seeing life without the Divine Love as existing on one level only.

He tried to get it all sorted out in his mind. Let's see, without the Divine Love and only with your self - Natural love, you continue to live and experience but progress only to a limited level of truth and mostly your advancing your mind but not your soul and that's your mind in it's negative state, and you're not doing your soul-healing. When the Divine Love is embraced, the feeling of lifting off and rising up above that level, comes. And one apparently does feel the ascension taking place. Although he still had a long way to go and knowing most of what he knew about the truth of the Divine Love he'd only been told by Zeta, he could see that not everyone was ready for it. He thought about living life one way and then at some point leaving that level and refocusing on living life in an entirely new way, as an ascension, as an ongoing continual progression of truth. It reminded him of the day when he first moved out and began renting a small flat on his own, away from all the familiarity and comforts of home. It was a move he had to make as a part of growing up, and it was very instrumental in his becoming more mature, and being able to take more responsibility in life. He felt back then he was starting a whole new life – his life.

Perhaps embracing the Divine Love is something similar to that experience. When the time is right, it is a part of growing up, just another move in many that life asks of us, and when Peter is ready to leave or make that next step he will be prepared to leave behind all that he has now and move on. It seemed very dramatic the whole idea of outgrowing a world and moving on, leaving behind everything and starting all over. But then he thought it could be similar moving to a new country to live. You didn't have to give up everything, and you could always get new things but what about friendships and loved ones? He wondered if this was a satisfactory analogy? He then thought of the major turning points that had occurred in his life, changing his life's direction, and saw a similarity. The same things happen, he thought, you do move on: you may change a job, lose old friends, gain new ones. All the material aspects may or may not stay the same. So would moving to a higher world really be any different than major changes on Earth? Then the thought

struck him that the major difference now was that he could feel himself growing and changing in truth. Yes when he'd moved house he'd only changed his surroundings, his outer world, he hadn't changed his inner world how he had during his visit here. This was a completely different sort of change. He could feel the difference between inner and outer change. He liked the idea that you could change on the inside while the outside stayed the same. He reflected on how he was now changing all the time, even with these thoughts. It was all still so amazing. He'd never experienced such a range of thoughts or feelings. Reflecting back on himself in his 'past life' he couldn't believe that he hadn't thought or felt about these things before. What did he think about? Then he remembered, business. Business, business, business all day long. No wonder he never had a spiritual thought or any interest in it. Had someone come up to him back then and said, "Hey Paul, I've just experienced this wonderful new thing called longing to the Father and Mother for Their Divine Love, do you want to try it?" He might have been open minded enough to listen to them but would have immediately wondered only about the business aspects of it, particularly if it was a 'new thing' and could it be sold. He doubted his interest would have gone further than that.

How unimaginative and closed minded he'd been. He thought of Sasha, and then a pang of guilt stabbed through him. He'd probably bored her to death with all his business plans when all she wanted to do was speak to him about her spiritual beliefs and experiences. God, he wondered what she'd seen in him, and why she'd wanted to have a relationship with him. Well at least all of that was going to change. He felt a sense of relief, and thought he'd just managed to get away with it, any longer and she'd probably have passed him up.

He then tried to imagine again how his life might be after his return. The material side of things would probably remain constant, however the way he would look at life and his motivation of how to live it would be very different. His interest in business was definitely ebbing. He would be still living his ascension of truth, however instead of physically moving from one world to the next as he continued to grow in truth, as it happens here, he could sense that it would all be done on the inner level. Something like his consciousness may attune itself to the higher levels whilst maintaining the ability to live and function on the material plane, similar to how Zeta does it when she comes down. He didn't really know of course but he liked these new thoughts of trying to work it out. She can easily function and live in the lower worlds, though her truth is still that of the higher worlds.

Paul ate a sandwich as he relaxed now sitting by the lake. It is all about truth. Truth, he reasoned, was the key, just as Zeta has first told him. The Love is one thing; very special of itself, but the more he thought about it, he kept coming back to the truth. The truth seemed to make it all happen, or longing for it did. And it didn't come to you unless you really wanted and longed for it. His previous life was testament to that, he'd never wanted the truth and to have specifically longed for it would never have occurred to him. So if you didn't have or live truth what was there? You just filled in your life doing what you wanted like he'd done with business, but really what was that? Nothing. But if he hadn't done that, what would he have done with his life. Perhaps like Peter he could have found music or some other interest, but so what, may as well stick to business, he'd liked that. Now it was all starting to seem meaningless. Unimportant. Truth is what's important. It's so important. If you didn't want to grow in truth with the Divine Love you're upward progression could not take place with the full force of its potential. Memories of how he'd felt on the island during his holiday surfaced again. He could now see how he had been looking for answers, especially to be able to resolve that feeling of loneliness and unrest within him. In a small way he wanted the truth and perhaps even unconsciously seeking the Divine Love and wanting it to come and fill his inner emptiness. This was obviously what Zeta had known about him. Suddenly he could see it so clearly, but if someone had told him on the island before the accident, that he was looking for God's Love, he'd probably have dismissed what they said, claiming he was happy as he was. He felt he had to be really honest about his inner feelings accepting that really he didn't know

himself at all. He decided that he wanted to remain open to things because even if he might not be ready for them now, some day he may be.

The more he thought about the Divine Love and the growth of truth, the more he began to see clearly how it was a whole way of life in itself. It really was living with God! And you didn't have to be involved with a religion or the Church, which was one of the best parts. It was incredible to think that a whole way to God, to the Mother and Father as revealed by Mary and Jesus exists here in spirit and yet we seem to have no idea about it on Earth. He couldn't grasp what the Church spiritually was really all about, if it didn't encourage people to long directly to God for Their Divine Love and then help people to understand about truth, then what was its purpose. To think that so many people believed in it and sincerely believed that it was the only way to know God, the *only* way to God. And yet it wasn't a way at all! Unconsciously some people might long for and receive the Divine Love, but that was more unintentionally through their own doing, nothing directly requested or taught by the Church. It all seemed so bizarre. It seemed too impossible to believe that so many people over all these years have got it wrong. What would the Church say to the truth of the Divine Love? He wondered if they would accept it or reject it. If they accepted it, it would change what they were. A smile crept onto his face, as he thought about it in terms of a business take-over. He concluded that the Church would never be the same again if it accepted it so it would most likely reject it. The truth of Divine Love would most likely make the Church redundant. But then he thought that really it didn't matter because those people who wanted what the Church offered could have it. And those who wanted God sincerely, because they wanted the truth could accept these new truths. Again as his mind seemed to go around in a big loop, he saw that it's simply an individual thing. Whatever the individual wants. It's not about who's the winner in the end, or who even got it right, but what each person wants now, in this moment, in their life.

For those people who seriously wanted progression and constant change the Divine Love would be very appealing. He admitted to himself that's what he liked about it. He would never get bored with it. The notion of ever growing with the long-term goal of reaching Paradise really appealed to him. He could feel his inner focus shifting again, it wasn't about trying to make as much money as possible or achieve material goals, it was so much more spiritual than that, with so much more love involved. Doing all those things have value as far as life-experience goes, but they need not be the major focus in life. They are simply a part of the journey along the way if one feels they are necessary at the time. His whole way of looking at life seemed to be changing in each moment driven by each new thought.

He then looked into his motivations of wanting to marry Sasha. He saw it as a step in life that was to fulfil a certain picture, or rather fantasy, of a life he saw for himself. He realised he had defined life and boxed it into an fantasy picture of what he wanted out of it, and Sasha was a part of that, along with children, success in his business and the material rewards of hard work. Then time passes on and one day you die. The limitations he had placed upon himself were suddenly quite obvious. It was a nice cosy picture, a social standard, but how could that fantasy now really satisfy him? And was it really what he'd wanted before he smashed his head on the yacht's mast? Gosh what a blessing that was turning out to be. He felt like he'd been saved from some awful fate. Of living a life that was expected of him to live. To fit readily into his mould, do what he was told and never question it. Sasha was going to be his fairy princess: her with her pretty coloured ribbons. And they were going to live happily ever after. In his minds eye the music started up as the curtains drifted across the screen. It was time to leave the cinema. Was it a good movie; was the happy ending what life is really all about? He felt as if he was waking up out of a dream, a dreamy haze, in which he had drifted along not giving it much thought. He could see clearly how he'd been trying to create a happy fantasy, a nice pretty picture; a picture of Sasha and himself, in their nice big house living happily ever after. Then it struck him that in some way that was how he saw his

parents and their lives and he'd unconsciously wanted to emulate it. It came as a shock, to realise that he wasn't original. He had prided himself on having what he considered an original mind at least where business was concerned. He could see things other's couldn't and think up strategies on how to achieve them. But what about his life, it was going to be just how his parent's life was, was that what he'd wanted? But did he now still want it? No, he no longer thought he did. That sort of life was all too ordinary. He wanted a life that created itself, something he was going to fashion to suit his unconscious dream. But what would Sasha want? Now he could see he'd never given it a thought, never given her a thought, just assumed she wanted what he wanted. But did she? He didn't know. Oh again he felt how stupid he'd been, how one-eyed, selfish. He hadn't really considered her at all. He'd assumed she was going to do what he wanted, do what he said, do as she was told. Oh god, now he felt as though he was being likes a parent to her and she was going to be his little child or some sort of pet. Yuk! How could he have been so...so...so, single minded, so unaware and uncaring, making so many assumptions? He was assuming he knew what was best for them both, and that it was all going to be how he wanted it to be. No, he thought, no more! He couldn't do that to her! He felt so sorry for her, treating her without respect. He couldn't believe that he was like that, but the evidence was there. Argh what a selfish bastard he was! Oh god he moaned to himself as this realisation linked up with the one he'd had of himself yesterday being a selfish bastard in his business wheelings and dealings. Oh here he was again feeling like yuk. Argh, he moaned again this time louder and out over the lake. He could feel himself sinking back into similar bad feelings like those he'd had yesterday. And there was nothing he could do. What had Zeta said, go with it, accept them and try to speak them out, express your bad feelings? He tried.

He couldn't speak out how bad he felt because too many people – spirits – were walking past him. He didn't want to look like a fool. He spoke them out in his mind and then it occurred to him to speak them out to the Father and Mother and so he did.

'Oh god, God, I've been such a bad person; I feel I've been so unkind, so selfish, so chauvinistic. I haven't considered Sasha at all, I haven't even asked her what she thinks and feels about things. God I don't even know her, I was going to marry her without knowing anything about her as a person. I wanted her pretty face and good body, that would do me fine, it would fit the bill, look good in the picture, she'd be the dutiful mother and wife, and we'd live well. I'd go to work every day, make us lots of money and... Oh God it all seems so futile, so meaningless. I feel so bad, I'm so sorry Sasha, oh I wish I could tell her; I hope she forgives me... Oh these feelings are awful; I can't believe how bad I feel. One minute I felt okay the next I feel like I've fallen down a great hole. Shit how can I get out, there seems like no end to it... no end to all the bad feelings. And I don't like feeling bad. No, I don't! I've just realised Mother and Father I don't like feeling bad. I HATE IT! Can you Both help me? Please! What is it that Zeta said to ask You for? Oh yes, how stupid of me, the TRUTH! Can You both help me to see the truth of these bad feelings. Why do I feel so bad? I don't want to feel bad. I don't want to be an inconsiderate arsehole. I don't want to be like that with Sasha. Can You help me to change. Please Mother and Father can You heal me, can You help me to see the truth You want me to see! Please...'

Paul sat with his head in his hands, totally absorbed in himself. The feelings continued to well up from somewhere within him. He kept moaning and groaning. He felt so bad! After some time he lifted his head up and looked out over the lake. He was not really looking at anything, he was still seeing memory pictures of how uncaring he had been, but his bad feelings now seemed to be lifting. He was still breathing heavily and his lower back was cool from sweating. He was feeling hot. He took his jacket off and felt himself seeming to come back to himself. Like the passing of huge dark thunderstorm the clouds seemed to lighten within him and now a ray of sunshine was poking through. All was not lost. Perhaps he wasn't that bad, he allowed. He took a few deeper breaths

and then felt a stirring within himself and he realised he wanted to long to the Mother and Father for Their Divine Love.

He settled more comfortably in the seat, closed his eyes and then followed the inspiration longing with all his heart to God for Their Love. Immediately, as before, he felt what he now knew to be the Holy Spirit coming about him bringing a feeling of its presence, a closeness to him, and then the now familiar light crossed over and started flowing into him. He was once again receiving the Divine Love of God into his soul and It felt good.

Oh at least It gave him some relief from feeling so bad about himself. It felt so good! He let it come to him, he let Them love him. This was the amazing part of it actually feeling Their Love flowing into him. Yes, this was what was real. This was where his new life would begin. They would help him to see all the ugliness of himself, and he would see it, he wanted to see the truth of it no matter what it took. He now knew from what Zeta had told him and from what he'd experienced himself, that he wanted to see it all: all his denial, all his repressed childhood feelings, all the bad feelings that were buried within his soul; he wanted to see the truth of and accept all the yuk that he was. He told that to the Father and Mother, and felt a new surge of the Love flow into him. He was now feeling better. It was a relief when the storm had finally passed. The Love eased off and he sat quietly for a time in the light. He liked the feeling more each time he experienced sitting in the column of light. He liked how it seemed to support him, almost as if it were holding him upright. Time passed and then he felt he'd had enough. He slumped more into his seat and gently opened his eyes giving them time to adjust to the daylight. After a while a new thoughts came to him.

There was so much more to life than he'd previously thought. How could he lock himself into such a narrow framework? He made a decision to be more flexible. Although he'd had similar thoughts only a little while ago, he felt more determined, stronger, more serious. And then he thought, after all, how could he know what surprises God might have in store for him? Look at what was happening now; here in spirit, which was certainly something he'd never expected! Who knows what else might happen? He was being given a new beginning. He felt excited; it was a second chance. He smiled as his mind jumped to it being something like Jesus' second coming, well not quite, but the word second sounded good.

As his emotions were settling more, he continued to allow his mind to wander thinking about things, and then it came back to his relationship with Sasha. He went over the previous thoughts he'd had which had led to him feeling bad about what he saw about himself, and he allowed himself to muse again over how he had just assumed that she would want the exact type of life that he wanted, and how he had no right to assume. He did love her so much but then it occurred to him, what if each of their lives as they grew in truth was to progress in different ways, or didn't keep pace with each other? What if they weren't going to always be together? What if they weren't soul-mates? He was hoping they were but what if that hope was only a part of another or the same fantasy? What would happen if they ended up not liking each other? Oh god, it was too hard to think about. Where were all these thoughts coming from? He'd never thought so much in his life! And was he prepared to let her go if he felt that he or she had to move on? And what would happen if she wanted to let him go and not be with him? And would he give up the Divine Love if things started to happen in his life that did not fit in with what *he* wanted? Then suddenly it dawned on him. *This was the big decision!* Was he prepared to put God, His Love, the ascent of truth, and all that went with it, first? To accept it all, above and beyond his own wants, giving God the benefit of the doubt, that They knew what was always best for him. Suddenly he felt he understood the full significance of choosing to live the Will of God. This was the choice. To choose to stay with God at all times and keep inviting His Love within, *or*, to do it conditionally, only when it suited him or not even at all, and keep living his life totally in the way he thought he wanted it to be.

The sudden impact of the full vision of all this caused him to spring to his feet and resume walking again. Emotions welled up in him. He was talking under his breath as he walked. Flashes of understanding, requiring instant acceptance, raced through his mind. His mind was speaking what he was emotionally feeling. Thinking out loud, he muttered ‘That’s it, that’s the big choice, asking for the Divine Love is one thing but what it’s all really about is choosing to wholeheartedly live God’s Will. To be prepared to do what ever it takes, knowing that it will all work out in the greater scheme of things and for the best of all concerned. Surely it will all be, in the final outcome, perfect, just as God is Perfect. So to choose to live the Will of God is to choose to be perfect, because God is Perfect! He was amazed at his sudden and clear understanding of it all. ‘That’s it!’ He exclaimed, and waves of happiness flooded through him. He felt as though full understanding had dawned! He suddenly felt so happy, and he knew he had discovered the missing link, the hidden secret he’d been looking for. He now had to make the decision. He knew in his heart what it would be. Yes! Yes, he definitely wanted it that way.

Then, just as suddenly as the wonderful insights had come, enormous fears rose within him. Thoughts continued to race through his mind. The full reality of choosing to go with God could mean *really* giving up everything, even Sasha! If it was to be that way, could he do it? Could he truly imagine life without her, after having planned the rest of his life with her? A sadness grew in his heart as he felt he had to let her go. He had to let all his future aspirations in life go. It really was a big decision! It would require a huge leap of faith, but he knew it was time to take that leap. There was no avoiding it! If he was to continue his spiritual progress, and life with God, this was the time. The big decision. He felt that by making this decision, he would become a man in the true sense of the word. It would mean taking full responsibility for his life, a life with God. His life would never be the same again. It was the moment of letting go, a time of complete surrender. He knew he had to decide now, to completely surrender and give his will over to God’s. Emotions continued rapidly to overwhelm him. He felt hot with perspiration again as the moment of making the final decision came upon him. It was time to act!

He spoke to Sasha in his mind, ‘Sasha, I’m going with this all the way. I do not know the outcome in the long term with you and I, and of course I would love it to be God’s Will that you and I are together for all time, but I am putting my trust and faith in the Mother and Father and if we are to be, it will be wonderful, if it is not, then there is some greater reason for it and no doubt if that time should come we’ll know its for the best.’ He then turned his attention to God and allowed his heart to speak as he stood gazing out over the lake.

‘God...’ he paused feeling something else deep from within him wanting to speak. Tears were beginning to come into his eyes as his emotions were continuing to sweep through him, he spoke out loud: ‘Father, Heavenly Father and Mother, Heavenly Mother, I completely choose to live with You and do Your Will from now on. I now put all my faith and trust in You. I know You know the greater plan of my ascension and I have now chosen to fully embrace it. I want to live with You at all times – forever! I now know I have the means with Your Love and the desire with my love, to do it. I know the truth of asking You directly for Your Divine Love and I know that this is the way for me to achieve living with You and the doing of Your Will. As a man, I am now ready to accept the full responsibility of living my life with You. You have afforded me the wonderful experiences I have been having and I hear Your call. I have chosen to honour You with all my heart. And I thank You Both, with all my heart, for Your Love, and I do love You Both so much.’

Paul felt glorious. He felt completely charged, with love and light. He looked out over the lake and felt like he could just walk out over it. He knew this was the biggest decision he would ever need make in his life and now he had made it! He felt as if he had instantly come-of-age, that he had suddenly grown up and could stand tall in all the heavens with his Heavenly Parents. Now he knew that God was his true Father and his true Mother. It felt so right. He felt so much closer to

Them, and he knew that he had truly personalised his relationship with God now. He had never considered calling God, the Father or Mother, but now he really understood that God *is* his Father and *is* his Mother and that he *is* Their child, and that was that! He just knew it was true, beyond all doubt. It was locked in, he just knew it! It was the truth! His heart sang with excitement. It had all happened so fast. Tears were flowing and he was wiping them from his cheeks just as quickly as they were appearing. He had unconsciously begun to turn back towards his apartment. It was however, still a long way off.

Over and over in his head he repeated to himself, *I have chosen to live the Will of God, and I feel fantastic!* His heart opened once again to Sasha; his love for her was still there as strong as ever but he felt slightly different towards her. In some way he'd let her go. He felt like he'd given her up. He wasn't holding onto her any longer. She was free to be with him or to go. He still didn't quite understand all he was feeling, but it felt right, and the words still seemed to be coming into his mind as fast as he could think. He realised he had been fully prepared to let her go completely with his decision, along with everything else. He felt a sense of relief. He said to himself, 'Now Sasha if we are to remain together I will know, we'll know, it is completely the Father and Mother's Will!'

He felt like he'd instantly matured in his relationship with her. He felt as if he was only an adolescent boy the last time he had seen her by the lake, and now he was a man. He could now see the greater vision of life and he was going to live it with her. They were going to live a life together with God, no strings attached, free. He wanted so much to tell her now of his experience, to be with her and share all the feelings of joy and love. He was walking fast. His breathing was heavy. He was exhaling with force. A feeling of relief was sweeping again through him bigger this time. In some way he felt very free; it was hard to explain, a sense of being liberated. He felt as if his heart had been blown open, as if a cannonball had been shot right through it leaving a fresh clean hole of light and freedom. He felt a new enthusiasm stronger than before, concerning his return to Earth and how his life would develop. *He had however, no idea that all he'd experienced so far was only the beginning. It was all only preparation, getting him ready to do the real healing, the real work, the healing of his soul.*

What a wonderful day, everything had worked out so well. He recounted his earlier experiences of the day and saw how masterfully they had been orchestrated to guide him to this place of new inner revelation and his new-found commitment to God.

It's just so incredible, he thought to himself. No wonder spirits like Zeta got such a buzz out of understanding and growing in truth. If it continues like this, life could be one of constant euphoria! – accept for those bad feelings. But at least he did seem able to work his way through them.

His legs were now feeling the effects of the length of his day's journey. He was nearing the home stretch, and could see the door of the apartment block down at the end of the street. He was still so excited. He had longed to the Father and Mother for more of Their Love as he quickly walked, enjoying the feeling of breathing It in as he sped home. He was hoping Zeta would be there so he could tell her his news.

Manoeuvring around the obstacles, spirits and their possessions on the footpath, having come via the street vendors at the far end of his street, he passed two men who were sitting on the footpath, half slouching and leaning up against the wall of a building in their dirty street-clothes. They were unwashed, down and out looking street-walkers both with half smoked cigarettes seemingly glued between their lips and clutching their bottles in their hands. As he cast them a fleeting glance, one of the two men raised his hand and bottle up as if in salute, and called out, 'Well done my son, well done!'

Paul smiled saying to himself, 'A messenger from God! They sure come in strange guises, you can never tell!' Laughing quietly to himself, he raised his hand to the man in friendly

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acknowledgement of his greeting.

Arriving at his apartment block he opened the door and rushed up the stairs. Opening the door to his apartment he saw Zeta was there to greet him. All smiles and still very excited he flopped down on the couch and proceeded to tell her of his day's adventures and of his major life-decision...

Day 8

Day eight was to be a social day for Paul. Upon his arrival home the day before, after his enlightening walk around the *lake of revelation*, he received an invitation from Harry (apparently he didn't need so much time re-adjusting to his new life as he thought he might) to come and visit he and Marj at the farm, as Willy, Pete and Albert were also going. Paul invited Zeta who said she would be delighted to join them.

Having honoured his obligation to Peter, by giving him the details of a Divine Love prayer group, he now drove the car Zeta had got from somewhere, a friend of hers she'd said, and they further discussed yesterday's events. Zeta had recounted the day when she chose unconditionally to live and do, the Father and Mother's Will, and how the decision subsequently changed her life.

As their conversation progressed, questions slowly took shape in Paul's mind. By the time they'd reached the open road they had fully formed and he asked, 'Zeta, now that I have embraced the Divine Love and chosen to live God's Will, how does one live one's life? I mean, how will my life change? What will happen now? What are the real benefits of it all? Do the practicalities of each day change as well?' Zeta thought for a moment about what it was he was actually asking. As he was someone new to the Love, she concluded that he really wanted to know if his life would become any different with the Love in it, beyond the more obvious ways. He was asking; how does one live the Will of God? How does one live God's Will in one's everyday life and how is that different from not living Their Will?

She breathed deeply, giving herself time to formulate an answer to this question. She had been asked it and had asked it of herself numerous times and each time she had answered differently, according to the requirements of each situation. She had concluded within her own truth that living the Will of God was an evolutionary thing. It simply evolved over time, by partaking of more and more Divine Love. And truth itself was the sign-posting along the way to show you your progress.

'Well to answer your question, Paul,' she replied, 'your life changes as you grow in truth, and you grow in three broad levels of truth: *Life, Spirit and Soul truth*. Understandings of truth on each of these levels develops and evolves throughout your life. For instance, you had the experience yesterday of the question of abortion as a moral issue. With such a personal issue, there is no right or wrong truth. God allows it to happen and you have seen how all the infants are well catered for and loved if they are aborted after this first physical heart beat. It is an emotional issue concerning responsibility and one that can only be addressed by each individual, depending on their relative level of truth. People on different levels of truth and understanding could see it eye to eye or very differently. I cannot make a judgement one way or the other as to whether it should or should not be. However, I can tell you what I feel about it in any given moment. For example, once I thought it a crime to terminate new life. Then I began to change my ideas and beliefs through experience and I began to see that it wasn't so clear-cut especially when its you who is pregnant and pregnant in circumstances that you don't want. And then as I progressed further I gave up sex and any thoughts of procreation altogether, and it ceased to be an issue for me. Since then I've seen that if we were all truly living at one with the Mother and Father, living the truth of Their Love and

honouring Their universal laws by being true to our natural self expression such a thing like abortion wouldn't happen for there to be an issue about. People wouldn't be creating life irresponsibly in the first place. So really all sides of the argument need to be listened to, everyone needs to express all they feel and it all needs to be taken into account and then choices can be made. There is no fixed or absolute way to live life. It is an evolving, dynamic experience. The main thing is people allow themselves the freedom to choose, to do what they want. Once you start making rules that have to be obeyed then it becomes more difficult to do what you want. It then becomes increasingly less personal, more impersonalised as decisions are taken out of the hands of the individual, and that denial is characteristic of your negative mind state. Sacrificing the personal will only bring about greater unhappiness, it will never make life easier to live.

'As you proceed in your soul-healing all you'll want to do is what you want to do. This might sound like a stupid thing to say because you might counter it by saying, but aren't I already doing what I want to do in life, isn't that what life is all about? And yet when you start to analyse your motivations for doing things you'll begin to see that much of what you do you *don't* actually want to do. There are things you believe you have to do; things you're supposed to do, and other things you've been led to believe will bring happiness and even love, but you're doing them all for false reasons, and with untrue motivation. And when you go deeper into your childhood repression you'll start to see how much you're still doing in your life because you're parents made you back when you had no say in the matter. It will astound you as to how much you only do to obey them, to be the good little boy all in the mistaken belief, which they've given you, that by being good, you will be happy.

'Truth is truth. I know that sounds obvious, but truth is what it is no matter where you find it. When you know something to be true, then it's real and not false and it can't be a fantasy, a delusion, or a lie. It's up to each of us to want to live true, to discover how to live our lives truly and what truth is really all about.

'Most people on Earth and in the Natural love negative mind based mansion spirit worlds aren't striving to live true, and because of that they aren't aware they are denying themselves, and living with their minds all caught up in fantasies. They are lying to themselves in every moment of their day. They are living completely delusional lives. And because they don't know any better they believe that this is the right way to live. They will even tell you that it's not true, and that they know the truth. You only have to look at their spiritual and religious beliefs, which they believe are true, but which are absolutely false and untrue, to see how much they are deluding themselves and how misguided and ignorant, and out of touch with their true selves and feelings they really are.

'So often humanity tries to pin life down because it's afraid of the dynamic complexities change brings about. People fear life will get out of control if it's not controlled, and yet life is by its very nature, evolutionary. You can't control it, that's the beauty of it. But you can learn how to flow with it, without trying to dominate and control it. And you can learn how to live true to it, how to honour all your own feelings, good and bad, and how to seek the truth of them. This is going truly with the flow of life, embracing change by embracing your ever-dynamic feelings. To deny yourself any feelings is to deny yourself experience and change and this is fatal.

'If you choose to resist change you'll make life very hard for yourself. The reason why so many people feel like their lives are not getting anywhere or are stagnating is because they are not honouring life as an evolving process, they are not allowing change to come to them and they don't want to know the truth. And why they are like this all stems from their childhood repression. You can't simply turn on a switch and start to live with truth daily being revealed to you when all your repression is based on the denial of your true feelings – the denial of yourself. It will only come as a result of starting to heal yourself of whatever it is within you that's blocking it.

'To live God's Will, Paul, you really need to start doing your soul-healing. I can speak about it

conceptually all day but as far as what's practically involved you'll start to understand as you do your healing. *God guides us through our feelings and not our mind.* Your healing will bring you back in touch with the truth of your feelings and eventually you'll know what God wants you to do because you'll feel what you want to do, what makes you feel good. God wants you to feel good. Living Their Will, living your life with Them and as They want you to live makes you feel very good. But as I said, you've got to do your soul-healing before your true feelings, how you truly feel about everything, are liberated so as to be able to feel the good feelings when they come.

'So far you've had a taste of the sort of thing you can expect as you do your healing but these experiences have only been a taste. When you start it and if you give your whole self and life over to the process then it will take you, and it's like being picked up by a river, and as you're carried along, in each experience as you feel your feelings you'll start making decisions about yourself and your life. About how you want to be yourself, what you want to believe, how you want to think, how you want to express what you think and feel, and how you do everything you want to do. Every part of your whole existence will come under the magnifying glass to be dissected so you can see how it came about, how it's been affecting your life and if it makes you feel good. And if it doesn't then you'll be able to see the truth of why and choose to give it up and change it. Everything that's wrong within you, everything that makes you feel bad can be healed – EVERYTHING – by seeing the underlying truth of the negative causes. And these causes, as I've said, will all be found in your early childhood, right from your first moment of your conception. And if you're wondering how can you see something that went wrong at conception or during your early childhood, how you were denied love, then do your soul-healing and you'll see another wonder about your feelings. *You can see all the truth of yourself through your feelings.* When you are ready and want to see it, it will be shown to you through your feelings. Your feelings, as no doubt you've deduced, are the key to it all. And it's through them as you express them, you'll unlock the door to the truth; truth that is innately contained within your soul waiting to be brought forward by it into your waking consciousness.

'The thing about your soul-healing is there is nothing on Earth that's even remotely like what it entails: the processes involved, the truth it liberates, and how it effects every part of your life. If you seriously want to embrace it then you have to realise nothing in your life is going to remain the same, Nothing. Everything will change. It will all change for the better, however, to begin with it might not seem like it is, as it will be hard and very confrontational, but if you or anyone does really want to live God's Will then they'll only ever be able to do it by first doing their soul-healing. I can't tell you how important it is.

'If I could take you into the Divine Love soul mansion worlds you'd see they are completely given over to the doing of spirits soul-healing. The first Divine Love world, mansion world three, is not so full on into it as spirits in this world are still learning about it all, getting used to living longing for the Love and starting to understand a little about growing in truth, but still they are very heavily self-willed orientated and although like you yesterday Paul might have made a commitment to God to live Their Will it's still only early days. You'll be making a commitment to Them through each level as you pass up through them, through each of the worlds until you've finally finished your healing reaching the Celestial level of truth.

'With your mind yesterday Paul you affirmed more to yourself than to God that living God's Will is what you want to do. This helps your mind to get behind your will and together those parts of you will be able to stay focused and help you to keep doing what you want to do: to *want* to live God's Will. *Really* wanting to is very important.

'Then as you set out to heal your will, you will be presented with each mind circuit that exists in the negative, and is anti God. Your bad feelings as you honour them and start to express them will bring up within you each of these circuits, and there'll be thousands of them. You'll see what your

underlying belief is and how it relates to your negative behaviour. Yesterday and the day before you got a glimpse of some negative behaviour you do, how you treated those people who's work you terminated and how you were likewise treating Sasha. You saw the behaviour and you didn't like it and as you expressed the bad feelings of what you saw, how your behaviour was making you feel, how it was hurting them and yourself, you decided that you didn't want to be that way and so chose not to; you chose to give it up. In this process you're in effect telling yourself that you are not going to use your will in this way any longer and you are going to change it and use it in a different way. Consequently the negative beliefs that were in your mind that you had been using to uphold this negative behaviour will be broken down, let go of, and replaced by new positive belief and associated behavioural circuits. All of this takes place on unseen levels within you, directly by your soul in conjunction with your Indwelling Spirit and the *Divine Minister* – She's the *Mother Spirit* to all minds in Jesus and Mary's universe, and guides and directs the Holy Spirit which is Her equivalent of the Spirits of Truth. In the flesh you might actually experience a headache or some other physical thing to tell you that such a breaking down of the old and replacing with the new is taking place, or it will happen as you sleep, or even with the added help from your angelic guardians who'll work on the relevant part of your aura bringing it out of the negative, evil, unloving state, and into a positive one.

'Then with this part of your negative mind transformed into the positive, *healed*, and as your soul will have released all your repressed bad feelings associated with this circuit you will then live with a different truth and in a different way. At first you might not notice that you've changed, however as time moves on you will. You'll see how you've changed, and how your life's changing and how it's now progressing with something of a new purpose.

'The difficulty we all face is that we are using our will to control, to maintain our negative mind states. And we're using it with all the force of will we can muster. So to break it down and give up takes a force equal to and at times greater than it, and this is where things get hard. To smash into and then break apart your ridged belief barriers that are not wanting to give up the power they believe they have, even if it's bad, and negative and hurting you and other people, requires a lot of difficult and strong feeling expression. Usually a lot of angry releasing, heavy arguments, losing one's temper, having tantrums, yelling and screaming and so on, all the while trying to express and release the terrible bad feelings you're feeling. This therapy is tough and it will take you eventually into your childhood trauma states so you can re-experience them being able to liberate the repression of what you felt when they were put in place. A little child that's screaming with all its will because it's feeling bad; because it's having its will interfered with, and is not being allowed to do what it wants to do, is showing that it's experiencing a traumatic state of being. Its developing mind is still forming, and forming through this trauma believing, even though it feels so bad and even on some level knows it's all wrong, that this is its life and how its life will be. The negative patterns are being laid down, the trauma becoming apart of its everyday life, and what it really feels about how it's being treated, how angry it is, how furious and terrified, is all being repressed. It has to obey the one in control, it can't have its own way, it has to suffer at times excruciating pain and it has to battle against its own parents, the very people who should be only loving it and never denying it and never making it deny itself. And for this child, as you will see within yourself as you re-connect with and expose and start to express your trauma, that having been forced to accept that this trauma is now an everyday part of your life, you will do things repetitively in life to keep the trauma 'alive'. You will do things to make yourself feel traumatised often being unaware you're feeling so bad, and not even aware that *you're* doing the bad things to yourself making yourself feel bad. We are all constantly reliving our traumatised childhood states as adults but are mostly shut off to the full intensity of them because we've done so much work on ourselves to keep all the bad feelings repressed. You'll discover Paul, that one of your main motivations for going to work and

having power over other people is all an act used by yourself to hide the real unloved and traumatised you – the little boy who suffered. And if you couldn't keep the denial and negative patterns working, hiding all your suffering and misery, anger and pain, and it all became too overwhelming and got the better of you, your system might fail, collapse, and you would experience a breakdown.

'Your soul-healing will strip you back steadily breaking down all your negative mind. And it will, as I said, put you back into these traumatic times so you turn the situation around and allow yourself to have and express the anger, the rage, and fury, the feelings of injustice, of not being respected and cared about: feelings of being rejected, unwanted, and all the misery and anxiety associated with the whole experience. And as most of us as children had many traumatic times, time and time again, you'll be worked back over and over into them all. This is not pleasant but I can assure you once you've released all this hidden burden the relief is sweet. And gradually your life changes. It will change in many ways. You'll give up lots of things, this all coming naturally when you're ready. Nothing will be forced upon you that you're not ready for nor can't cope with. You don't have to give up everything to start living God's Will. As you work your way through your healing you'll probably find you simply don't want to do the same thing or want the thing any longer so you'll naturally give it up. You'll give things up only when you're ready and because you want to, when you've identified and healed – expressed all your hidden feelings, and what's been making you hold onto them. This is another very important part of your healing. The aim being to never do anything you don't want to do. So, if you don't want to give it up, don't, but always want to know the truth of what you're feeling about it and always want to express all the associated feelings – every feeling no matter how irrelevant it might seem. Your physical body could become wracked with aches and pains over the duration of your healing but all of this will be to help you to slow down, help you to give up, and stop doing what the Mother and Father know you shouldn't be doing. And as the whole process evolves through you and you with it, then gradually in each and every moment you will be making the transition of stopping living life without Them and denying Them and instead bringing your will into harmony and alignment with Theirs.

'If we were to go and visit the fifth mansion world, the second Divine Love soul world, you'd see it was a very sombre world. Everyone living on it is going deeper and deeper into their hardest most repressed stuff. They have turned inwards quite a lot. They do not want to go out and do things that will take their bad feelings away. As much as they might not like their bad feelings as they're surfacing they are still begging the Mother and Father to help bring them up within them so they can express them and see the truth of them. These spirits know that they've crossed the line and there is no turning back. They are too far into their new lives with the Father and Mother. They know what's at stake now, and they've done enough of their healing to have seen positive results, to feel them, to see how much they've changed, and to like what they're becoming. They know what I'm speaking about is all real and true because they are doing it. In each moment they are living it. They are living the truth of Divine Love and they are seeing the truth of their negative mind state.

'If we then went higher and into the seventh world, in the lower planes, spirits would still be doing it hard, but they know they've at least broken the back of it, the worst is beginning to leave them, they have formed a picture of their whole denial with the finishing touches being added. They are able to look back over their healing years and see how much they've progressed and because of this they know that Jesus and Mary's way is God's Way.

'By the time their healing is nearing its completion they are starting to feel new vitality, new life flowing into them as they are starting to live by expressing all of themselves in unison, balanced, and are starting to feel good about that. They are starting to get some sort of feeling for what it will be like to live with a positive mind, true behaviour and good feelings. The picture of their denial

will virtually be fully formed: they can see what happened to them from conception through life in the womb, at the time of their birth, and all through their young life to sexual maturity. They can see it all; all the truth, all through their feelings, through what their feelings have shown them. And they are able to then see to whom and what they were subjected to during their formative years, and how they took on all the negative influences themselves, forming their negative mind, and then how they set about living this as an adult. They can see how they were denying themselves, hurting themselves and others and how their life was always reflecting back to them this truth. And they can see how they lived for so long denying this truth, not wanting to see the truth of their feelings, what they really were feeling underneath it all, but mostly unconsciously, and then how they turned it all around through their healing. How they brought it all out of themselves by accepting it all: stopped their denial, turning around from living not loving themselves and others to now loving themselves. And in this new light, with a positive mind they are able to understand what Jesus was teaching and speaking about all those years ago. Now they are able to more truly relate to him because their mind is now positive and of the level and order of truth that his mind was on Earth, at least at the beginning of his public life as he started out equivalent to the Celestial level of truth. The Churches will never be truly able to live and understand the truths the master taught because their philosophy is based on obedience. And this, unbeknown to them, is obedience to their own denial, to the evil state within themselves, and denial of God. And whilst they endeavour to be obedient they will never allow their repressed childhood feelings to surface, because obedience means being obedient to their parents ensuring their parents will is always done, and all bad feelings are kept away. To make your child obedient to you at all cost to its freedom is cruel and inflicts so much emotional and spiritual trauma on the child, and can only be achieved by stopping your child from freely expressing all its feelings – having its say.

The Church will always remain in control while its faithful are obedient. Should these faithful choose to rebel and face the rebellion – the denial within themselves by wanting to see the truth of their repressed childhood's, the Church would loose them. Once these people and spirits choose no longer to be obedient to their parents (now represented by the Church), and no longer want to keep repressing all their bad feelings they would see just how much of their power they are giving away to the Church, how much they are still wanting to be controlled. I want to say again to make it absolutely clear, there are NO religions or spiritualities currently on Earth or in the Natural love spirit mansion worlds are living true to the truths revealed by Mary and Jesus about our Divine and Heavenly Parents. Everything is all bound up in, and a product of, the Rebellion, of peoples and spirits negative mind states irrespective of the supposed source of the revelation they choose to believe and worship.

‘So by the time the high seventh world soul spirits have seen all of this and then moved higher still and are finally completely healed they are able to leave the mansion worlds once and for all and are welcomed into the first Celestial sphere. There to begin their new life having in effect been born anew, having been completely purged of all their negativity, all their rebellion and having chosen to live in the loving universe of Mary and Jesus, lovingly with themselves, their soul-partner and the Mother and Father. Now they are wholly living God’s Will.

‘And so this is all going to happen to me on Earth?’ Paul said with slight amusement not being able to imagine any of it happening to him.

‘Yes, if you want it to. It’s all up to you. You can do it or stop it at any time, or tick it along whenever you like, but if you really commit yourself to it, this is roughly what will happen. Of course as to how it will happen, the practicalities of your daily life, I can’t tell you, that is something you’ll be finding out for yourself.’

‘And how am I supposed to live, you know, go to work, earn money to survive while all this is going on?’

‘That’s what I mean, but you’ll find out. I don’t know what the Father and Mother have in store for you. I can look into your future to a certain degree, we have a facility in the Celestials to do that, but I have refused to use it. I don’t want to know about your future any more than I already do. I don’t want to inadvertently influence you any more than I am. I don’t want to know because I don’t want to interfere with any of our future experiences.’

‘Boy, it would be good to be able to know the future.’

‘It might sound appealing to you now Paul, but I can tell you that it is the exact sort of thing you’ll be healing. For example, why do you want to know your future? Why aren’t you happy living for the present? What do you hope or expect to gain by knowing what’s ahead of you? Ease some of your fears if you’re forewarned? But then I would ask you as to why do you have these fears? Where have they come from and how are they making you feel? You see Paul; it all has to be healed so you can live life without any fear, with no anger, no bad feelings coming from your childhood repression. When you’ve healed all your repression and when you’ve got a positive mind then if you feel bad, if something happens for example to make you feel angry, you’ll be able to freely express your anger, you won’t do things to prevent your expression of it. You won’t deny it and so you’ll actually enjoy it, it won’t feel like a bad thing and you’ll also be able to freely see the truth of why you are feeling angry and deal with whatever it is. Do you understand?’

‘I sort of see’ said Paul.

‘Once you’re underway which will all happen naturally in your life, one thing will lead to another and the more you pray and long for the Love and want to see the truth, the more it will evolve and before you know it, you’ll be into your healing. You will be given help. I can’t tell you how, but you and Sasha won’t be doing it all alone. It can be done by yourself but usually help will be provided in many forms.’

‘Hmm... that at least sounds a little more reassuring. I don’t know if I like the sound of this whole healing thing. It sounds rather scary. Like going into hell with no return, and having to keep going until it’s all done.’

‘I am not trying to give it to you as a nice thing. I don’t want you or others who might read your story get the idea that it’s a fun thing, that you soak up the Divine Love and miraculously all your fears vanish and all your troubles are taken care of, forgiven by our all loving and wonderful Father and Mother.

‘I want to convey the impression that it’s hard and very real. Many spiritual groups and alternative healing practices speak about their techniques in regards to healing your soul or healing some aspect of you, but although some of these things might effect certain types of healing, really all they will doing is band aide stuff compared to what you’ll be doing during your soul-healing. Some of the techniques can be very helpful to push you into parts of yourself you might be resisting to see. They might help you become more familiar with and aware of your bad feelings, and they might even help you see a little truth here and there, and they may touch on some of your childhood repression, but compared to what the Mother and Father will show you... well there’s just no comparison.

‘When you do your soul-healing with the Divine Love of God you are doing more than just healing yourself. You are setting out on your ascension consciously taking it and your life into your own hands. You are setting out to make perfect all your relationships, with yourself, your soul-mate, with all other people and creatures and the Mother and Father. It’s a whole spiritual life you’re embarking on. It’s spirituality with Divine Love – *Divine Love Spirituality*. It will make you look into all the reasons why your relationships aren’t working, as they should be, particularly the one with God and yourself. Your mind has to become perfected, pure, not rebellious – positive. Your soul will release into your aura as you progress through your healing each next part for you to heal. So the next ‘batch’ of bad feelings will come back into your system, your soul bringing them

forth to match the experiences it's providing for you all according to your soul-life-plan all within your *Soul Light Print of Destiny*, your souls pattern for life.

'As I've said before this truth has not ever been released to Earth before. Even Jesus didn't speak about it all. And so nothing that currently exists on Earth or in the mind mansion worlds is anything like it and nothing that currently exists can help you do all your soul-healing.

'When you get back Paul you'll hear about all sorts of spiritual and healing systems and beliefs, all claiming to do what we've been speaking about. They will claim to help you to live true to yourself, to live God's Will and to do your healing. But nothing is like what we're speaking about. All of this other stuff is all just playing around in ones negative mind. It's not what many think it is. Gurus are worshipped, religious leaders followed, many are getting messages from spirits – so called Ascended Masters and the like, but none of it is what I'm speaking about. None of it has anything to do with what I've been telling you over these past days. None of it!

'Ascended Masters?'

'It's all fantasy Paul don't believe any of it. It's all the fanciful workings of higher mind spirits in the Natural love mansion worlds, all wanting to big note themselves and pretend they are someone special.'

Zeta paused having made her statements. She wanted this to sink into him because she knew that once he was back on Earth surrounded by people saying all sorts of things the chances of him getting confused and disheartened were very high. It was going to be hard enough for him and Sasha to slog their way through their own lives longing for the truth and having to try and deal with their surfacing bad feelings. She considered for a moment that they really have no idea about what they are getting themselves into. They were about to take a great leap of faith, to step out into the complete unknown and see what happens. She could see how it would be hard enough on an individual, but on them both and whilst they are setting about trying to have something of a relationship together, even harder. And yet she knew also that they could do it and that they will need each other to do it. Everyone can do it, that's how amazing the Mother and Father are. She knew no one would be denied the truth if that is what they sincerely wanted, and sure, times would get rough in peoples lives, but what is rough. For many life is one big continual seesaw of ups and downs, and at least while one is doing their soul-healing they are knowing why the bad things that happen to them, do happen – all so as to keep stimulating more bad feelings to surface so they can express more of their repression and find the truth of it. She said in her mind to herself, 'What we all discover is nothing that happens in our adult lives is as bad as what happened to us as young children – Nothing!'

Paul was quite: thinking over what Zeta had said while concentrating on driving, they were nearly there. After a while Zeta continued. She thought she'd go over some of what she'd been saying but from a different angle and a bit easier and not as intense.

'Paul, as you grow in truth you will understand more about all the things happening in your life. We mature naturally with your own Natural self-love, and quicker with the inclusion of Divine Love. Fear-driven motivations in time will no longer rule your life. You'll gradually change, and your views of life change because of it. Suddenly you'll simply see and decide that you don't want to do something you've been doing. You might for example decide that you don't want to watch the TV anymore. You might um and ah about it for some time watching and then not wanting to, but if it's not to be a part of your life, when the times right, you'll just know it's time to give it up once and for all. You are still of course free to start watching it again, but really when the truth locks in and you've reached a level within you when you no longer need the TV as a stand in for what you're lacking in your relationships it will be gone. And gradually this will happen to all the things you have in your life that are there because you are not experiencing true love and communication in your relationships.

‘All the things you do in your life, like watch TV, have sex, go out to restaurants, the movies, most of the conversations you have in person or on the phone, listen to music, drink, work; all the things you do that you do because you are using them to escape your bad feelings will eventually go. As you heal your denial, the reasons why you need to do these things, why you do them to deny yourself your true feelings and true relationships, will simply no longer exist. You might still want to have a drink for example but the fear-based motivations behind your want, the underlying repressed bad feelings your trying to keep covered up by drinking will no longer be there and so your reasons for drinking, and how much and what you drink will change. You’ll be amazed at what you end up giving up and what you don’t need in your life.’

‘But Zeta, what will I do, if I give up all these things?’

‘You’ll do other things, like communicate truly with yourself, Sasha and God. You’ll be living a whole new life.’

‘You can say that again!’

‘Don’t worry Paul, you’ll feel so fulfilled by life, by your own feelings of you – this is *ME* in my life – that you won’t even miss them!’

She paused again as they came to the cross roads marking the end of their journey. As they were early, Paul having driven much faster than what Zeta thought was to be a leisurely pace, she suggested they continue driving. Paul readily agreed feeling other questions coming into his mind and knowing that Harry’s wouldn’t be an appropriate place to ask them.

‘Zeta can you tell me more about our repression, I mean how it forms. I don’t quite get it. How and what do our parents do to us, all you say they do?’

‘Yes, certainly Paul. As I said the other day the difficulty everyone faces is that it’s something they are doing to their children without much awareness of, not only what they’re doing, but also of the devastating effects it’s having on them. And it’s not until you do your soul-healing that you’ll be able to fully appreciate what was done to you and so in potential what you can or have done to your own children.

‘It happens simply because everyone on Earth is living in a negative mind state. As I said this state of mind has been evolved over hundreds of thousand of years being passed from one generation to the next. Over this time mankind has evolved its negative rebellious state to the extent of being equal to seven mansion worlds of denial. And that just about covers everything.

‘Now what this means is that, let’s take your parents for example, they meet each other and decide to marry. Now already you have to understand that they are not living true to themselves. They are rebelling against themselves, God, everything. No matter what they might think or believe about themselves, about their relationships with their parents, and each other, and no matter how loving they believe they are or how in love with each other they feel they are, they’re still two negatively minded people uniting together. And as you might remember from your early maths two negatives coming together make another negative, you.

‘As to how this actually happens, the inner dynamics of the mind, I don’t know. I understand from what I’ve been told that as I ascend higher through Mary and Jesus’ universe I will get more of an understanding about such technicalities, however I do know it happens because I’m the result as were my parents and their parents and we’ve all done our soul-healing. And the incredible part is as we all did our healing, all at different times, we’ve been able to see our individual negative influences and also the parts that have been evolved and handed down through each generation.

‘My mother and father, and in particular my mother, as mothers being usually much closer and directly influential on their children during their mind forming years, found it very difficult to accept that she had done so much damage to me. But the further she and my father went in their healing it all become increasingly obvious, and damage it is.

‘The hardest part I found, as I said the other day, is having to accept that your parents who you

believed loved you did all these bad things to you, although without being aware of what they were doing. They believed they were doing the right thing, everyone in their day was parenting how they were, and how they treated us children was mostly: the child was to be seen but not heard. It was all so impersonal and detached and thought to be the right way without having any bad effects on the child. However, if you stop and look into their relationship with me, what was really going on? And even though I tried to change things with my own children, by trying to be more open minded and accepting of them, by letting them be seen and heard, I still inflicted a huge amount of denial and hurt on them and taught them how to repress their feelings.

‘Zeta how come you don’t look as old as you sound? I mean you’ve been dead for some time, right, had children and a full life on Earth, but you don’t look very old, I’d say roughly in your mid thirties?’

‘Roughly... As spirits we are ageless, so we adopt whatever age we want to look like and mostly that’s on the younger side of a mature adult. But getting back to what I was saying...

‘We had a nanny and a household full of staff. We saw our parents at meal times and occasionally our mother would come into the nursery. When we saw our parents they were so kind and friendly and wanting to know all about what we’d been doing, we were always excited to see them looking forward to our time with them. And then on the extra special days when we were called to their rooms or when we all went away on holidays we were very excited.

‘I grew up with very fond feelings and memories of my parents, but I loved Nanny more. Nanny was always with me and always let me do what I wanted. I was not so controlled with her as in the rest of my life.

‘So when it came time for me to do my healing, I thought I had a good relationship with my parents. As I told you, I was particularly close to them by working in the business and thought I loved them very much. But what was this love really based on? What really were my true feelings about them during all my days with them, and what were my feelings about them as two people – my parents? How did they really make me feel?’

‘My healing revealed to me that the love I thought I had for them wasn’t so loving as I wanted it to be. I actually had a mass of hatred for them, for treating me as they did, for being so aloof, for not wanting to be in my life every moment and worst of all for not wanting me in their lives every moment. I was their child and they left me with a stranger, Nanny, and although she loved me and looked after me, I was not her child. There was no way around it or no excuse, I was livid with rage at feelings of so often being rejected, so many times I wanted to rush and be with them when I was small, having done a drawing I wanted to show them or just to be with them, but I was forbidden, I had to be obedient and learn good manors and do as they said.

‘I wasn’t really a child; I was more like a pet. I was brought into see them to amuse them, so they could see ‘what progress’ I had made. I was presented to them as if they were the king and queen and were deigning to allow the common folk to speak to them, me their very own child.

‘The further I went in my healing – the deeper into myself – the more false my relationship with them became. The more I could see how they didn’t actually love me. They loved the fantasy, the picture of being successful in society and with respectful, obedient, and ‘correct’ children fitting the right picture. They didn’t know me nor I know them even after all those years of working with them. I worked with them, so I discovered through my bad feelings, only because I believed it would make them favour me, make them give more attention to me, I wanted to get the love I was still so desperately craving from them.

‘As my whole truth-picture unfolded I began to see what a sham my relationship with them was and consequently how I’d accepted it all as being right and that was what life was all about. I never felt bad, or so I believed, having done such a good job on myself repressing any bad feelings. I never thought to question anything they said. They were gods and I obeyed. And I believed that

we all lived very happily together in life. I believed my parents had a very close and loving relationship, and even in spirit when I met them both and saw that they'd gone very separate ways, each with new partners, I still thought their relationship on Earth, at least what they had with me was good and right and true. But it wasn't. They lived most of their married lives in a heightened state of pretence and delusional fantasy. It was like they were on the stage, actors in what was called the play of life. And they carried out their roles of the happy dutiful loving couple right to the end, then when the play ended, they both quickly took on a new role in another play.

'I came to realise that I'd strategically clung onto what I believed where the good times, when they wanted me and loved me, and edited all the rest of the bad times. It was bad manners to express, to show any bad feelings – any bad feelings at all, and you never said no to your parents; that was simply unheard of. I swallowed the denial hook line and sinker and would never have guessed anything was wrong, passing it all onto my own children, had it not been for meeting my grandmother over here in spirit and following her into a life with the Divine Love. Then as I started to see the truth, what really was the truth of the relationship with my parents, everything started to unravel.

'And although my Earth life was more unusual, I had something of a privileged life, the majority not having nannies and servants, still from what I've seen it doesn't matter. Both of my parents could have been with me twenty-four hours a day, from conception until I left home and still not loved me, as I wanted to be loved.

'You see Paul it all comes down or back to being loved. And being loved how your soul, you, needs to be loved. We all have very specific love needs, and they are present right from the start. And if your parents don't attend to them, which they can't do whilst they are of a negative mind state, for they can only deny them, then you too are going to get denied the love your soul needs. And we don't know what love our soul needs. When we are small we are not aware of it and being a parent you can't learn from the 'how to love and parent your child properly' book, what your child's soul needs. There is no formula only truth.

'We pass on the truth that we are. If we are of no truth that is what we pass on to our children and they become as we are. If we are one mansion world of truth we pass that on. If we are of four mansion worlds we pass that on, and if we are Celestial truth we'd naturally parent out children according to our Celestial truth, we'd simply be with them, relating to them and loving them on that level of truth and it would be perfect for them fulfilling *all* their soul needs. The perfect human parents will be of Celestial truth and that is one of the goals of human evolution. One day the perfect, positive-mind, denial free, and fully loved child will be born on Earth – one day. And born to perfectly loving Celestial parents of flesh.

'People wonder whether they should hit their child or not, punish it when it's disobeyed, but wait until they do their soul-healing and see how it felt for them when their parents punished them for 'disobeying'. And what is being disobedient? It's only doing something someone else dislikes. Our parents enforce rules based on their parenting and the current trends of society and they force their children to obey, to fit in and follow the rules. And then if society suddenly changes and says, smacking is out, but doing other deprivation things are okay as punishment, then it all moves that way but always with the parent in control. The parent, so we believe, is NEVER wrong. And the child is *always* wrong. And the truth is that parents are acting as if they are like God, but they are *not* like God who are our Parents in Heaven, our Soul Mother and Father, and Who are PERFECT, and of PERFECT LOVE, and are PERFECTLY LOVING. No, they are behaving like god, this fictitious god we've made up, the god that needs to be obeyed or else. And we carry that on into the Church, and the Church reinforces it for parents by worshipping that false god: the all-powerful one that must always be obeyed or else you will get severely punished. The god of the bible punishes, and is NOT our true Heavenly Mother and Father. Our parents punish us, they lay down laws,

which are completely arbitrary and only based on what they believe to be right and yet where are getting this belief from – a negative rebellious, unloving, God hating mind! Not from what their feelings know as being the truth.

‘Can you see how absurd it is, how terrible the delusion we’re all living under really is? We are all completely living against ourselves, and all that is truth, perfection, beautiful, loving, and good. We put on a big show of pretence, we believe, we tell and convince ourselves that how we live and what we know is not evil and sinful and is not hurting and denying our child’s own free expression, and is instead, good, and right and all loving. But we are completely false! We are completely living in the darkness, so far away from ourselves that we no longer have any idea of what is the right way up. It’s all insane. And nothing really ever changes or gets any better because we refuse to see the truth.

‘The whole key to your soul repression is to look at how you really were treated by your parents and to see if they denied your ability to express how you felt. For example if you said ‘no’, and you were then punished and told ‘no’ is not the correct answer then you have been severely denied. If you wanted to show your pain and distress by crying and they said ‘no’, we’ve had enough crying, or were not going to tolerate a crying baby and did things that make you stop, no matter how inconsequential they might have thought they were, like giving you some food to distract you from your bad feeling, then they have interfered and changed the natural way your soul wanted to express itself, and on some level have caused a trauma within you.

‘People have tried to experiment with trying to give their children complete freedom by even trying to never say ‘no’ to them, but what they still fail to understand is that it doesn’t matter what they are doing to them. Sure they might not be as harsh on their child as another but still they are of a complete negative mind, and so are still passing onto their child all forms of control, all resulting in repression and the child being denied the real freedom to express its true self.

‘If a child at any stage of its life is not allowed to express itself freely then it suffers terribly. Look at people who are made to suffer certain forms of torture, look at the terrible suffering and pain they feel from such unlovingness. Look at the trauma they quickly experience. It doesn’t take much to destroy a person’s faith in themselves. And yet we are torturing our children all day and night long, but instead in most cases, the child doesn’t crumble into a wreck of a person and so we fail to see our negative and bad impact on them because they are still in their growth phase of mind. Their minds each day are having new circuits brought forward into being by their souls, and so it seems like the child has an incredible durability. It is able to weather the crunches, take all the punishment and only seemingly in very extreme cases does it show any real disturbance. However this is not true, it’s not what’s going on, on the outside that matters. It’s all about what’s going on the inside and all the punishment and denial and unlovingness a child takes is retained within its soul. Just because your child seems to get over its tantrum and seems to get on with life as if nothings happened doesn’t mean that it’s happy, and what it does mean is that it’s had to repress that emerging part of itself, bury it and all those bad feelings away in its soul. And there they will remain until you want it to all come out during your soul-healing.

‘But not all of it stays there dormant and some of it is always seeking to express itself and that’s why you get sick, why things go wrong in your life, why people have problems. All disease and illness no matter whether its physical, emotionally, mental or spiritual is all, whilst you of the negative mind state, brought about because of repressed childhood feelings – ALL OF IT!’

‘Sure the doctor might be able to detect a microbe under the microscope and deduce that you’ve caught an infection, but really the question to be asked is why have you ‘caught’ it? Why has it come to you? Why has your body allow it to have power over you, and whom does it represent from your early childhood? Who in your early childhood treated you, as the infection is – who did have the power over you? And why do you want it? What experience is it giving you? What truth

are you to get from the experience? What's wrong on deeper inner levels to make this problem show up on the outside in your physical? Why are you in such and extreme state of spiritual denial that you are having to call upon nature, a physical organism, to come and help show you in what a bad state your mind is by making you get sick?

'Hey now that's a big one to get your mind around!'

'Yeah, I thought you'd like that, but its true. Humanity has still no real idea why it gets sick. And why anyone does is all because of their childhood repression, all what was done to them back so many years ago when they were very young. Why someone is dying of cancer now at seventy years of age is because of things that happened to that person from conception through to about the age of five or six, up until their minds are fully formed, fully incircuted in the mind circuits of the Divine Minister signalled by the arrival of their Indwelling Spirit of God.

'Wow, when you explain it all Zeta it all seems to clear. It's a huge thing isn't it? I'm beginning to understand that there's a lot more to this spiritual life with the Father and Mother than meets the eye.'

'There is Paul, much more. Humanity is yet to understand the severity of the state it's living in, and how ingrained in it you all are. As people start to see the truth of their childhood repression and come to grips with their denial states, then they will begin to see how all those things about life that have for so many generations not been explainable, are all a result of the rebellion they are living in.

'It's hard to come to terms with the truth that your fighting against yourself because your parents fought against you, and yet for many people and spirits they've been in a battle against themselves and their parents ever since the first moment of their relationship with them. And the fight has been going on ever since. Most parents will tell you that their child fought them and the only way to win, to maintain control, was to overpower them. It's as if we see the child as an evil monster that needs to be disciplined, trained, and restrained, brought under the yoke so as to not misbehave and run a muck. We fight our children instead of loving them and we make them do what they don't want to do, and we tell them that it's good for them and we're only doing it because we love them. There's so many mixed messages given to the child and when you come to work through them all during your healing they'll nearly drive you mad.

'Our relationships with ourselves and each other are a madness. We have no idea about what's really going on. Most of us feel trapped and even if some don't now, feeling in control of their lives, wait until they do your healing. Trapped in the will and rules of someone else, not at all free to be your own spirit and to live and express yourself in life how you feel and want to.

'Our so-called advanced civilisation is only more adept at covering over all our pain and denial. We've learnt how to behave in such ways so as to pretend we are all loving life and having a jolly old time, when really underneath we hate it and are suffering horribly. We are all completely false.

'When we are young and seemingly healthy, old age and even death seem like they don't exist and we strut about, paint and decorate ourselves, use all the right airs and graces and play the nice game of pretend, be false, smile, and don't dare look at your bad feelings or anyone else's. We have been so severely corrupted that the corruption of our mind and soul we now believe is the right way to live. Look at how many people believe in the rubbish the Church teaches, all the untruth contained in the bible. As you might be aware Paul more material is coming available to show up the pretence, power and control the Church is living in and how really it has very little to do with Jesus or what he taught and his relationship with the Father. And yet people who believe in it will fight till the death to defend it, they won't give it up and see it for what it really is, and why? All because they are too scared to disobey it, to disobey their parents. They are to afraid to say 'no', to look past the superficial exterior, they don't want to have to face the truth that things are not right in their life, in the Church, in their homes, in their families, and in their own relationships with their parents and children. They don't want to face the truth that they feel bad, that things aren't right.

They don't want to feel bad no matter what. And to have to admit they were unloved by their parents or are themselves unloving parents, would be the end of the world, something only the devil or Satan might dare accuse them of. They don't want to have to confront their parents and say 'NO'. They are too afraid to displease their parents, too afraid of being punished and made to feel rejected, unwanted and unloved. They don't want to cause more of those dreaded unwanted bad feelings. They have to obey and keep the peace at all cost.

'What I am telling you about will scare a lot of people, they will feel they are being presented with the undoing of all they know, devastation, and in a kind of a way they are, and it's called the TRUTH.

'But things must move on. Humanity can't remain dead to its own pain and misery. It has to start taking responsibility for its own actions and that begins with each person and what they are really feeling in each and every moment.

'Many believe that the crossing of ages will usher in an age of love, of emotional peace and harmony, that somehow the hard masculine dominating material drive will give way to the softer more peaceful, balanced and more accepting feminine way. But I can tell you that the feminine, if it chooses to really get hold of this new truth, will bring out its hidden sword and start to cut great swaths off the rotten decaying denial. It will want death to the Rebellion, death to the real evil monster, and it's currently rising up to claim what's rightfully its. And the masculine if it has any sense at all, which I doubt while it's in the negative, had better beware. When women take it fully upon themselves as mothers to openly accept that they don't know how to do it, how to be the parent, and start to express all their bad feelings about it, and accept and realise that at the same time its okay and all they have to do is want to live true and strive to do so, a whole new attitude the world over will evolve, it will be like spring has come having lain dormant for all too long suddenly starting to open out in all its glory.

'When women finally start to say 'NO', and stop trying to compete with men and pretend they are liberated, when they finally start to say 'NO' to the untruth particularly within themselves and understand that they should honour their bad feelings, ALL of their bad feelings and ALL of the time no matter what the cost, relationships will start to change. Then women will get a taste of what's it's like to live according to their own truth and then they'll begin to have some idea about what being truly liberated is all about.

'I must say it does sound exciting Zeta. I have no idea what you're speaking about but it sounds like humanity is in for a big change.'

'And not before to long Paul.'

'Well if your something of what a truly liberated woman is like Zeta, I'm all for it.'

'Yes, it will be very exciting on Earth when people begin to realise that it's the truth that needs to be set free, that it's currently being repressed, and by setting it free they will be free. The truth will set you free by you setting it free within yourself. And you can ONLY achieve this, as I've said, and will say time and time again, by honouring ALL your feelings good and bad – especially the bad ones. They are after all still apart of you. And they – you – need to be loved. Bringing up and expressing your bad feelings allows them to be real, shows they exist, and gives them a say, and seeking the truth of them – why you have them, is loving them, is truly loving, honouring and fully respecting these parts of yourself - YOU.'

Zeta paused again re-focusing on her thoughts and calming her light down. It does feel good to be able to really speak about what you feel. She remembered how many times she'd said such things toward the end of her healing when the bigger pictures were all beginning to take shape within her. The picture about her own personal drama and all that she'd healed and how this all directly related to the Earth in general. All of the Celestials that were going to have something to do with this most remarkable time on Earth were looking forward to it. None of course knew how

things on Earth would go and how long it would take to heat up, but all knew that if people on Earth could do their healing, and feel and see, what they now saw and felt, they wouldn't be able to stand around and allow the negative status quo to exist and longer. They might not get out into the streets declaring an end to it all but in their own lives they would know the truth and fully live it, they would not be compromised and that would be enough.

They'd driven far enough and Paul had turned around heading back to Harry's. It had been a good drive, she'd thoroughly enjoyed herself and Paul seemed to still be taking it all in his stride. He wasn't too worried about the rise of the feminine if anything it seemed he was excited by it and absolutely agreed that it needed to happen for the sanity of life on Earth.

She paused and redirected her mind to her soul-group. She could see them all sitting around in the room from which they were helping her with Paul. Mentally she asked them if there was anything else that she should speak about. She couldn't remember all of what she'd told him and it was so helpful having such caring back up. It wasn't all up to her. She waited. Paul was silent and she could perceive his thoughts mulling over what she'd been saying. She knew that her soul-group would all be tuned directly into his mind able to see how he was taking everything and what affect it was having on his feelings and general state of mind. She waited some more... then began again.

'Perhaps the hardest part to get your mind around Paul, that is to accept, is that what you've been told, taught and made to live by your parents is not true, it's not actually right. Most people are parented to fit in with society so they can achieve what they want, even be successful, make their way, their parents way, have their own family and you know how it goes. And so when they grow up and go out into the world and discover they can make their way, they believe naturally that their way, the world's way, is correct. And how else could it be? And if anything comes along to disturb that way they don't like it. They might even resist the change preferring things to stay as they are, because they know how to play that game, they are happy with their lot, and the power it gives them and that's life. So for such people who within their negative mind state are generally happy, to be asked to accept that their life is all wrong... well it's a big ask. Why would they believe it? Why would they want to change? And unless something happens to them to shock them out of their cosy little existence, one they firmly believe is right and good, they won't change.

'So many people particularly in the West don't want to change if life is being 'good' to them, if anything they want more of how it is, so it will be even 'better'. However what they fail to see is that this 'good' and 'better' are only based on relativity's, they look about and see others who are in not such good shape and thank god they are not in their position and put their head down to work all the harder at keeping themselves away from such potential disaster. But it's all skating on thin ice and the thaw is coming, global warming is a reality in a spiritual sense. New truth is on its way to you, it's already got its foot in the door and so in the biggest picture the beginning of the end has begun. Jesus' truth has been accepted, you can all thank Mr James Padgett for that, the new truth is underway at being received by humanity and this time it can't be simply strung up, crucified, and got rid off. That is not going to happen. This time everyone is going to have to deal with it. They might be able to put off the confrontation for their Earth life and even well into their spirit life, but in time the negative and whole Rebellion is going to end. This will take more than one planetary age, but what you might consider a long time is not so for the real Powers that Be.

'In ten of thousands of years to come, people will look back and the gap of two thousand years between Jesus' life on Earth and his re-revealing of the truth will close up. It will seem like it all happened at once, and in reality it is. And as people embrace this truth now, they too will be helping to close the gap. And eventually all trace of the Rebellion will be ironed out of humanity altogether. Of course a part of its texture will be ingrained forever, however, people will be able to live without it in their lives and without it playing a direct role. They will be able to completely heal themselves and this is very important to know. Because when you are doing your soul-healing,

and are deep in your pain and misery and feel like your about to perish, it will be the knowledge that it can all be healed, and that the Father and Mother and your very own soul are guiding you though it orchestrating each little bit, that will give you faith to just keep on trying to express your bad feelings and see what happens.

‘You will just have to keep going, keep on expressing, longing to see the truth and longing for the Love. And eventually one day, everyone on Earth will be of Celestial truth. One Great Day.

They had arrived and were driving up Harry and Marjorie’s driveway trying not to run over their very excited and happy-to-see-any-visitor dog. Up ahead, Marj and Harry who looked years younger were standing waving.

The rest of the day consisted of interesting conversations over an extended lunch and merry chats on the veranda. Everyone welcomed Zeta openly, Harry was beaming. Paul could see the immediate effect Harry’s new life was having on his long-time friends as new light and enthusiasm poured out of him. He was happily cracking his jokes and obviously the re-discovering of his and Marj’s new love was more than they both could have dreamed of.

It is wonderful to see, Paul thought to himself. He knew they had both had such difficult lives. How sad it is that we have such difficult lives of denial. He hoped all Zeta had said would one day come true.

They all eagerly asked him about his adventures since they’d last seen him. They were all very open and relaxed and listened with a real interest and warmth in their eyes. He told them briefly of his discovery of the Divine Love, enough to make an offering of truth, which they listened to intently, and openly. He felt it would be better to adopt Zeta’s philosophy and say little, simply enough to inspire and awaken a bit of curiosity, so that if they wanted to know more they could ask. He enjoyed this approach to the subject of truth-communication, because in this way you were never forcing it upon anyone, which meant they were then free to ask their own questions, based on their own real desire to know. The appropriate truth could then be revealed, and each individual’s needs more perfectly catered for. No one was forcing their way on anyone else, and after all, he thought to himself, isn’t that what we’re all so fed up with.

They all especially loved his romantic lakeside visit with Sasha. They asked him to repeat the story, making the usual wisecracks, and enjoying themselves immensely. Paul enjoyed their company and had a great time sharing stories with them. As he and Zeta departed he was sad to leave, and he wondered how their lives would progress. They had all been very enthusiastic and supportive of the plans he had told them about for when he returned to Earth, even though they failed to really grasp the significance of the work he intended doing. They had all mentioned in their own ways that they were glad it was him returning and not them, their images of Earth life still very much tarnished by the hardships of their pasts.

As they drove back Paul reflected on various conversations he’d had at Harry’s house. He was thinking about the Divine Love imagining if and when Harry would ever want to long to the Father and Mother for it. He’d tried to imagine him sitting in prayer. At first he found he couldn’t imagine it, people like Harry just seemed so much a part of the Earth, so down to earth and seemed to love all that earth life had to offer even though as he’d said he’d had a hard tough unforgiving life. But then the more he reflected on Harry and what he knew of him and felt about him in the short time he’d known him, slowly he could begin to imagine him moving toward wanting to know God and eventually longing to Them for Their Love. That picture gave him a nice feeling. It made him again feel God was looking after everyone and even though many of us were very lost and did some

bad things still They were always there and waiting for us to come to Them, and best of all They weren't judgemental. He liked this feeling, it was one now he'd had a few times, he liked feeling assured that not all was as bad as it seemed because no matter how bad life got the Mother and Father were always there, even if you didn't know They were. These thoughts and feelings moved of their own accord through him, and finally produced a question. Breaking their silence, he asked, 'Zeta why is it that some people, like me for instance, have found the Divine Love relatively early in life even when it was the last thing on my mind, and yet other people might not come to it until much further on in their life?'

'It's the way of the Father and Mother, Paul. It can't be explained other than that's how They want it. You can't force or coerce or even convince someone that they should long to Them for Their Love. It all has to come naturally. You can of course speak about it, share your experiences, and even present it to people, offer it to them, but still they will only long for it when they feel they are ready.

'That I think is one of the great things about it. The Father and Mother have it all under control. We can speak about it, you can tell people about it, you can write books about it, but unless a person is ready for it, nothing about it will grab them and make them want to long. But when they are ready them it seems like it's the most perfect thing to do.'

'What about those religious people who go around banging on peoples doors, that's not right is it?'

'Well really everyone should have the right to do whatever they want to do, as do you have the right to say "no, don't come and bang on my door". Really you only need to look into yourself and see how you feel about things. If you feel annoyed when they do, why do you? If they make you feel bad then another opportunity is being given to you to find out really why are they making you feel when they're not really doing anything to harm you. If you feel inconvenienced, or that your privacy is being invaded, or that they have no respect for you, or even if you think it's a good thing, still you can want to know the truth of your feelings. And wanting to know the truth of yourself is what life really is meant to be about.

'You might find Paul that to begin with you find their approach invasive or threatening, but as you work through the repressed feelings that come up and as you honour these bad feelings and then see the truth of who and what they symbolically represent in your life, who are they really, who in your childhood did things that made you feel the same way, you might find they no longer bother you and strangely they don't even seem to call around to your house any longer, or if they do, it's to provide you with another experience from which you can draw new truth.

'As you heal yourself the bad things will happen less and less, things that you don't want in your life will not be there. Like attracts like, and as your truth grows so will you draw to you life experiences of that truth. It's incredible how something that really bothers you, and something you cannot in your life ever see changing does suddenly change, even vanish out of your life, when you've expressed all your bad feelings about it and seen the truth.

'Another part to these people coming around, is to help you to learn from the outside what you do want and how you want your life to be. Would go around knocking on peoples doors wanting to speak to them about the Divine Love?'

'No.'

'And why not?'

'Because I think it's, as you said, too invasive. I don't see any problem with presenting the truth, say in a book, or in a way people can come to it if they want it when they are ready, but I don't like the idea of that sort of face to face stuff. I don't know, it seems too confrontational and they are always coming on the angle of trying to convert you and I hate that and so often they're using fear to make you feel bad while they present their faith as your saviour. I don't want to be converted to

their religion, I know it exists, and even if I didn't and I wanted to investigate religions then I could go and look them up in the phone book or on the Internet in my own time and at my own pace. And then if I'm really interested I can go and visit them and find out about them that way.... However having said all of that... Yeah, I do see what you mean. It's not black and white is it? I can feel the depths stirring in me, I guess I have issues to resolve there?'

'You have bad feelings to bring up so you can see the truth of these feelings, this is true issue resolving. And your right in that nothing is so straightforward. Everything is very complicated when you're mind is all messed up and you've been made to believe as a child that life is simple so long as you follow the few rules your parents taught you.'

'What is right and wrong for you might be very different from that of the next person and you both can change your mind in any moment depending on what experiences you are having. But that's the fun of life. It sure would be dull if by the age of twenty you knew all about it and just carried on living the same way without ever changing. Personality interaction is an incredible thing, it's never constant, always in a state of flux, always providing you with new opportunities for growth.'

'Yes it certainly is all incredible. I can't fathom half of what you say but it always sounds good!' Paul said with an accompanying chuckle.

'Well Paul you're not doing to badly, we're all amazed by how much you've been able to do and understand.'

'Yeah, well the big test will come when I go back. You know it's an odd thing, I was thinking about this the other day, but I still don't feel anything for my body. If someone pulled the plug I wouldn't miss it. I mean I'd miss Sasha of course but I don't feel anything for my body whatsoever.'

'And why should you?'

'Hmm, well that's a point. Oh, I don't know... I was kinda fond of it back when I was in it, I enjoyed doing physical things, but now I certainly don't miss it or any of those things. I don't quite know but in some way life seems more real over here, more 'alive'.

'And most spirits would agree with you there. Your senses are sharper in your spirit form for one thing. You can see how much of a difference there is between the physical and the spiritual.'

'There sure is. I wonder how I will feel when I return?'

'You'll probably slot back in with ease. I don't think you'll be pining for life in spirit. I think you'll feel reconnected to your material life and want to get back into it. You will, however, have to take things fairly quiet for a time but that won't be a bad thing. It will help you re-adjust to all you've been through here and help you to see what you feel about your old life.'

As Paul was thinking about this suddenly his mind jumped to another subject and another question, 'How big is Jesus and Mary's universe and are there other universes?'

'It's very large, very large indeed. It's divided into three main parts and as I said the other day you'll find *The Urantia Book* interesting because it will give you an idea as to the enormous scope of not only this local universe but the whole of current Creation, not that your mind will be able to take it all in. But it's certainly impressive, we're but a tiny drop in a vast universal ocean.'

'And when you say, it's *their* universe what do you actually mean?'

'Well they were sent out from Paradise to this part of Creation long ago in its early days along with the Divine Minister and started to bring about life, started to make it into what it is today. Mary and Jesus are known as our Spiritual parents as it's with their Spirits of Truth that we look to them and choose to follow them. When we accept them as our Spiritual parents then we are looking to them, asking them, longing to them for help to find out Soul Parents.'

Paul eagerly interrupted as he saw the picture in his mind, 'So we have our physical parents on Earth, our Spiritual parents, Jesus and Mary over here in spirit and then our Soul Parents, the

Mother and Father of it all on Paradise?’

‘Exactly’.

‘Hey, now that is a nice picture!’

‘Yes and if our physical parents were true, that being they were not caught up in the denial and leading themselves and therefore us away from our spiritual and soul parents, then they would be the ones leading us to the truth as revealed by Mary and Jesus and they would help us to use it to find our Mother and Father. Then we’d all be children of our Paradise and Heavenly Parents all living happily together helping each other to understand the truth of Them. Life would be then so much more united and enjoyable.’

‘I can see what you mean, and I guess that’s how it is for you now in the Celestials?’

‘That’s right, it is. And even more so because there are lots more different types of spiritual beings in those worlds and all the angels.’

‘Other spiritual beings?’

‘Yes, there are many different orders of universal being. Again *The Urantia Book* will shed some light on this for you. I won’t go into too much of that with now Paul, as I really want to concentrate on the Divine Love, I think you’ve got enough to think about with that, let alone fill your mind with other universal information. But don’t worry it will all be here when you die and come over, you won’t be missing out on anything, and by then you’ll be in a far better state to appreciate everything. Really your primary focus will be to partake of the Love, grow in truth and do your soul-healing that is the most important thing you need to do. Without doing these three things everything else won’t make much sense, you won’t have the truth to relate to it, and it will only be more information your mind can get a hold of to keep you away from your true feelings and especially your bad feelings.

‘In the beginning until you get into the swing of your healing, you might have to remind yourself to stay focused on trying to stay with your bad feelings. You’re not used to feeling them and it will be more difficult when you’re back in your familiar material based patterns after you return.’

‘I guess you’re right, I want to prolong the trip and have you tell me everything so I’ll be able to cope better when I’m back there.’

‘You won’t have to worry about that Paul I can assure you. You’ll have more than enough to keep you busy, and keep you focused on yourself. And we’ll still be helping you, as will your angelic pair and your Indwelling Spirit, and of course your soul and the Mother and Father. I’m sure you’ll want to continue to grow in truth and this really is all you need to want to do. Really want the truth and the Father and Mother’s Love and from those two things all else will come.’

They both drifted off into their own worlds. Zeta again touched base with her group who informed her that everything was okay. Paul’s thoughts drifted off to Sasha as he started to wonder what she was doing now, and whether it was night or day back at home and if she was visiting his body again in the hospital. A smile came to his lips as he remembered watching her sitting by him reading her book. It wouldn’t be long now.

By the end of the trip Paul was looking forward to resting. When they arrived back at the apartment, they had a short prayer together for the Love and then Paul went to bed. He felt content and happy after an enjoyable day.

DAY 9

All during the night he had tossed and turned, and awoke feeling irritable. He'd had mock conversations going on in his dreams telling people of the truth of Divine Love, and had also been trying to speak to Sasha who seemed just out of range. It was all very frustrating, and he rose from bed with a slight headache. Zeta was not about, so he decided to go down to a cafe and treat himself to an extravagant breakfast.

As he sat and drank his after-meal cover-up-his-repressed-childhood-feelings coffee, he felt like he had enough of all this talk of God. He felt strange and off-centre, which was such a contrast to the way he'd felt yesterday, and it bothered him. He felt like he just wanted to be by himself on his last full day in spirit. Zeta had told him briefly what was going to happen tomorrow, his tenth and final day, and he felt he needed a break before returning to Earth. The thought of going back and seeing Zeta to discuss more truth nauseated him. He sat and drank more coffee. To hell with his repression! Instinctively though, he knew that these negative feelings, which were creating his discontentment, were not how he really felt about things. He thought that he should try and express them that they had obviously surfaced in him so he could do more healing, but the more he felt about that all he could come up with was 'fuck them'. Fuck it all! He'd had enough. He felt over loaded; he really didn't give a shit about any of it today. His bad feelings could fuck off, and he wasn't going to try and express them, they could go and get stuffed! His head hurt even more, his headache getting worse. He asked the waitress if she had any headache pain killers. She returned with two and he washed them down with more dark bitter coffee. God he felt bad. Oh god, not God he thought. Go away, I don't want to know you; it's all been a mistake. Leave me alone! Thinking of longing for Their Love nearly made him throw up. He needed a drink, maybe that would fix things, and get rid of these dark and depressing feelings. It was his second last day, why did he have to feel so bad, 'Shit,' he said under his breath to himself, 'my head hurts, fuck it!' He hated headaches.

Paul sat for a little longer staring aimlessly out the window. He should try to express all he felt, express his bad feelings. Express them, what did that really mean? He hated them. He didn't want to know about them. It was all to ridiculous anyway, all this negative mind stuff and wanting to feel bad. Who in their right mind would want to feel bad? God, he thought about how much he hated feeling bad. Feeling really bad was the pits.

He felt restless and wanting to get on with things, to get back to how it was yesterday discussing the truth with Zeta. That was fun, this was hell. She said it would get bad, but this was too bad. He's head began to ache more and throb. Useless pills he complained to himself even though they probably hadn't had enough time to work if they were going to.

Is this what he was going to suffer through his soul-healing? Bloody years of it Zeta had said. He couldn't stand one moment. God he felt pissed off, really angry. Angry at feeling bad. He realised he hated feeling bad more than anything else. 'Strange how my brain can still function when my head hurts so much', he muttered angrily to himself. He felt like it was about to split

open. Maybe he was going to die, he was having some sort of brain tumour. Oh yeah, it was his spirit brain he realised, and it couldn't die, he managed a smirking grimace at himself, but then it occurred to him there was no way out. He couldn't even die! All he could do was suffer. 'Why is my own soul now making me suffer so terribly, what have I done to deserve this? Oh, god my head hurts,' he said to no one in particular, putting his head in his hands. 'It hurts...'

Paul rose and walked out onto the street the pain driving him on. He had no idea of where he wanted to go so he just started wandering. More feelings of anger and frustration were surfacing within him. He walked along the street until it ended at a large square mall where a fountain was shooting water high up into the air, and people of all ages were milling about. All but one of the surrounding seats was occupied. Paul walked towards the empty seat, and just as he arrived, so did another man. He was about Paul's height, dark-haired and of a middle-aged complexion. He asked Paul if he minded him sharing the seat with him. Paul nodded that he didn't mind, feeling self-absorbed in his pain, giving the stranger little attention and even less thought. They sat together in silence. Paul looked at the fountain but really his attention was inwardly focussed.

His head ached more. He thought maybe he should go back to the apartment and lie down, but that wasn't how he wanted to spend this last full day in spirit, he wanted his headache and bad feelings to just go away and leave him alone. He leant forward his head in his hands. He was massaging the right side of his head where the pain was the worst. His thoughts drifted.

It was the idea of having to do his healing, which made him the angriest. It really irritated him. Why did he have to do it? He had felt mostly good about his life. He had had a good family upbringing. His parents had given him every opportunity he could have wanted. Why would he need healing? Sure he could accept some sort of spiritual healing taking place as a consequence of his longing for the truth and the Love, he could acknowledge he wasn't perfect, but did he have the core will-denial that Zeta had spoken of? All that childhood repression? Perhaps the partaking of the Divine Love simply aggravated things, stirred them up and they really weren't as bad as they seemed, but he felt like shit. God he felt bad. He couldn't remember if he ever felt so bad. But the more he tried to think about how he really did feel the more lost in the bad feeling he felt. It was just bad, BAD! Fucking bad. Zeta was right about that, bad feelings! Ha, that was an understatement. Bad isn't a bad enough word to describe how he was feeling. Like Shit? But what did shit really feel like. He wasn't feeling soft and squishy that's for sure and he didn't stink, he just hurt. Again he grimaced at his own poor wit. God my head hurts, he thought to no one in particular. God, Mother and Father, my head hurts, he called out to them with his mind.

He tried to get a grip of himself, okay, long for the truth, always back to the truth, he still couldn't long for any Love, that was still too much of a big step in his condition. Ok, the truth, 'Please Father and Mother help me to see the truth of why I'm feeling so bad. Please help me to see the truth you want me to see?' He felt determined to get to the bottom of his bad feelings.

Suddenly he thought he might have a fever and wondered whether or not you can get fevers as a spirit? The palms of his hands were now burning hot, and his headache was piercing. He had never experienced anything like it before. What was coming over him? He couldn't move, he felt as heavy as lead. The bright day seemed suddenly very dull and dark, as if it was trying to consume him. A memory of the darkness of death flashed back to him, when it had overpowered him as he 'drowned' in the warm tropical waters.

What is this? Perhaps I'm dying now, here in the middle of this square? Perhaps my time has come prematurely to return to Earth and I'm experiencing dying again? But wouldn't Zeta be with me? And she said it was tomorrow, she told me what was going to happen. He felt like he was losing control of some part of himself, of his mind. Fear engulfed him. It was all too weird. His mind was racing, in a state of panic. How could he go along with these bad feelings, how could he express them he thought to himself? He wanted them to end. He felt like crying. God he hadn't

cried in years. Great, just start crying here with everyone around. What's happening to me?

Darkness seemed to be further surrounding him, threatening him almost like he was going to black out, when is it going to end? Please God, please Mother and Father I'll do whatever you want me to, please help me, please take the pain away. He wanted to wrestle with the darkness but how could he do that? He wanted to fight it off, to cast it out, push it away from him. He felt as though some evil thing was trying to come and get him. It was coming up from inside and trying to coerce him into its evil ways; it was trying to overpower him. But he wasn't going to let it get him. 'Fuck off!' He said to it in his mind, 'Go away and leave me alone.' Anger rushed up in him as if to meet the evilness; the darkness. For a moment he felt a bit better, stronger. Yeah, get the fuck out of here, you bastard; don't think you can get your hooks into me. I'm not going to do what you want. Piss right off!

Then a moment of insight flashed up within him and into his mind. Perhaps it's my own inner fear and darkness trying to coerce me back away from living with God, he thought. He felt slightly more stronger, and used his anger again to engage it. He was now using his inner strength to force out, to P-U-S-H out this inner evil thing, this darkness!

'That's it!' He announced to himself as more clarity came into his mind. 'It's my own inner demons trying to carry me back into denial with them!' Inwardly he cried out in protest and desperation, 'No! I refuse to go! I will not do what you want. Leave me alone; go away; go back to where you came from. I have made my choice to live with God, so leave me alone! FUCK OFF!'

Then suddenly he felt a hand on his back and a calm soothing voice said, 'Let me help you with your pain. Just relax now, open your heart and pray to your Heavenly Mother and Father for Their Divine Love.'

Paul, surprised, turned just enough to be able to see it was the dark-haired stranger on the seat beside him. Feeling he was in no condition to protest, he did as he was told. And amazingly he felt he could pray to Them, so he opened his heart and longed hard for the Divine Love. It came! He then asked God if They could help him to fend off the darkness, and to help him understand what was happening.

As he surrendered and leaned back into the strong hand of the man beside him he could feel energy beginning to move through him. It was as if a cool refreshing breeze suddenly swept up through him, and he started to relax a little.

He then felt the man re-position his hand, moving it up onto the back of his head. Another hand was placed gently on his forehead. Paul closed his eyes. R-E-L-I-E-F came instantly; the pain was gone! He felt as if the pressure-cooker that had been his head instantly had its lid removed, and he felt a lightness move quickly up through him. He sighed loudly and the man spoke, 'Tell me about what it was you were feeling?'

'Who are you?'

'A friend. Please speak to me. Tell me of the feelings you've just been experiencing.'

'Paul reasoned that he was probably another Celestial one of Zeta's group perhaps, and feeling so relieved, did as he was told. It was easy to speak as if that was exactly what he wanted to do, to tell someone of what he'd been through and of how bad he had been feeling. He began.

'I felt so bad, so, so bad, worse than I ever have. My head hurt, I had a rotten headache but that's gone now, thank you very much.'

'You did it yourself, not me. I only re-adjusted your light so you could talk to me. Please continue.'

Paul thought about what he'd just experienced, all the pain. 'I felt like evil as darkness was closing in all around me, like it wanted to eat me, sort of consume me somehow. I thought it wanted to take me back with it, carry me away and take me somewhere... to hell I guess...'

'Keep going,' encouraged the man.

‘I felt so scared, so afraid, the darkness was to scary...’

‘What were you afraid of?’

‘Hmm... I don’t really know. I don’t know... It was as if it was an evil monster, I felt like I was a child afraid of the night and the monster was coming to get me... Yeah, as if I’d been bad or something and it was coming to take me away... Yeah take me away to where bad little children get taken. And my head hurt. I’ve never had such a bad headache before. I felt so angry, angry at this evil for coming and wanting to take me back. I felt it wanted to take me back into my denial, it didn’t want me to come and be with the Mother and Father, and I felt really pissed off that it wouldn’t let me do what I wanted to do. Really pissed off, you know, I felt like killing it somehow... Yeah, now I can see I wanted to rip it into a million little pieces all because it was making me do something I didn’t want to do. How dare it interfere with my life! What right did it have? The bastard of a thing. I really want to beat it up and tell it to piss off and get right away and to leave me alone... Yes, to leave me alone, I wanted to scream that at it, so loud and with so much force that it would do what I wanted. But I also felt like it wouldn’t listen, like it would just ignore me and carry on trying to take me away, it didn’t give a shit what I wanted, it didn’t care about me. Yeah that’s it, it didn’t even take any notice of me, it was as if it had a mind of its own and it only did what it wanted to do. And that’s great isn’t it? It’s okay for it, it can do what it wants, but I can’t. It’s all one way, one bloody way, it says what it wants and gets it, I just have to do what it says... Yeah, I just have to go along with it, do what I’m told, be obedient, and God I hate that.

‘I can’t tell you how mad that makes me feel, I feel like I want to lash out and smash everything to bits, to rage and destroy in my fury all because I’m not allowed to do what I want to do. And hatred, I hated it, I hated God, I hated everything and everyone. I really hated them all, I can feel it now...’

‘Go on, and try to speak what you’re feeling, try to express and say exactly what the feelings want you to say’.

‘Ok. I’ll try’. Paul paused for a moment and then took a deep breath. ‘This won’t be nice he said’

‘That’s Ok,’ the man replied.

‘I hate you God. Fuck I hate you, what have you ever done for me. All that holier than thou shit those God people go on about, and Jesus and all that shit, god I hated all that stuff. I still hate it and ha, now here I am, with God, and the best thing that’s happened to me – Their Love. And to think about all that shit about Mary, the Mother of God the Church goes on about and they’ve stuffed it all up, they’ve got it wrong, Zeta says it’s Mary Magdalene, not Jesus’ mother. Jesus’ bloody mother doesn’t even figure in it. It’s all so fucked. We’re all so fucked up. Billions of people for thousands of years have believed in a thing that is bullshit and I’m full of it too. I feel like I’m full of crap. That was all the evil, the darkness in me, it was all me, trying to get me, trying to stop me from leaving it and telling it, it’s all bullshit. Well fuck it, it can fuck off. They can all fuck off, right off as far as I’m concerned.’

Paul hadn’t been looking directly at the man as he spoke, he’d been speaking to the fountain, to no one, he’d been keeping his voice low so as not to attract too much attention but this only served to heighten his angry feelings. He now turned to the man.

‘Can you believe it? For all these years and it’s all been the bloody Father, God is our Father and now Zeta tells me there is a Mother as well, and that she’s been there all along but it’s only because we’re so fucked and don’t want to have anything to do with the feminine that She and Mary Magdalene have been totally left out. But it’s probably all bullshit anyway. That’s really how I was feeling, like all I’ve been told over these past days here in spirit is all bullshit. I mean, someone like Zeta could come and tell me anything, couldn’t they, and how am I to really know? She’s very convincing. It sounds so right what she says, but she could also say there’s a Heavenly

Grandmother and Grandfather and I'd believe her, I mean, why not?

'And what about Jesus, where is he? Why isn't he with us, helping us all to see the truth? Zeta says he doesn't have much need to come to these lower mind worlds, but if you ask me this is where we are the most fucked and need the most help. Everyone I speak to seems in some way or another in need and looking for something. So where is he?'

'He's here'. The man calmly replied.

'Where?' asked Paul, 'I can understand that his Spirit of Truth is with us, that all sounds great and it's nice to know we're being helped so much to see the truth, but where is he, the man, the spirit, the real person?'

'He's here'.

'Here, where's here?'

'I'm Jesus'.

Paul's jaw dropped a centimetre then froze as it fully dawned on him what this man was saying, 'You're Jesus?'

'Yes, that's right, I am'.

Paul didn't know what else to say. He was suddenly speechless.

'And I've come to see how you were getting on. And I can see you're doing very well. However, there is one thing I would like you to do for me if you wouldn't mind?'

'No... not at all... anything'.

'If you can, I want you to try and bring back these bad feelings you were just expressing and when you have them I want you to try and see if you can relate them to your early family life. Just think about your young life and see if any memories match the bad feelings. Ask the Mother and Father to help you to see the truth.'

'Ok, I'll try.' Paul couldn't stop looking at the man, he certainly didn't look like the Jesus he knew, well from the pictures he'd seem painted of him. He wasn't fair-haired to begin with, and where was the beard? He didn't look out of place, just like any ordinary person or spirit. And yet here he was. If he was who he said he was, Jesus was sitting next to him! How can I do what he's asking? He thought. I feel like I'm in shock with him being here sitting next to me, they'll never believe me, they'll think I've lost it! Maybe I have, maybe it is one big joke after all. Now come on Paul, pull yourself together, you can do it, concentrate.

'If it's all too much for you now Paul, I'm sure Zeta wouldn't mind helping you when you see here later.'

'Umm... well it is a shock having you here, I mean right here sitting next to me... but I will try and give it a go.'

'Good.'

Paul turned away looking absently again at the fountain and tried to recapture his state of mind. It didn't take long. The darkness trying to take him, it not caring about what he felt and wanted to do, his anger. He had it now. 'Ok, now does any of this remind me of my family... or my early childhood...? Please Father and Mother help me to see if it does, please help me to see the truth.' He waited. Nothing happened. He concentrated on feeling angry, but still he felt stuck, he wasn't getting anywhere, nothing was coming into his mind.

Jesus said, 'Try to speak out what you're feeling, always try to speak out loud'.

He tried. 'I feel angry but I feel stuck, like I'm trapped and I can't get anywhere with it. I can't see how these feelings of anger relate to my life, I mean to my early childhood. I can't remember much of my early childhood perhaps that's part of the problem. I remember that there were times when I was angry, yes, I did get angry... Yes hang on a moment, now I do remember, there was this one time when one of my sisters was allowed to do something, I think I was playing with something and she wanted it and mum took it from me and gave it to her. I was so angry about that, I couldn't

believe how unfair she was. And then sometime later I tried to take the thing back from her and I was smacked, and told it wasn't mine and I wasn't allowed to have it. They were worried that I would break it, but I wouldn't. It was so unfair, and I was so angry. God yes now I can feel it, I was really angry, so, so, so ANGRY, they didn't know how angry I was, I wanted to smash them all up, smash up the thing, the doll or whatever it was, I wanted to take it away from my sister because if I couldn't have it then she shouldn't be able to as well. But I only got punished more and the more I yelled and protested the more severely I got punished. And then mum said, "If you keep carrying on like that God will punish you and take you away." Yes, that God would take me away. What a shit of a thing to say to me. How unfair, what a bitch! She used God, on me, on us all, just to try and control us.'

Paul suddenly sat up straight in the seat as suddenly the whole picture cognised within his mind. He saw it! A thrill of energy raced up through him, he turned to Jesus saying, 'Yes, I can see it; I can see the parallel. Mum was the evil blackness she was the monster, wasn't she? Yes, she was not caring about me, she was threatening to take me away. She was using God too, using him, making him out to be some scary monster, god, no wonder I hated God so much. It seems like such a small thing, I remember they wouldn't let me have my sister's doll and I couldn't understand why not. I wasn't going to break it but they said I would. And then they made me cry and all I wanted to do was break it and everything else. Wow, it all seems to clear now. It all fits...'

'Very good Paul, but there's still more. How do you now feel about your mother after what she did to you; how did she make you feel?'

He took a deep breath trying to concentrate on the feelings that came up responding to the questions. 'I hate her. I HATE HER! I hate my own mother. God one part of me can't believe it, I love her, I don't hate her, she's my mum, but I do hate her, I really hate her, I want to kill her I hate her so much for how she treated me.'

'And how does this make you feel?'

'Arr... I don't know. How does it make me feel? Well... I don't know? How do I feel about seeing this about my mum and how I hated her? Well... sad, I guess. Yes, it makes me feel sad. I don't want to hate her. She loves me... And yet what she did and how she did it made me feel unloved, as if she didn't care about me at all. This makes me feel bad. She didn't love me, that is how I felt... If she loved me she wouldn't have treated me badly would she? It doesn't make sense, I feel confused. Sad... I feel sad... very sad, almost like I want to cry. I don't like feeling this way... But I know it's true.' Paul fell into silence as the full impact of this revelation of truth started to sink home. Within his mind he was very confused, she loved him and yet she didn't care about him; within his heart he knew the truth of his feelings, it was undeniable. He hated her because she was unloving and unkind to him and made him feel so bad.

Paul looked at the fountain as the picture settled into his mind. God it was incredible. Although he still felt sad and confused he could see it all so clearly. It all made sense, perfect sense. Turning back to Jesus he said, 'I didn't know as a child I was that aware?'

'You weren't as aware of your feelings back then as you can be now. But your soul was. Using your soul perceptions that are awakening because of the Divine Love that's now within your soul, you're able to see – to see the truth of such things. You are able to see and feel the truth of yourself as a young child but from an adult's perspective. Everyone can go back and see the truth, what and how they really felt throughout their childhood if they want to.'

'Yes, I see what you mean. Is this what my healing will be like all the way along?'

'Some parts of it. There will be lots of different parts, but once you're expressing your bad feelings, and when you feel ready, if it hasn't naturally happened, you can try and turn your attention to your childhood and see if how your currently feeling matches with any memories you might have of back then just as you've done now. By wanting to do this, you'll help train your

mind to accept that you want to see the truth of your childhood, the truth of your repressed childhood feelings.’

Paul nodded his understanding. So I just had another healing he thought to himself. He would never have guessed it was possible to work his way out of or through those bad feelings when they first came on. He turned to Jesus again and said, ‘Thank you, thank you for putting your hands on me and for helping to see all of this.’

‘You are most welcome. How do you feel now?’

‘Rather stunned, like I’ve been through a lot – a bit glazed.’

‘You have been through a lot.’

‘Do you mind if I ask you a question, Jesus?’ It felt awkward actually saying that name to its rightful owner. He suddenly felt guilty of all those times he’d used ‘Jesus’ as an expletive.

‘Not at all, please do,’ Jesus replied.

‘Where’s Mary, and is it true everything Zeta’s told me about her and about the Heavenly Mother?’

‘Mary, is currently with Zeta and her group watching our meeting and listening to us. And yes, everything Zeta has told you about Mary and I and the Mother and Father are true. It’s all what Mary and I want you to know. We want you to take this information and the experiences you’ve had here back to Earth. We want you to help us there, to help others to understand about the truth of our Heavenly Parents Divine Love.’

Again Paul didn’t know what to say. Over the past days he’d often had questions in his mind he wanted to ask Jesus or Mary if he happened to be so fortunate to see them. He never thought he would but it was nice to imagine it. But now with Jesus sitting relaxed before him, just two people, acquaintances, sharing the same seat together, his mind was blank.

‘I’m going now Paul. You won’t have any trouble with your return to your body tomorrow. Good bye, well meet each other again when your Earth life ends and Mary will be able to meet you then as well. She couldn’t come today because of certain universal restrictions that are still imposed on her, to do with truth revelation to your world, however those restrictions are soon to be lifted once and for all. Continue to long to the Mother and Father for Their Love, and may your soul be filled with Their blessings.’ And having said that Jesus stood up and walked off toward the fountain.

Paul felt stunned. He still felt sad and his mind was incredibly mixed up, as if it had been put in a washing machine and spun dry. His headache and all the inner discontent had gone but he felt rather tender or perhaps vulnerable about his feelings toward his mother. But he’d spoken with Jesus. Wow! He watched the fountain shooting water high into the air, he’d always loved how the water peaked at the top of fountains, rolled over and then split up in so many different streams and drops as it headed back to Earth, well Spirit. After a time of thinking about nothing, he realised that he wasn’t feeling so bad, his sadness had gradually passed and in fact now he was feeling rather good... Even excited about what had just happened.

Talk about from one extreme to the other! He thought to himself. ‘That was some healing!’ He said out loud to no one as he stretched long and slow. In his mind he called out his appreciation and gratitude to Jesus. He stood up, stretched some more and felt like he was brand new, and ready now to face the day. Feeling back to being comfortable with himself, more normal, but also not the same, he felt open once again, like he could begin afresh from where he left off yesterday. Turning back towards the apartment, he started to walk briskly, feeling eager to resume with Zeta, and to tell her what had happened just now. Strange how things evolve he thought to himself.

Arriving at the apartment, Paul eagerly greeted Zeta. Smiling and inwardly chuckling to himself

about the latest round of experiences he said, 'Another day, another healing – amazing!'

Zeta lifted her head up from her book in a greeting gesture and asked, 'So how did you enjoy your meeting with the Master?'

Paul fell onto the couch repeating, 'Yes, The Master. Oh boy my whole morning has been incredible!'

'Yes it was,' Zeta calmly replied, 'he wanted to see for himself the progress you are making. It is after all, his and Mary's truth that you'll be taking back to your world. You are a part of the Master and Mistress' overall plan in seeing to it that their truth is revealed anew. There are a few avenues being used and you are one of them. As I have told you, we have all been ready for your arrival over here for quite some time. So tell me what happened.'

'You know, you were watching us!'

'Yes, but I want to hear you tell me all about what you experienced, what you thought and felt, it's good practice'.

Paul recounted the morning's experience, and as he went over the whole thing, he understood more about what he had in fact gone through. He understood to a greater extent, with Zeta's constructive input, how symbolically the darkness he went into at that time, was his old fearful self, which was afraid of the unknown, and that by surrendering his will to the Will of God, an attitude of greater faith and trust in the unknown is possible. It was this old, fearful part of himself that was resisting leaving the nest and stepping out on its own. All his fears had rallied for one last-ditch attempt to take back control. He had to wilfully fight them off and in doing so re-assert his decision to live by the Mother and Father's Will. Jesus had helped him by clearing away some old unwanted energy and then helped him focus more on the personal aspect of relating the whole experience to the person who it was involved the most with and who created it in the first place, his mother.

Paul still felt as if he was partially in shock. It had all been so intense and now reflecting back it seemed to have happened to fast almost as if it wasn't even real. He could barely remember his splitting headache and how bad he felt, it was all too much being plunged down so deeply into his darkness and then suddenly re-emerging back as if nothing had really happened. But he was again changed. The picture of how his mother treated him was very real and 'alive' in his mind. It had changed the way he now thought of her. It was as if her shine had somewhat lessened and he didn't know if he liked it or not. It was the truth, but really what was his relationship with his mother and father based on. He'd never given it much thought. They were always just there: mum and dad, and they were always the same, if anything, the only one constant in his life. He didn't know if he wanted to see any more truth about them, what his relationship with them might really be based on. It was all too daunting. He didn't want to feel sad again. But then again, if he did want the truth, the whole truth, and if he *really* wanted to see it, then he would just have to allow the process to run its course and see what happened. Zeta had said, 'one step at a time'. Then the memory of meeting Jesus returned.

Zeta interrupted his thoughts, 'Jesus could walk down the main street of any busy city here in spirit or on Earth, and if he didn't want anyone to recognise him, no one would. He has absolute control over his soul-light. He can appear to be just as the lowest in truth if he so chooses by 'turning down' his soul-light, or he can appear in his full glory.

'Also, because the Master always has the utmost respect for the lives of others, he is not going to stride down the street in the glory of his full light if those about him do not need such an experience in their lives. He will attend to the business of the Father and Mother in whichever way is required in each situation. He honours and respects the laws of truth better than any of us. He and Mary *are* the living truth! They would never deny anyone their full experience by interfering in their life, if it was not a part of that soul's destiny. They are the most humble and meek of us all, and so very unassuming and both being the living truth are masters of all in their domain. They have nothing to

prove to anyone and especially not to themselves, and because they fully understand and live their role as the revealers of their Mother and Father's Truth, They are not going to try to convince anyone to partake of the Divine Love, for they know that if a soul is ready and humble enough to long sincerely and earnestly for it, they will be personally attended to by the Father and Mother Themselves. And if they're not ready, then their time has not yet come.'

Paul had got up and poured himself a drink while Zeta was speaking. He understood what she was saying. Jesus did certainly appear very humble and unassuming. He was sitting there with him in and amongst all those people and no one recognised him. 'How come he doesn't even look like any of those 'surfy' type pictures of him, with all that long straight fair hair? His hair was dark and wavy almost curly and he looked much more Jewish and Arab like than those Christian pictures present him. And he didn't even have a beard. His eyes were dark brown not blue like I've seen in some pictures.'

'How he portrayed himself to you today Paul was much more true to how he looked on Earth except for the lack of beard. From what I've seen of him and heard about him, he tends to use this look when he is in the spirit and mind mansion worlds and even at times in the lower Divine Love soul mansion worlds, so as not to draw attention to himself. Like you said no one recognises himself, because he doesn't look like any of the Christian pictures of him.'

'Well how have those pictures come about, does he look like that in the Celestial worlds?'

'No, he doesn't, but he never has fair hair, always as you saw very dark and wavy. Usually in the Celestial worlds he is clean-shaven. However his presence, both his and Mary's takes on a whole different countenance in the Celestial spheres. You almost wouldn't recognise them both compared to how they looked on Earth, they seem to glow or be continually illuminated with light. They are very impressive, not at all like how he presented himself to you today.'

'But why do the Christian artists portray him that way, where does that come from?'

'It's the same as everything else to do with the Church, someone's made it up, and others have added and subtracted, but rarely is any truth involved. The Christ and God of the Church have become something that people and spirits created for themselves. They are not true to who they really are. It's all a part of the fantasy, the false truth and false teaching. However, it's what people want to believe, so it goes on.'

'So we have this huge powerful religion in which millions of people believe but it's all make believe. It's all unreal, a delusion, and has nothing really much to do with any reality let alone truth.'

'Yes that's right Paul, it's like the artwork of someone, and it's been labelled Christ and the word of God. But as you said it has nothing to do with reality and the truth. There are bits and pieces of truth within the Bible but nowhere near enough to do anything to help your soul progress out of its negative state. And there is more than enough untruth to help your mind keep nice and snug within its denial condition.'

'I don't understand it all Zeta, the whole things just sounds totally bizarre. I mean what do those people do all day? Don't they long for the truth? Don't they want to know God? And why don't they long for and partake of the Divine Love if it's been on offer since Jesus and Mary were on Earth. It all seems like a big fraud, like someone's made up this idea and got all these people to believe in it.'

'Yes and doesn't that remind you of someone and what they spent all their waking hours doing? Doesn't that remind you of someone who thought all sorts of business strategies so they could get others to believe in them and ultimately to have power over them to gain power and have more control?'

'Humph... I guess your right. Me. Yes, I admit that was what it tried to do. So what your saying is the Church is just like how I am - was, all business?'

‘Yes, in a way, not like the sort of business your familiar with, but those in power positions within it are there because they want the power. It exists for power and control. It’s not, as Jesus is, existing truly for the love he has of himself, Mary, the Father and Mother, and us the people. He resisted all the allurements of having power. He doesn’t need power, he is it. He doesn’t need to make a great church and have everyone worship him. He doesn’t want anyone to worship and pray to him, he wants us all to pray and long to the Mother and Father for Their Love so we can develop our relationship with Them personally. He doesn’t want to be the middleman and stand in our way or say you have go through me and pay the toll to get to God. He says, yes, come follow me and I will give you the truth to help you on your way, but he doesn’t ask for anything in return.’

‘So why then does the Church want power?’

‘It’s the same reason as why anyone wants it, like yourself, why do you want it? It’s because you feel you don’t have it, you feel powerless, unworthy and unloved so you’re trying to make up for it. The Church is only a collection of like minded, like feeling individuals and they all come together in a similar belief, believing that their belief in the Church, the system, the Bible, in their prayers, in God, will bring and give them the power and love they missed out on from their parents. Jesus and God are really their fathers – their earthly father’s, and the Mother Church are their earthly mothers, and if they obey them then they will be rewarded accordingly with love and attention and some power. And all the existing systems are the same, whether they are called the Church, or business, or government or the family. As we all have been born and bred into the negative we have all been denied our true power, what is rightfully ours. And Jesus and Mary not being born into the negative, maintaining their perfection and always being true, retained their true power and so never felt powerless and that’s why they didn’t buy into anything that we were doing. Jesus was separate, new, removed, totally his own person, he wasn’t of the evil like we all are. And that’s why what he spoke about was so new and so confronting for a lot of people, it’s why they wouldn’t and couldn’t accept him. There was too big a gulf between his and Mary’s perfection and humanities denial.

‘So you’re saying the Church, a business, any organisation, the government is just like a family?’

‘Yes, you only know what you grew up in, and can only reproduce it. You go out into the world looking to fit into the extended family you are used to. Those people who slot in easily can do so because the system they are looking to fit into matches closely to what they grew up in, they know it. Those people who don’t fit in, don’t, because their families didn’t allow them to.’

‘Well that’s another way to look at everything. You do come up with them Zeta I’ll give you that. You make me think, I don’t think I’ve ever thought so much in my whole life! You seem to change my perspective on everything every time we meet. So my business, and how I run it will be just like my family and how I play my role in my family?’

‘Exactly, and so if you want to be the boss and control it all, make it your business, then it’s because you were allowed to do that in your family environment. It might not be so obvious on the surface that this is what actually happened, but like everything once you get stuck into your soul-healing and seeing the truth of what really went on at home in those early years, you’ll see how it all fits in.’

‘It was a bastard of a healing this morning, he said suddenly, feeling like he wanted to speak about it and go over it all again. The healing itself was great, Jesus put his hand on me and seemed to take all the bad energy away, and he helped me to focus more into trying to see a connection with what I was feeling and my childhood which, as you know, I did to some degree, but the pain, shit that was bad. I thought I was going to die; it felt like my head was going to crack open. I really didn’t know what to think during the worst of it. I’ve never experienced anything as bad as that. I hated it, it was awful. I don’t want to have to go through much more of that. Do I really have to Zeta?’ he pleaded like he was once again a little boy.

‘That’s what it will take sometimes to break down your resisting mind circuits, and resisting

beliefs, I'm afraid Paul. I can't say that you will or won't but most of us have experienced something similar a number of times.'

'Oh great, something to look forward to! I just couldn't believe how angry I felt. I've never felt that angry before in my life.'

'Not that you remember Paul. But you must have, or else it would not have surfaced in you. You must have felt that angry during your childhood. You can't feel more than you felt during your childhood whilst you're in your negative mind state. You've not been allowed to remember it, you've been forced to repressed it. Look what it takes for it to re-surface within you, it has to force its way up through you and look at the effect it has on you. How bad it made you feel. But it's real and true, and it's showing you that is how bad you felt as a child in the situation you saw when you were speaking out your feelings to Jesus. You had to repress it with the same amount of force. You might not be able to put yourself right back fully into that situation or others like it, but it's early days, and in time and as more is revealed you'll find you have no trouble doing it. And the further you go the more you'll understand about all these hidden parts of yourself.'

'But I'm not sure I want it to change the picture I have of mum. I can feel it threatening to undermine my feelings about her. I've always loved her, but I don't feel very loving toward her when she treats me like that and makes me feel so bad and so angry.'

'That's right, but that is the truth of your relationship with her you're now starting to see. Not the fantasy picture and associated feelings; the ones she and you both want to see, the ones that block out all those nasty unloving times. But the bad times were real and had a huge impact on you, they greatly affected you, they brought about your whole negative mind, and your self-denial. And so you have to want to see it all, even if it threatens your relationship with your mother and father and all those who negatively influenced you as a young child, with extinction.'

'It's all very serious Paul. It's what I've wanted to convey but it's hard to do when you haven't had the experiences to understand and relate to what I'm saying. Now you've had only a tiny glimpse, this is the real core truth, what your relationship with your parents is really all about. This is the hard-core stuff and see how it's already making you feel. Already it's very threatening, and what happens if it continues along in this vein and evolves to such an extent completely destroying your relationship with them? What happens if it leads you to see that in truth there was no love between you and your parents despite what you've wanted to believe? Do you think you can face that if that is where this is going?'

'I don't know, I don't like the sound of it. It's scary and it makes me kind of feel sad. I don't want to not love them. And I definitely don't want them to not love me. It all seems too much. I don't now if I'll be able to bear all of that. I don't know if I even want you to talk about it.'

Paul started to feel himself slipping again into the darkness. His whole world, his whole existence suddenly being threatened. What if the relationships he did have with his parents were not true, and what if what Zeta was saying turned out to be right? Could he deal with that? He didn't know...'

Zeta broke into his thoughts, somewhat wanting to soften the blow, seeing it was all a bit too soon for him to deal with, and she didn't want to force him into anything. He'd already had a rough morning. 'I'm not saying that it will necessarily go like that all the way. If there is true love between your parents and yourself then that will stay as it is, it will remain true and only all the untrue will be seen and healed, brought to light. But I do want you to be aware of the possible extent of what you're getting yourself into. Seeing the truth of your childhood repression as I told you will turn everything upside down and inside out. That is what you are taking on. That is what your soul-healing is all about, all the untruth has to come out, and the extent to which you are it and which your relationships reflect it, can be very harsh. However, no matter how bad it all is, when you do liberate the truth you will feel better. Even if all your relationships perish, the relationship

with yourself will become perfect with each healing step you take and in the end if we can all be brave enough to do this, to submit ourselves to the process, then potentially we can all come out the other side, and start a fresh. We will all be able to rediscover each other, but this time all from a true perspective, and without any delusion, fantasy, lies, and denial.

‘I can see the point you’re making and it does make sense, it actually sounds good. But seeing it is one thing and I have a feeling that the doing of it will be entirely another.’

‘That’s true, lots of bad feelings will have to come up first, lots of eye openers, lots of changing. Feeling it will be very different, but it will all be the Truth. And no matter how bad you feel through it all the truth can only make you feel good. It might take a long time, but eventually it will.’

‘So I guess if that’s what it takes, then it’s got to be done. After all, what’s the alternative? I keep my head in the sand like an ostrich and keep on pretending to myself that I don’t have all that bad anger buried in me. I know its there now. It was real, I felt it. I wasn’t making it up. So what am I going to do, pretend it doesn’t exist, go back to my old life and be the asshole bastard to people as I rip them off and destroy their lives? I see what you mean. It’s a one-way trip isn’t it? There is no turning back is there?’

‘No Paul there’s not, and what would you be turning back to? As you’re seeing it now, it’s all already happened. It all happened to you so many years ago. In a sense you’ve already suffered the worst of it. But all of that trauma is still within you, it’s conditioning your life. And it won’t go away. Just because on the surface your life might not have felt so bad particularly as you got older having more control of your life, even if occasionally you were angry, it doesn’t mean your Happy Larry deeper down inside. And one day if you don’t acknowledge that anger it’s going to show, it’ll eat you away from the inside. You’ll go to the doctor and be diagnosed with cancer and be given horrendous treatment that will only make you feel worse than bringing up the anger that’s causing it all would. So what do you want to do? It’s always our choice, do it with God, and They will help walk you through it and heal it all, or do it by yourself never knowing exactly what you’re doing and why bad things are happening to you.’

‘Your right. Yes, Zeta, I just have to go wherever it takes me. It’s not the sort of spiritual trip I envisaged; there are no pretty mountains to climb but instead lots of ugly dark valleys of pain. I’ll by a one way ticket, yes please God, hell what have I got to loose? Hell here I come!’ Paul stopped what he was going to say next, pulling himself up in his mind. He took a breath, and thought to himself, but it is not funny, it’s all deadly serious. But it was too much, he couldn’t hold it, he changed track.

‘I still can’t believe that Jesus was there, sitting with me on that seat by the fountain. There in broad daylight, Jesus; Jesus the man with everyone else around. He is real. He does exist! He’s not a figment of our imagination. And the most remarkable part about the whole experience is that I just know it was him. I don’t know how I know, but I do. I’d bet my life on it. It really was him. Jesus!

‘And you know Paul because he is the living *Son of Truth*, he is the living personification of truth in this universe along with Mary the living *Daughter of Truth*, and you can’t get closer to the truth than them and so that is how you know it is him. Just as how you know anything that’s the truth is the truth, you just know. It doesn’t need to be disputed, there is no argument, it’s like a clear stated fact, unchanging, true! And that’s the beauty of truth, when it becomes your foundation of life, slowly all that is untrue, all that is based on untruth, and so all that makes you feel bad, leaves you. Gradually as you do your soul-healing, with the more truth you become, less fear and insecurity you will have, and more faith in yourself and in life. You will ultimately be able to live in the most perilous or frightening situation but you’ll just know you’ll be all right and everything is being taken care of by the Mother and Father. And Jesus dying on the cross and rising again, and coming

Paul - City of Light

and visiting Mary and some of his other followers, is proof to us all that there is life after death, life in spirit, so, no matter how bleak life might seem, no matter how close to death you might get and even if you do die, it's still not the end, life goes on.'

'So there is a happy ending and a pot of gold at the end of the rainbow?'

'Yes, and its called Paradise.'

'Sure sounds good to me...'

The expanse of lush green rolling hills, and the peaceful atmosphere, made it a very relaxing place to unwind. A small flowing stream was providing Paul with loose-target practice as he lazily threw small polished river-pebbles back into the water to be further polished.

Zeta had brought him away, out of town, for their final time together. They sat together laughing over the experiences they had shared during the past days. She had been telling him of how she and Mary and the rest of her soul-group had had a good laugh at his expense when they saw the look on his face when the penny dropped and it finally sunk in that it was Jesus, the actual person himself who was sitting beside him.

'Paul, by the way something I was meaning to tell you but forgot, you do know that you'd seen Mary and Jesus before?'

'I had? Where?'

'At that auditorium with Max, that was them – they stepped out onto centre stage, out of the light.'

'But they didn't include the Mother.'

'No... I wonder why?'

'You don't mean because I was there and hadn't embraced Her yet?' Zeta smiled.

She enjoyed Paul's startled look of recognition. She was happy that everything had worked out well, even better than she had expected, and Paul couldn't believe that so much had happened to him in such a short space of time.

Zeta turned the jovial conversation around to a more serious note by asking, 'Paul, there is still one last thing about truth I want you to understand, do you feel up to it?'

Paul nodded his willingness to hear anything she had to say.

'Good. I will tell it to you, but for the present it most likely will be only an intellectual concept for you. In time when you have progressed further along in your healing you should begin to experience it for yourself as a reality.'

Paul lay back on the grass and said, 'Fire away.'

Zeta began, 'I want to tell you some more about our Mother and Father and Their relationship with us.' She paused, and then started again. 'In time as you get used to speaking directly to Them, progressively Their personalities will be revealed to you. The more you grow in truth and the more experiences you have of living true the more you'll feel like you're getting to know Them; that They *are* real, and you'll feel how much They love and care for and about you.'

'Early on under my grandmothers instruction she asked me during one of our prayers together for Their Love, to speak my heart out loud to Them and to ask Them to speak to me. I hadn't done this before; I'd only spoken to Them quietly in my mind. I used to speak to them a lot, whenever I was alone, but I'd never spoken to Them wanting them to speak back to me. I remember that at first I was somewhat scared, because what if They didn't speak back to me. It was like a test, a moment of truth, were They real, or were They fantasy. In a way I liked my prayers how they were. I loved longing to Them for Their Love and feeling It flow into my soul. I loved telling Them all about myself, my day, my thoughts and feelings, particularly my bad ones, but still in a way They were somewhere out there, with me, but still somewhat impersonal and the idea of Them speaking back

to me, if They actually did, seemed to threaten me, somehow it seemed to make Them too real. I know what I'm saying might sound difficult to understand, but as much as I wanted Them and wanted to give my whole self and life to Them I really didn't want it all to get too serious, because then I might not be in control of it anymore and everything might change and my pretty picture would dissolve away and I'd be left with nothing.

'And I was also very scared that if I asked Them to speak to me and They didn't then I'd feel They didn't actually love me and I couldn't bare that thought. And also what if They did speak to me but said I was a bad or naughty girl, that I had done bad things and hurt people, and what if They said They wouldn't give me any more of Their Love. Of course these were all projections from my childhood repression I was putting on Them, I didn't understand back then that I was relating to Them as if They were my mother and father. I didn't want my fantasy relationship with my parents to crumble away and the truth to be shone on it, like you felt earlier. I didn't want to feel not loved by my parents. That would mean the end of the world, of everything.

'Anyhow, my grandmother helped me and encouraged me to express all I felt: all my fears, worries, and concerns. She helped me to speak to her about my apprehensions before we began and when I had I felt a little better and at least willing to give it a try. Usually I was so self confident and loved to try new things, and that was how I began asking Them for Their Love, but this time I felt so shy and insecure. Anyway somehow I managed to summons the courage and thought I'd ask the Father first if He'd like to speak to me.

'I can remember it so well. I was so nervous, and my eyes were clamped shut and I was concentrating so hard, and when I had summonsed up enough nerve I meekly said to the Father, "Father will you please speak to me?" And astonishingly He said in a soft quiet voice, "I'd be delighted to speak to you my child". Tears sprang from eyes, mostly I think from the sheer relief. And He gave me such a nice feeling and His Love flowed into me.

'After I'd got myself back together I felt up to asking the Mother if she'd also speak to me. I summons up more courage and again feeling nervous asked Her if she too would please speak to me?" and She said, "Zeta, my beloved daughter I would love to", and then She added, "I am your true Mother and together your Father and I will give you all of your experiences of love. We Both love you very much." Tears flowed again.

'It was such a beautiful experience. I was so deeply touched. Their words seemed to make everything better, as if I'd been longing to hear them all my life. And now I feel Her presence as I do the Father's, constantly, within me.

'As I have grown in my understanding of truth and of Their relationship with each other, and my role in it, I have also become more aware of Their eternal romance. I am, as we all are, the offspring of these two aspects of God, and I am therefore as you are too, the meeting place through which Their eternal romance takes place. I am, we are, the product of Their love for each other, and when I think of that it helps me to feel how special I am.

'At times I think about how very special and honoured we are to be able to give Them a chance to communicate with each other through us, by having us, children of time and space, Their relationship becomes animated, alive with the joy and laughter of little children.

'I see what you mean, Zeta,' Paul interrupted, 'it does give you nice feelings.'

'Yes, and to know that is why They created you and brought you into existence so They could delight in you as you can in Them. So you can always feel eternally loved by These two wondrous aspects of God, of the One Great Soul, and always know that They are there for you and that They only want you to feel good, true, happy and loved. And when you've done your healing and understand about why your soul – you – chose to experience the negative for its start in Creation, then Their Love for you and yours for Them will be all the more special and sacred.'

'So we do get to know why we are in this mess?'

‘Oh, yes Paul, absolutely, we all have to, it’s vitally important. And it’s part of the deal; you get to know everything. One day you’ll understand everything.’

‘Is what you’ve told me about us and Jesus and Mary and the Mother and Father all there is to know. I don’t mean about all the details, but conceptionally. Is there anyone else like, and I know this might sound stupid, but someone like our Heavenly Grandparents?’

‘Well it’s nothing to put yourself down about Paul. It’s a long way to Paradise. It’s early days on Earth so far as what will be revealed to humanity in its evolutionary progress. I don’t know to be honest. But you’re not the first one to speculate on such things. There are evolutionary Deities, and other existential ones. The Mother and Father you’re now getting to know are existential, meaning They have Their Being in the *Soul-Realm* if you can call it that. They Are Soul. Potentially there is also an evolving Mother and Father of Creation, and experiential Soul-Pair who are also God. A pair who are evolving into being through our experiences. They are a soul-pair that is the net result of all of Creations experience, all you ever think and feel is helping to bring into being the *God of Evolution*. A little is said of such things in *The Urantia Book* but there is still much more than that book reveals. However for now, for what you need to grow and evolve with, what truth and love you need to help you to do your soul-healing and get yourself out of your own inner rebellion, is essentially all I’ve been allowed to reveal to you. As for Heavenly Grandparents...

‘By looking to the Mother and Father as your source of perfect relationship to aspire to be like, you can’t go far wrong. And Mary and Jesus’ Spirits of Truth are always with you helping you to sort out what is true and what is not.

‘All you have to remember is that we’ve all got off to a bad start in our earliest personal relationships, that is just something we have to accept and then choose to deal with. And because of this it means we’re not relating properly to ourselves. The relationship of our two personality aspects, our masculine and feminine are unloving, the man and woman in us virtually hate each other, are rebelling against each other, as are we in our outside relationships. And we have to heal them; we have to unite the man and woman within as if they are a truly loving brother and sister. And when your inner woman and man are wholly loving then you’ll feel completely self loving, your Natural love will be balanced and able to freely express itself and consequently you’ll be truly loving of all people – all brothers and sisters of humanity. We have to heal our whole family within, all the relationships so that within ourselves will be our true home, with all the aspects of ourselves relating perfectly to each other. Once this has been achieved our perfect ‘in’ can then be expressed perfectly ‘out’ in the world. Men and women no matter how much they want to pretend they are in love are not, and can’t be whilst existing with a negative mind state. Men and women if they could only admit it, hate each other. If we could all come out in the open and admit it, we’d all then be honest with each other and able to express all the bad feelings we try our best not to feel, and we’d be on our way to discovering something of a friendship from which we could then learn to love each other.

Most people have experienced love at some time in their lives, at least this is what they believe it was and what they want to call it, but was it really love? I know for someone to say to you, all that you know and feel and believe to be love, might not be love, will for a lot of people be hard to swallow. However, as you progress through your healing any genuine love will remain, but all that’s based on untruth and fantasy will be exposed for what it is and this can be very upsetting. To have you’re whole understanding of what you believe and feel love is, upended, only to discover it was nothing of the sort, is the real guts of your soul-healing.

‘Humanity is having to learn about every aspect of life from behind the eight ball. It’s not only last in the race but it’s going in the wrong direction. It needs to stop. To come back, and not do what it doesn’t want to do. Listen to your feelings and try to see what they really are telling you and then try to act on them, try to honour them.

‘It will take time, but people will get the idea and start to look at themselves in a new light. They will start to see that they are dishonouring themselves by dismissing their bad feelings and that they are actually doing themselves great harm. And so they will stop and start to try and accept first of all that they do feel bad, and then having accepted that will then be able to move to see what they are feeling bad about, and then will naturally want to know why, right through to their core.

‘And as I’ve said it’s the only way out. Humanity has practically tried everything else and look where it’s got them, nowhere much. Is anyone really and honestly truly happy and if they say they are, is it true happiness and are they sure they’re not deceiving themselves?’

‘Change is in the air and the truth is arriving and we Celestials are ready to be called upon. Once the gateway is open to us, we’ll be able to come and help those on Earth who ask us to. And we are very much looking forward to be of assistance.

‘You will find back in your life Paul that many people do worship or acknowledge a Holy and Divine Mother. But it won’t be the Heavenly Mother in the context we are getting to know Her. It won’t be Her at all.

‘The Church speaks about itself the church being the mother and other people worship or look at the Earth itself as being the mother and these things are okay, if that is what one wants to do, anyone or anything can be worshipped in any way, but they are not true. I only want to tell you so you won’t get confused, which I doubt you would, but as I said the other day things will seem different back in the physical, you probably won’t have the clarity of mind and feelings that you do here. But this clarity will come as you grow. As you do more healing you’ll move on up through the equivalent truth of the mansion worlds on your way to becoming divine, perfect and Celestial on Earth.’ Zeta paused.

‘Well as I’ve also said before, it sure sounds good to me. So long as I don’t have too many of those horror healing experiences, I’ll be right.’

‘But Paul it will be by experiencing that horror, by going right into it, you’ll make your greatest progress.’

‘Yeah... don’t remind me.’ Silence. Neither of them spoke. It was getting near to the end of the day, their last whole one together. They lay together on the bank of the stream in the warmth of the light.

Paul’s thoughts drifted back to what Zeta had said about the Father and Mother’s eternal romance and how really he was a part of Their graceful dance of love, its really quite beautiful. The ultimate and perfect romance of all romances,’ he thought to himself. Then he thought of Sasha and how lucky he was to be able to hold her, to dance with her and to hopefully share the rest of his life with her. He could feel his love growing for the Mother and Father and he liked the idea of Them being soul-mates the same One Soul. It was hard to understand with his mind, but somehow he sort of felt the truth of it, he understood on another level. It was the complete balance. The ultimate union, he thought, as his heart filled with even more love. It is about the union within oneself as much as the union with your soul-mate. The union of the feminine and the masculine in relationships all the way. There’s more to the yin and the yang that meets the eye that’s for sure.

It all seemed to make perfect sense. ‘How remarkable it all is,’ he thought out loud, ‘the romance of the Gods. It would make a great movie!’

Zeta rose and walked a little way towards the edge of the stream. Paul watched her from behind as she stood there, light shining on her hair. He had developed so much respect and love for her over his few short days. He thought to her, ‘Thank you for everything, Zeta, you’ve given me so much, thank you.’ He let his heart open out to her with the love and admiration he felt. She turned, smiling, and walked back toward him saying, ‘You’re most welcome Paul, and remember, I will be with you all the way when you return to Earth, and I will be at your bedside to welcome you back into spirit when your Earth-life comes to an end.’

They walked along the stream for a time and then Zeta suggested they should return. In the car she told him that her revelation of truth to him was complete ‘You have laid a foundation of truth down within your heart, and as far as the practicalities of teaching are concerned, if someone needs to know the truth of the Divine Love and how to act upon it you can take them through a prayer just as Zarmen took you. All you need do is sit down with them and ask them to relax by focussing on their breath. When they’re relaxed, they can simply open their heart to God and *ask - long* to Them for Their Love. The crucial part being they must *LONG* to Them from their heart for Their Divine Love and *not ask* only by using their mind. In a true soul to Soul relationship there is no need for the mind, it’s all done with feelings and perceptions. We feel we want Their Love and so we long, we use our will, to ask for what we feel we want. All you need do is offer people the truth and the Father and Mother will orchestrate all their experiences of the Love. Just remind them they can long for the Divine Love wherever and whenever the need arises, and as often as they wish to.’

As she finished, she knew she didn’t need to say anymore. He understood enough. She knew that he had fully arrived. They had achieved more than she thought possible. He had done very well.

She felt contented. There was nothing more that she felt needed to be imparted to him, he was now free to continue living and developing his relationship with the Father and Mother as he wished. She could feel light, expressed as happiness and the confirmation of, and congratulations for, great achievement, flowing into her from the rest of her unseen group. They had all worked hard in preparing for Paul’s arrival and he had played his part to perfection.

Zeta felt satisfied that now one small part in the Mother and Father’s overall plan of the revelation of the truth of Their Divine Love, had been completed. She admired Paul for the ease with which he had embraced all the experiences of the past nine days, his open mind and heart and the willingness to take it all in his stride. He had competently integrated the great truth and fully understood its significance. She now looked forward to seeing how the rest of his life would progress, how he would grow with the Love, and fulfil the needs of those who came to him seeking the truth of the Divine Love of their Heavenly Parents. She knew he would be ready upon his return to Earth, to begin preparing himself for his part in the *Faith of Divine Love*, which was soon to be established there.

They finished the remainder of the trip in silence. Paul shared Zeta’s feelings of satisfaction and achievement. It had been an amazing experience. Pleasant Memories of all he’d been through were floating around in head, but also stirring inside him was a growing anxiety about what lay ahead of him tomorrow. When they had returned to the apartment he asked Zeta, ‘Will I experience any pain tomorrow?’

‘Not at this end Paul,’ Zeta replied, ‘though you may experience some physical discomfort back at your end, but it shouldn’t be too bad.’

‘I see,’ he said deciding he would try and prepare himself for the worst, major pain! I suppose, I just have to get on with it,’ he muttered, fishing for some sympathy.

‘You will.’ She affirmed. ‘It will simply be, another experience...’

Day 10

Paul couldn't tell if the room was the same one to which he'd come when he'd arrived into spirit ten days earlier, not that it mattered of course. He lay anxiously on the bed, whilst numerous spirit doctors and nurses attended him and told him to just relax and that everything would go smoothly.

He told himself it was a part of the plan and besides what's the worst that could happen to him after all, die again and come back into spirit? Things could be a lot worse, but such thoughts brought no appeasement to his nervousness.

Zeta stood beside him stroking his head like a caring mother stroking her sick and feverish child. He tried to relax by focussing on the joy of seeing everyone back on Earth and in particular Sasha, but it did no good at all, he still felt nervous. He just wanted to get on with it so it would be over.

He had said his farewells to Zeta and again warmly thanked her for everything. He told her he would miss her, and she said that if he called in his mind she would be there, and they would be able to still talk with each other albeit only to a minor extent. She had again assured him that life with God and Their Divine Love was a way of life, equally on Earth as in spirit, which he would slowly continue to gain understanding of. She reminded him to continue to have faith, and to strive to constantly put complete trust in the Father and Mother. She had said that with time all the benefits of partaking of Their Love would flow into his life, and that inner peace and complete self-acceptance would bring harmony, joy and a lot of love. And remember, truth – always long for and want to know the truth of all you feel.

So he was now ready to return to his earthly body. He thought about it and how it had been just lying there without him, and wondered if it had missed him! He managed to raise a slight chuckle to himself despite his nerves, by thinking of the bizarreness of his situation. Dead, but not dead, alive, but not alive!

The light began to increase about him, 'We're beginning now Paul, let yourself be taken by the light. It will guide you,' one of the attending spirit doctors said.

Zeta squeezed his hand and kissed him on the forehead, 'Good-bye Paul, I will see you when you return to spirit, live a happy life with Sasha. And always remember, the Mother and Father are always with you and will be guiding you, so there is nothing to fear. Have faith in Them, for They know what needs to be done.'

Then she let go of his hand and he sensed her move away from the bed. Giving her one last glance he smiled and whispered, 'Good-bye and thank you again.'

He moved his focus to the ceiling, waiting for his departure time to come. The light was getting steadily brighter and more intense, so he closed his eyes hoping it would shade them somewhat, but to no effect.

The light was now overwhelmingly bright. He heard a voice, Zeta's, saying, 'Relax Paul, let yourself go, move into the light. Let it take you. Don't be afraid. Go to the light.'

Doing as she said, he relaxed and took a deep breath, realising he had been tensing up and resisting the light. In a strange way he felt it somehow wanted him to go with it. He surrendered to its magnetic pull.

‘Good-bye,’ he said once again in his mind to Zeta, ‘I’m going now.’

As he surrendered to the intensity, the brightness seemed to lessen. Slowly it was as if the light was now being turned down and he felt he was losing consciousness. Sleep was coming... He felt no fear and went to meet it. Then darkness welled up yet he knew that within it, there was light...

‘Paul... Paul... Paul... Oh thank God! You’re back! Paul you’ve come back...’ came a very distant yet familiar voice. ‘Paul, Paul... Paul, can you hear me?’ It faintly called again.

He felt like he was floating somewhere and a voice was calling to him. It sounded familiar but he couldn’t quite place it. He wanted to go to it but felt impeded. He didn’t know what was restricting him. It was as if something was holding back, holding him down.

‘Paul, Paul, try and wake up,’ came the voice through the darkness.

Suddenly a picture of Sasha by the lake came to him, ‘Sasha is that you?’ He gasped trying to speak.

He didn’t know if his words went anywhere, but Sasha’s tearful voice came back, ‘Yes Paul, it’s me. Can you hear me? You’re here with me. You’re waking up back in your body! It’s me, Sasha! You’re finally here Paul!’

Thoughts rolled through him in waves, ‘Yes, that’s right. I must wake up. I have to open my eyes. I want to see Sasha, I want to see her.’

He tried to open his eyes and gradually he began to see some light. ‘Oh yes’, another thought came to him, ‘I remember, the light, I must go towards the light.’ He strained to turn his head and tried harder to open his eyes.

It was sunny outside. He could see the sun’s rays shining past the leafless branches of an old tree. He turned back away from the light and saw Sasha smiling with streams of tears flowing down her cheeks, causing her make-up to smudge and run.

‘Sasha,’ he quietly said, ‘it *is* you!’

‘Yes Paul, oh how wonderful, you made it back!’ She sighed through her tears of joy whilst pressing her head hard into his chest.

Paul tried to raise his hand. It felt stiff and heavy as lead, and his body was so relaxed that he couldn’t move it, but there was no pain. He felt like he had slept the sleep of the dead! He persisted and slowly succeeded in raising his hand to stroke her hair. How soft and silky it felt, and how much he loved to have her close to him. He hugged her tight, gently pulling her even closer, ‘I’ve missed you Sasha, and I love you. I love you so much!’ Tears were also rolling down his cheeks.

THE END